



American Legion Post 379
1245 North Industrial Blvd
Bedford, TX 76021

817.267.6047

NEWSLETTER

AUGUST 2023

COMMANDER'S MESSAGE

Hi Legion Family,

Dave Eagan, Brandon Williams, Joseph Campbell and I attended the 2023 Department Convention in Austin. Wow, what a fantastic experience. Met some new friends, learned a bit, and enjoyed the camaraderie of fellow Legionnaires from around the state.

We are honored to have won:

Largest Post is in Texas

1 st Place – Historian – Danny Fallon

1 st Place – Facebook – Rich Wiltshire

2 nd Place – Website - Lu Rexroat

A big thank you to George Eckert, Bill Chapman and Bill Chaffee for their fantastic work in cleaning up the outside! New rocks, new mulch, lots of mowing, edging and much more!

Your new 2024 Membership Cards are here – have you renewed yet? I have!

For your convenience, you can renew with the bartender on duty.

And a huge thank you to you, our Legion 379 Family. We are grateful for you.

It's the heat of the summer! Please be careful and stay hydrated.

Humbly in your service, not self

Rich Wiltshire
Post 379 Commander
richwiltshire@gmail.com

AUXILIARY NEWS

Hello once again Auxiliary Members. While the summer has brought us very hot weather and higher electric bills, the Post has continued to be open every day and even extended Sunday hours. Thanks for everyone for coming out and supporting our Post activities, meals and entertainment. The bar has offered up some nice specials to help beat the heat.

JJ Kearney and Michelle Birkett were able to travel to Austin to represent Unit 379 Auxiliary in the Department of Texas Convention. Thanks to the hard work and many volunteer hours we were able to secure an award for our Historian/Yearbook and Cancer Research work. The awards will be mounted soon on our board in Proctor Hall. Thanks to everyone involved.

A huge THANKS YOU to our whole Post for the help and support to help the Auxiliary raise the highest amount raised by a single Unit in Texas for Cancer Research. Our unit provided a donation of \$16,000 this year. Many thanks for a great donation for MD Anderson Research in Houston.

Cancer Research weekend is fast approaching. We are beginning to collect PAPER TOWEL ROLLS AND DONATIONS TO HELP FILL THE POPPERS. A wish list will be posted for needed items to stuff in the empty rollers for consideration if you are able to help with the cost for the fillers.

Our next executive board meeting at 6 pm and our general membership meeting at 7pm will be held Thursday, August 17 th . Please plan to attend and bring a friend and you ideas to share.

DUE TO THE INCREASE AT THE NATIONAL LEVEL OUR MEMBERSHIP DUES HAVE RISEN TO \$40 FOR THE

COMING YEAR. The Auxiliary hasn't had to increase dues in many years and is absorbing part of the expense to help keep the cost at \$40 and not higher. You can pay online, by mail with a check or at the bar with credit/debit card. Please know your membership dues are greatly appreciated as well as the many volunteer hours given throughout the year to make our programs successful.

In Service not Self

Sheryl Frydenberg – Unit President
Aux_alpost379@att.net

FROM THE SAL COMMANDER

Memberships are at 100% but if anybody has ideas on how to bring more members in that would be greatly appreciated. Ronnie Mac will be doing the fish fry on the 1st Friday in August we are also waiting to make a decision on bringing back the meat raffle. If this is something ya'll would want please let one of the officer's know. The more people show interest the better. We started our new membership and signed up 32 renewal members for 2024 we encourage everyone to sign up and get your early bird stamp. We continue to keep donating to our programs and encourage people to come to the post to see what we are doing. We will be having our S.A.L. meeting the 2nd Thursday of August and would like to see more people attend. Look forward to seeing everybody and meeting those I haven't met yet.

Ben Apodaca - SAL Commander

RIDERS NEWS

Greeting Post Family!

Well, we made it through another busy month! Since July, we have added Lahonda "Fireball" Cook to pull double duty as both our Adjutant and Chaplain and we have appointed Brad "Stinky" Finger as our Assistant Director. Our new member, James "Bulldog" Budd has also agreed to be our Sergeant at Arms so we have a full set of officers now and we are ready to rock and roll!

Our former Rider, Darrell "DMURPH" Murphy reached out to us regarding his new home – Post 14 in Shreveport, LA – and informed us that they were seeking help and donations to rebuild their post due to extensive flooding and water damage they sustained in the heavy rains. The Riders made a significant donation to them and we will also be reaching out to our own Legionnaires, Auxiliary and SAL to see if they can help with this cause as well.

We have a couple of cooking dates coming up here in August as usual. On Friday, August 11th, the Riders will be cooking their famous chicken fried steak dinner from 6-8 PM. On Saturday, August 26th, we will be cooking hamburgers and hot dogs at the Post from 2-7 PM as well. Our first time doing this in July was a huge success so thank you all! We look forward to seeing as many of you as possible at these meals as the funds allow us to support the charities that are very near and dear to our hearts.

