



Hurst-Euless-Bedford  
American Legion Post 379  
1245 N Industrial Blvd  
Bedford, Texas 76021

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Website: [hebtxpost379.org](http://hebtxpost379.org)  
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## **NEWSLETTER**

**FEBRUARY 2023**

### **COMMANDER'S MESSAGE**

Family,

The American Legion, Department of Texas is offering Department Legion College Phases 1-3 training, 24-26 Feb 23 at our post. Doors open daily at 7am for registration with each phase starting at 8am and ending at 5pm. The prerequisite for Department Legion College is completing Legion Basic Training online and turning in your completion certificate. Legion Basic Training and the Department Legion College is open to EVERYONE...the ALA, SAL, ALR and non-members. This is your opportunity to expand your knowledge of The American Legion and get the training that you've always needed and wanted. To register, reach out to me at the email address below.

If you have not heard, Victor Weil is our new Canteen Manager. Victor is overall responsible for canteen and lounge operations. If you don't like the channels the TVs are on, tell the Bartender on duty who will relay your concerns to Victor. If you don't like the atmosphere in the lounge, let the Bartender on duty know and they will relay your concerns to Victor.

Apple Pay, Google Pay and Samsung Pay are now all available in order for you to pay your canteen tab. When it's time to pay, simply pull up your app and hand your phone to the Bartender on duty who will take your phone and scan the receiver at the register.

The latest Constitution & By-laws for each organization are now uploaded to our website under PUBLICATIONS. Speaking of the Constitution and By-laws, everyone should have had ample time to review our proposed Constitution and By-laws and offer input. Some people have reviewed them and offered input since August while others have reviewed them and offered input over the last 60 days. That said, we should be able to vote on them

quickly during the February membership meeting. Those who attempt to bring up new issues during the membership meeting will be met with a hail of rotten tomatoes for being difficult from our more studious and attentive members.

For the month of February, we will try out our new lunch menu which is available Tuesdays through Thursdays from 11am to 2pm for \$8-\$9. Our first day is Tuesday, 31 Jan 23. If things go well, we will make lunch a permanent thing at the post and possibly extend our lunch days of operation. So, please come out and show your support. Our menu includes...

- Meatloaf, French Cut Green Beans and Mashed Potatoes
- Chili Cheese Dogs, Fritos and Coleslaw
- Spaghetti with Meatballs, Garlic Bread and Salad
- Hamburgers (with cheese if desired) and French Fries or Chips
- Grilled Chicken Fettuccine with Salad
- Catfish with Coleslaw and French Fries

Don't forget that we are offering mental health and wellness counseling for eight Wednesdays starting 01 Mar 23, 7pm to 9pm. The first hour consist of mental wellness education and the second hour is an open topic discussion. This counseling is open to everyone. So, please spread the word because National Commander Vincent "Jim" Troiola is asking you to "BE THE ONE"!

In preparation for the post anniversary and the Legion's birthday in March, I had the Post Webmaster update our history on the Post website. I'll use this information when I present to the chamber on 15 Mar 23 which happens to be the Legion's 104th birthday. I will also use this information when the entire chamber comes to our post on 23 Mar 23 to celebrate our 56th anniversary. Will you please take time out of your busy schedule to review our history which is

located under the ABOUT tab on our website and send any corrections to me at the email below? The information should be pretty accurate considering that the Texas Historical Commission and myself used it when creating our Historical Subject Marker when I was the 2017-2018 Post Historian.

Respectfully...

**Joseph Campbell - Post 379 Commander**  
[iokepa789@gmail.com](mailto:iokepa789@gmail.com)

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## AUXILIARY NEWS

Welcome and thanks for taking time from your busy schedules to read the Post newsletter. It is full of information from all entities.

The Auxiliary had their first meeting since the holidays and had many topics to discuss. A big Thank You to Judy Davidson who has been cooking on various Wednesdays during Karaoke evening. She's been serving up good food as usual with proceeds earmarked for different programs such as Girls State and our VA&R programs. Please plan a Wednesday evening to come down, eat dinner and sing a song or listen to the loyal folks that enjoy this weekly outing.

The Auxiliary would like to thank HOME DEPOT and volunteers from Post 379 for supplying materials and time in the 1st phase of the ongoing refurbishing project happening right now in Proctor Hall. Membership is hard at work processing renewals and adding new members. Unit 379 currently has processed and verified by ALA Department a total of 381 memberships, 81.97% of our 100% goal of 466 set by Department. Please consider renewing or joining an eligible friend, relative or neighbor and help make our goal that is so attainable. All memberships are currently up to date at printing with membership cards being mailed USPS to the individual. Thanks.

