



The American Legion
Hurst Euless Bedford Post 379
1245 North Industrial Boulevard
Bedford, Texas 76021
817.267.6047

NEWSLETTER

SEPTEMBER 2022

COMMANDER'S MESSAGE

Family,

I would like to thank all of those who took time out of their busy schedules to attend the town hall meeting. Your questions and points were duly noted, and we have already initiated work on many of your concerns and recommendations.

During the September general membership meeting, we will elect a new First Vice Commander, Finance Officer and possibly another Committee member-at-large. So, make sure that you bring your 2022 or 2023 membership card in order to prove that you are a Legionnaire in good standing for the voting. The loss and/or resignation of the aforementioned officers was not unexpected as we continue to transition to new methods of conducting business, and transition from the storming to the norming phase of Tuckman's stages of group development. You may be happy to know that there are at least two candidates for each open position and I hear that more are to be nominated from the floor. I am also looking to appoint a Vice Chaplain to help Chaplain Smitty with his duties and responsibilities. If you are interested, please let me know.

You will soon start to receive the calendar, newsletter and periodic updates via email. So, if you want to be added to the email distribution list, please let the Post Hubmaster know by reaching out to him at al379social@gmail.com. You can also find the calendar and newsletter on facebook or on the Post website. Please print out a copy for yourself since we are printing a limited number of hard copies to be placed in the front entrance of the post.

If you have an issue with the way things are run at the post, please take your issue to your organization and have them bring it up at the membership meeting. This may seem very bureaucratic but what we are trying to do is get as many eyes on the problem as we can, prevent knee-jerk reactions, avoid excessive pendulum swings and take a systematic approach to problem solving.

For instance, if you are an SAL member and you don't like the TV channels that are shown in the lounge, take your issue to the SAL membership meeting for a vote. If passed by the SAL, the SAL Commander will then bring your issue to the floor of the Legion meeting for a vote. Post 379 is your post home. Therefore, I expect you to take ownership in it by exercising your rights as a member in good standing.

See you at our annual cancer research benefit events!

Respectfully...

Joseph Campbell - Post 379 Commander

iokepa789@gmail.com

CHAPLAIN SMITTY

Hey folks, another month has gone by with no one on sick call. What a blessing.

Another blessing, the 100 degree days have hopefully passed us by. Maybe just a few more.

We have another national holiday coming up soon. Labor Day! That is typically the "end" of summer activities although the Fall temperatures continue to support many outdoor endeavors. September takes us towards the end of the 3rd quarter of the year. And our mindsets start turning toward Fall.

Noah Webster's 1828 Dictionary of the English language defined patriotism as:

Love of ones country; the passion which aims to serve ones country, either in defending it from invasion, or protecting its rights and maintaining its laws and institutions in vigor and purity. Patriotism is the characteristic of a good citizen, the noblest passion that animates a man in the character of a citizen

Let every soul be subject to the governing authorities. For there is no authority except from God, and the authorities that exist are appointed by God...render therefore to all their due:...fear to whom fear, honor to whom honor. Romans 13:1-7.

Many Christians tend to dismiss depression as a self pitying attitude or the result of a lack of prayer or time spent reading the Bible. However, depression is very real. It might be temporary or ongoing, clinical, or spiritual, or a potent cocktail made up of a variety of factors and circumstances accumulating in your life during a particular season. Don't be ashamed to seek help from a Doctor or Christian counselor for your depression. Remember, God is with you always. When the waves overwhelm you, hold fast to His hope.

Tragically, there are some Post members that are currently on the journey of grief. Grief is a person's spiritual, emotional, intellectual, and physical reaction to loss, which can begin before the loss actually occurs and persists until the grief reaction is no longer noticed. The tighter the connection, the more the loss affects us and impacts our spiritual and natural worlds. Not everyone cries or shows outward emotions, but everyone needs the sphere of love around them. Many turn inward and want to remain private...this is understandable. Please seize the moment to show our members that they are deep in our thoughts and prayers. A hug, a handshake, show them that you care. Grief does not end at the cemetery, one week, one month sadly but true it is a very very long journey.

Many awards were received by Post 379 (different departments) at the recent American Legion state convention. A huge congratulations to all of those that have worked so hard in the past year to make our great Post ... a Post that is growing in all departments. Let us all continue to go out of our way to make sure our post 379 becomes #1 in the state.

We all get busy in our lives some more so than others but we need to stop and remember that there are many members that don't have the opportunity or means to get to the Post very often if at all for various reasons. Remember these good folks with a card, a phone call, and better yet, a visit. Believe me to reach out to these sometimes forgotten folks would bring joy to their lives. Dear Lord we come before you today to pray for the sick and shut in. May they be healed of all their ailments, may their life be filled with joy and peace. We ask that you give them strength and courage let it not be a burden but an opportunity to learn from the experience. We ask this in the name of our Lord Jesus Christ. AMEN.