On Saturday, September 9th the Riders are hosting a Cancer Benefit Run starting and stopping at our post from 1000 – 1700 and all proceeds from this ride will be donated to the Auxiliary for Cancer Research. It will be a HUGE event so please mark your calendars and plan to attend. We will have a 50/50 raffle and we will also have a drawing for a premium liquor basket. Thanks a million in advance for your support!

Beyond that, if anyone has any suggestions on how our Riders can assist the ALA, SAL or the Legion in making our post better, please do not hesitate to let either me or one of our officers know. Be well and keep the rubber side down!

Joey "Crash" Cook, Director
crashcook@yaJoo.com 817-891-8774

FROM THE LEGION CHAPLAIN

Welcome to August all. Hopefully everyone is doing well.

I would like to congratulate the post for all the awards that were won at the convention. Also a huge thank you to all that made it possible. Greatest post in Texas!

Now for the prayers:

Please keep Karl Edwards and his family in your prayers. He has transferred to Post Everlasting.

Also pray for all our service men and women on active duty. May God be with everyone.

Almighty God, we ask You to speak to the hearts of people. You have the words which search and shake the heart, enlighten the mind, soften anger, and drive out hatred and revenge. Say the word that can still the storm and grant us a just and lasting peace. Amen.



Jon Christensen – Vice Chaplain Post 379

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

Calendar of Events
AUG 2023

Website: hebtXpost379.org
Facebook: [groups/hebtXpost379](https://www.facebook.com/groups/hebtXpost379)
Instagram: [hebtXpost379](https://www.instagram.com/hebtXpost379)

Canteen: 817.267.6047
Office/Fax: 817.545.0818
Email: al_post379@att.net

Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
11 am - Midnight	10 am - Midnight	10 am - Midnight	10 am - Midnight	10 am - Midnight	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	2	3	4	5
				<p>6 pm Legion Executive Committee Meeting</p> <p>7 pm Legion Membership Meeting</p>	<p>SAL Meal: Fish Fry - Ronnie Mac</p> <p>Music: Just Us Cats</p>	<p>2 pm Shuffleboard</p> <p>Legion Meal: Italian Chicken Breast, Red Seasoned Potatoes - Diana and Mike Sivers</p> <p>Music: Fun Band</p>
6	7	8	9	10	11	12
<p>2 pm ALR Membership Meeting</p> <p>2 pm Girl Scouts Meeting</p>		<p>7 pm Scouts BSA Meeting</p>	<p>6 pm - 9 pm Karaoke</p>	<p>FIRST DAY OF SCHOOL HEB ISD</p> <p>7 pm SAL Membership Meeting</p>	<p>ALR Meal: Grilled Chicken or Chicken Fried Steak, Green Beans and Mashed Potatoes - Lahonda Cook</p> <p>Music: Mystic Moonlight</p>	<p>2 pm Shuffleboard</p> <p>ALA Meal: Spaghetti Bake, Salad, Cobbetts and Dessert - Sheryl Frydenberg and Sharon Nesteriak</p> <p>Music: Marcia Rose</p>
13	14	15	16	17	18	19
		<p>11 am - 2 pm Texas Hold'em</p> <p>7 pm Scouts BSA Meeting</p>	<p>6 pm - 9 pm Karaoke</p> <p>Airborne Gun Drawing Live Streamed on Facebook!!</p> <p>Judy Cooking</p>	<p>6 pm ALA Executive Committee Meeting</p> <p>7 pm ALA Membership Meeting</p>	<p>ALA Meal: Pork Loin, Potatoes, Carrots and Dessert - Judy Davidson and Molly Coyle</p> <p>Music: Back Beats Band</p>	<p>10:30 am North Texas "All Airborne" Meeting</p> <p>2 pm Shuffleboard</p> <p>Legion Meal: TBD</p> <p>Music: Trinity River Ramblers</p>
20	21	22	23	24	25	26
		<p>7 pm Scouts BSA Meeting</p>	<p>6 pm - 9 pm Karaoke</p> <p>Judy Cooking</p>	<p>7 pm Marine Corps League Meeting</p>	<p>SAL Meal: TBD</p> <p>Music: Ben & Doug</p>	<p>2 pm Shuffleboard</p> <p>ALR Meal: Burgers and Hot Dogs - Lahonda Cook</p> <p>Music: Diamond Duo</p>
27	28	29	30	31		
		<p>11 am - 2 pm Texas Hold'em</p> <p>7 pm Scouts BSA Meeting</p>	<p>6 pm - 9 pm Karaoke</p>			