There is currently a big box inside the entry area with requests for canned/non-perishable foods along with hygiene items to be used for our VA&R projects. Groups such as Patriot House in Fort Worth supporting male veterans and Valor Ranch, close to Denton, which is geared to supporting female veterans are just a few in constant need. Both help in transitioning veterans struggling with service-related traumas back into society securing their own housing and jobs placement. Please consider picking up extra groceries and hygiene products. The box will be available through February. Monetary donations can

be made out to the ALA Unit 379, earmarked VA&R. Please leave your donation with the bartender in a sealed envelope marked ALA-VA&R. Your support is greatly appreciated.

Please check the calendar for planning your Friday and Saturday evening meals to see who is serving up something that is sure to be delicious and enjoy the entertainment offered also.

Our next ALA meeting will be on Thursday, February 16, general membership at 7 pm; Exec board 6pm.

In Service not Self.

**Sheryl Frydenberg - Unit 379 President**  
[aux\\_alpost379@att.net](mailto:aux_alpost379@att.net)

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## FROM THE SAL COMMANDER

By now most of you have seen the improvements done to Proctor Hall. If you haven't, you really need too !!! I want to extend a big THANK YOU to our local Euless Home Depot and Team Depot Volunteers on coming through for us. In particular if it wasn't for the Assistant Store Manager Don Graham and Supervisor Tina Hutson this project would not have been a success !!! Once again, THANK YOU Home Depot ... Don ... Tina ... and Team Depot Volunteers for giving back to your local American Legion Post 379 ... we really appreciate your efforts in taking care of our Military ... past ... present and future Veterans.

Our SAL Membership is currently at 74% of our projected goal of 163 paid and current members. If you haven't renewed your SAL Membership, please consider doing so as your fees assist us in continuing making our monthly donations to our sponsored programs.

FYI ... since the kitchen fryers have not been replaced as of to date, the dinner for Friday February 3rd prepared by Ronnie McClendon and Company will consist of his mouth watering Meat Loaf, mashed potatoes, green beans, brown gravy and a dessert !!! Your support is greatly appreciated and welcomed !!!

Our next scheduled SAL Membership Meeting is scheduled for Thursday February 9th at 7 pm.

For God and Country ... and Family ... Post/Squadron 379

**Carlos Gardea - Squadron 379 Commander**  
[cmgbikerider@aol.com](mailto:cmgbikerider@aol.com)

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## CHAPLIN'S CORNER

February is now upon us. I pray everyone made it through the holiday season just fine. Now that's over, life gets normal again. Depending on what normal is anymore.

Please keep Chaplain Smitty as he is dealing with medical issues right now. Also his wife Dolores.

James "Killer" Kane passed away 1/14/2023. Please keep his family in your prayers for healing on their loss.

O God, Creator of this good land, help us to be worthy of citizenship in our nation. Bless our country with loyal people and dedicated leaders. Guard us from unlawful acts and cowardly fear. We also ask your blessing on the veterans of our nation and grant that The American Legion may always do your will. Amen

**Jon Christensen - Post 379 Vice Chaplain**  
[al\\_post379@att.net](mailto:al_post379@att.net)

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## AUXILIARY CHAPLAIN'S MESSAGE

*"You must LOVE the LORD your GOD with all your heart, all your soul, and all your strength, and all your mind and love your neighbor as yourself." Luke 10:27*

**BUDDY CHECK-IN-->1st Sunday of the month 12pm.**  
**We will continue to check in with our members and/or loved ones in the community and abroad.**

If you know of an Active #379 American Legion Family Member that is deployed or his/her squadron, let an Executive Officer know. We would love to send another care- package out in the Spring 2023. 🌻

Let us continue to pray, call and/or send cards to our homebound, hospital and/or recovering hearts for POST #379 Family!! PLEASE reach out to let us know how we can support you!

What is BUDDY CHECK in?  
<https://www.legion.org/buddycheck/about> The Buddy Check program was launched in March 2019 as a "comradeship campaign" to encourage posts to reach out to veterans in their areas – members, former members and others – to see what The American Legion could do for them."