Research has found that the human brain needs to see or hear a statement as many as 7 times before it is locked into our memory banks. Interesting isn't it? We are all getting older. Some of us have brains that at times seem to be getting foggier by the day. Take heart you are not alone! Take care of your whole self, stay active, get enough sleep, and eat well will all play a huge part in living your best life.

Therefore, I urge you, brothers and sisters, in view GOD's mercy, offer your bodies as a living sacrifice, holy and pleasing to GOD-this is your true and proper worship. Romans 12:1 (NIV)

GOD, I don't know if what I am experiencing is your testing or not, but either way, I want to trust you. I give my future to you. AMEN.

Remember, as your Chaplain my door is always open to you.

For God and Country

Chaplain Smitty—Post 379

AUXILIARY NEWS

Greetings ALA members. It was so nice to see your smiling faces at our last Auxiliary meeting. I hope to see more in the coming months.

There are so many things coming up for the next year within our own post as well as District and Division wide. I've heard great things of the folks stepping up and cooking this past summer and hope to see it continue. We are working on being able to have someone come in and teach the food handler training at our post to give folks an opportunity to obtain their certificate. Hopefully, information will be available at our next meeting.

The Cancer Research fundraising weekend will be here before we know it!! To kick this event off a little early our very own Riders have generously offered to have a Poker Run on Saturday, September 24. Times and more details to follow. Volunteers are needed and welcomed.

The annual weekend of activities will be the following weekend beginning on Friday, September 30 with baskets, gift cards, raffle items and food throughout the weekend along with entertainment as usual. Sunday of course will be our Pancake breakfast with the usual offerings. Come hungry for breakfast. Food will be available as usual during the afternoon Sunday and plan to watch the Dallas Cowboys play the Washington Commanders at 12 noon Sunday. The big screen will be available so be ready to spend the day enjoying the fellowship of good folks and watching the games. Please mark your calendars for these important dates to help Post 379 continue to be the largest contributor in the State of Texas for the American Legion family supporting M.D. Anderson in Houston Research program. Volunteers are needed and welcomed. Signup sheets to follow.

Drawings on all activities will begin around 3:30 Sunday afternoon. Make plans to have a fun weekend.

The ALA is in desperate need of small items to be stuffed into our poppers this year. Stuffers can include drink chips and \$1.00 bill; a very popular item. Please consider helping in this area as well as donating baskets and/or gift cards with local merchants. This helps with our overall expenses.

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Our next Auxiliary meeting will be Thursday, September 15; exec board at 6pm/ general membership at 7pm. Please make plans to attend and bring any concerns and ideas will you.

Any new or renewed memberships received at this time will be used toward our 2023 goal.

Thanks again for everyone's continued help and support.

Sheryl B. Frydenberg - Unit 379 President
aux_alpost379@att.net

SAL NEWS

Another successful month was had by your SAL Squadron 379.

The August Fish Fry was a success with 64 dinners paid and served. The Mexican Dinner was also a success with 20 dinners paid and served. All sticks for the Meat Raffle "spins" were sold. Thanks to all who participated and assisted in the above ventures.

Due to the upcoming Labor Day Weekend the Meat Raffle will resume on Saturday September 10th.

Our Membership drive is in full force with of Goal set at 165. Currently we have (as of 8/21/22) 20 memberships paid. It is my hope that each current Post member will seriously approach at least one new potential new candidate for membership.

We continue to make our Monthly donations to our sponsored programs.

The SAL will be having a Gun Raffle. More information coming soon.

The following SAL Officer positions vacant: Finance Officer, First Vice Commander, and Historian. If you are a current SAL Member in good standing and would like to be considered for one of these positions, please sign up via the bulletin board. Elections for these positions will take place on September 8th during our regular monthly meeting.

Thank You Members of Post 379 for your continued support in our monthly fundraisers.

For God and Country

Carlos Gardea - Squadron 379 Commander
cmgbikerider@aol.com

RIDER NEWS

Greetings,

I want to reverently thank everyone who turned out for our Chicken Fried Steak Night on July 30 and helped make it an astonishing event. With the sale of 58 dinners that night, it was the most lucrative Chicken Fried Steak Night the ALR has had to date. We will be hosting another Chicken Fried Steak Night on August 27 so please spread the word to other members and we hope to see everyone again.