I have been reading, THE PURPOSE DRIVEN LIFE, What on earth am I here for? by Rick Warren (#1 New York Times Best Selling Author). My best friend since we were five years old asked if I was interested in

reading together. We seriously have been through some stuff..."don't ask me no questions, I won't tell you no lies..." from some old 70s song(Trivia). My BFF is on her own life searching quest. I told her I would absolutely go on this new journey with her. I had read the book oh, maybe 20 years ago, yes when I was 10 years old, just kidding. I was looking for my original book to see what interesting thoughts or questions I had. However, that past was not meant to be dug up again. I am right here right now in this world with all of ya'll for such a time as this. So now, if you choose, you can join me in this re-exploration of life and purpose as I share some pondering thoughts.

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But there is a God who made you for a reason, and your life has profound meaning! We discover that meaning and purpose only when we make God the reference point of our lives. The Message paraphrase of Romans 12: 3 says, *"The only accurate way to understand ourselves is by what God is and by what he does for us."*

**This poem by Russell Kelfer sums it up:**

**You are who you are for a reason,  
You're part of an intricate plan.  
You're a precious and perfect unique design,  
Called God's special woman or man,**

**You look like you look for a reason.  
Our God made no mistake.  
He knit you together within the womb,  
You're just what he wanted to make.**

**The parents you had were the ones he chose,  
An no matter how you may feel,  
They were custom-designed with God's plan in mind,  
And they bear the Master's seal.**

**No, that trauma you faced was not easy.  
And God wept that it hurt you so;  
But it was allowed to shape your heart  
So that into his likeness you'd grow.**

**You are who you are for a reason,  
You've been formed by the Master's rod.  
You are who you are, beloved,  
Because there is a God!**

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**PEACE 🕊️, JOY 😊 and LOVE ❤️❤️❤️**

**Diane Hunt - Auxiliary Chaplain**  
[aux\\_alpost379@att.net](mailto:aux_alpost379@att.net)

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Calendar of Events  
FEBRUARY 2023

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Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
11 am - Midnight	10 am - Midnight	10 am - Midnight Lunch 11 am - 2 pm	10 am - Midnight Lunch 11 am - 2 pm	10 am - Midnight Lunch 11 am - 2 pm	10 am - Midnight Bands 7 pm - 11 pm Dinner 6 pm - 8 pm	10 am - Midnight Bands 7 pm - 11 pm Dinner 6 pm - 8 pm
			1 6 pm - 9 pm Karaoke	2 6 pm Legion Executive Committee Meeting 7 pm Legion Membership Meeting	3 SAL Meal: Meatloaf, Mashed Potatoes, Green Beans, Brown Gravy and Dessert - Ronnie Mac Music: Justin Hunter Band	4 2 pm Shuffleboard Legion Meal: Beef Enchiladas, Spanish Rice and Refried Beans- Lance Cabados Music: Pete and Patti
5 2 pm ALR Membership Meeting	6	7 7 pm Scouts BSA Meeting	8 6 pm - 9 pm Karaoke 6 pm - 7:30 pm Judy Davidson Cooking	9 7 pm SAL Membership Meeting	10 ALR Meal: Chicken Parmesan - Lahonda Cook Music: Mystic Moonlight	11 2 pm Shuffleboard Legion Meal: Ham Dinner with Stuffing, Green Beans and Salad - Jimmy Jam Music: Marsha Rose
12 2 pm Girl Scout Meeting	13	14 11 am - 2 pm Texas Hold'em 7 pm Scouts BSA Meeting	15 6 pm - 9 pm Karaoke 6 pm - 7:30 pm Judy Davidson Cooking	16 6 pm ALA Executive Committee Meeting 7 pm ALA Membership Meeting	17 ALA Meal: Meatloaf, Potatoes and Dessert - Judy Davidson Music: Back Beats Band	18 2 pm Shuffleboard SAL Meal: Green Chile Chicken Enchiladas with Spanish Rice - Ben Apodaca Music: Pete and Patti
19	20	21 7 pm Scouts BSA Meeting	22 6 pm - 9 pm Karaoke	23 7 pm Marine Corps League Meeting	24 8 am - 5 pm Department Legion College Phase I Legion Post 14 Meal: Burgers, Fries and Dessert - Bill Deal Music: Doug and Ben	25 8 am - 5 pm Department Legion College Phase II 2 pm Shuffleboard ALR Meal: Chicken Fried Steak - Lahonda Cook Music: Trinity River Band
26 8 am - 5 pm Department Legion College Phase III 2 pm Girl Scout Meeting	27	28 11 am - 2 pm Texas Hold'em 7 pm Scouts BSA Meeting				
			