Planning for the Poker Run in support of the Auxiliary Cancer Fund Raiser is in full swing. A 135 mile route with stops at four American Legion Post has been solidified. One test run has been conducted and the intent is to do another one about 2-3 weeks prior to the actual event. Anyone can participate in the poker run so cars/trucks are welcome and encouraged. This is a prime opportunity for our members to visit other post as well. If you chose not to participate in the actual poker run, then we ask that you come out to Post 379 and show your support as we return from the run and partake in the evening festivities.

ALR Chapter 453 from Bachman Lake Dallas will be hosting their 9th Annual Homeless Veterans Benefit Run on September 17th. This is a poker run format and Post 379 is the 4th stop before returning to Post 453. Please come out, show your support, and donate to a worthy and gracious cause.

Glynn "Gunner" Olsen - Chapter 379 Director
geolsen1966@gmail.com



ENTRY
\$20 PER BIKE
\$10 PER PASSENGER
SAME ENTRY FEE FOR
CARS/CAGES

9:00 AM REGISTRATION
DAY OF EVENT
NO EARLY REGISTRATION

STOP 1 - POST 424 DALLAS
STOP 2 - POST 624 MANSFIELD
STOP 3 - POST 50 CLEBURNE
STOP 4 - POST 279 BENBROOK
STOP 5 - POST 379 BEDFORD

AMERICAN LEGION RIDERS CHAPTER 379
1245 N. INDUSTRIAL BLVD, BEDFORD, TX 76021
1ST ANNUAL CANCER POKER RUN
SATURDAY, SEPTEMBER 24, 2022
PROCEEDS BENEFIT ALA UNIT 379 CANCER RESEARCH FUND

BREAKFAST BURRITOS
8:30AM - 9:45AM \$3.00 EACH

SAFETY BRIEF - 9:50 AM

FIRST GROUP OUT - 10:00 AM

LAST BIKE IN - TBD

CHICKEN FRIED STEAK DINNER
5:00PM - 8:00PM
\$10.00 DONATION

MUSIC BY BRAD
STINSON BAND
STARTING AT 7PM





PRIZES
\$150 BEST HAND
\$75 WORST HAND
50/50 RAFFLE
(1) \$100 QT/GAS CARD
(1) \$50 QT/GAS CARD
(2) \$25 QT/GAS CARDS
TICKETS 6 FOR \$5
ARM STRETCH FOR \$30

POINT OF CONTACT
GLYNN "GUNNER" OLSEN
geolsen1966@gmail.com

The American Legion
Hurst Euleless Bedford Post 379
1245 North Industrial Boulevard
Bedford, Texas 76021

CALENDAR OF EVENTS
September 2022
Web Site: hebtXpost379.org

Canteen: 817.267.6047
Office: 817.571.9319
Fax: 817.545.0818

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
11am - Midnight	10am - Midnight	10am - Midnight	10am - Midnight	10am - Midnight	10am - Midnight Bands 7pm - 11pm Dinners Served: 6:00-8:00pm	10 am - Midnight Meat Raffle 4PM Bands 7pm - 11pm Dinners Served: 6:00-8:00pm
				1 6PM Legion Executive Meeting 7PM Legion Membership Meeting	2 No Meal due to Labor Day Weeknd Music: Justin Hunter Band	3 2PM Shuffleboard 4PM Recruiting @ NYTEX Sports Center No Meal due to Labor Day Weeknd Music: Hunter Brown Band
4	5 Labor Day	6 DEC At Post 626 (Tentative)	7 6-9 PM Karaoke Judy Cooking	8 7 PM SAL Membership Meeting	9 Legion Meal: Chicken Alfredo Music: Mystic Moonlight	10 2 PM Shuffleboard SAL Meat Raffle SAL Meal: Taco Casserole Music: Marcia Rose
11 9AM Euleless 9/11 Service 9/11 Remembrance Meal at Noon	12	13 11 AM Texas Hold 'em	14 6-9 PM Karaoke Judy Cooking 50% Membership Target Date	15 6PM ALA Executive Committee Meeting 7 PM ALA Meeting	16 ALA Meal: Pork Stir Fry Music: Back Beats Band	17 2 PM Shuffleboard SAL Meat Raffle Legion: OktoberFest Bratwurst, Pommes Frites mit Sauerkraut Music: Trinity River Ramblers
18 Air Force Birthday 	19	20	21 6-9 PM Karaoke Judy Cooking	22 7PM Marine Corp League	23 ALA Meal: Spaghetti Music: Doug and Ben	24 8:30am ALR Poker Run All Day 2 PM Shuffleboard SAL: Meat Raffle ALR Meal: Chicken Fried Steak Music: Brad Stinson Band
25	26	27	28 6-9 PM Karaoke Judy Cooking	29	30 Cancer Research Benefit ALA Meal: Special Cancer Research Benefit Meal Music: Hunter Brown Band	