



THE NORTH BEND - SNOQUALMIE LEGIONNAIRE



AUGUST 2022



RENTON-PICKERING POST 79 THE AMERICAN LEGION

PO BOX 359

38625 SE RIVER STREET SNOQUALMIE, WA 98065

WWW.POST79.ORG

EVENTS AND ACTIVITIES

- Wed, Aug 10th** Tahoma National Cemetery Duty Day for Honor Guard
- Thurs, Aug 11th** August Regular Post Meeting at 7:00 pm (location TBA)
- Sat, Aug 13th** North Bend Days Parade at 11:00 am with Color Guard, details TBA
- Sat, Aug 20th** Snoqualmie Days Parade at 11:00 am with Color Guard, details TBA
- Thurs, Sep 8th** September Regular Post Meeting @ 7:00 pm
- Wed, Sep 14th** Tahoma National Cemetery Duty Day for Honor Guard

INTRODUCING OUR COMMANDER

Michael Pollina, US Navy

I was born in Manhattan, NY. 1950. After attending a technical high school, I joined the US Navy, I came from a family of uncles who were sailors during and after WW II and 1 one uncle who was with the 101st airborne again during WW II. After Joining the Navy in 1969 I reported to Long Beach Naval Base in California. I started attending different Boat coxswain training schools from Personal launches, Captains gig, LCM's, Tug assist boats and the 55ft Admirals barge, eventually was trained on various Assault Craft, including Navy Seal retrieval small craft. I married a Texas gal and had 1 son while in the service.



After being promoted to Boatswain's Mate Petty Officer 3rd Class, I was transferred to the USS Ramsey DEG 2, Latter FFG 2, Shortly, After Reporting aboard, I became the Senior 3rd Class Petty officer, in July 1971, Our ship was deployed to Vietnam and the gun line, after arriving I was TDY to Cam Ranh Bay, For further gun boat training (about 1 hour) I was the coxswain of a PBR for a short while as needed, I had found out since this was normally an E6-E7 NEC rating, why was I there. Many of the E6's and 7's had been leaving the service and I was jet propulsion (no Props) qualified, (figures). I had taken my exams and practicals for Petty Officer 2nd while deployed, I was informed that I was going to be promoted, but the promotion was put on hold till a position opened in my Rate. (Never Did)

During this time, I was promoted to the Weapons Dept. 3M Coordinator, this was great on board duty and when I was in port, I did not have to stand watch. After my Discharge in December 1973, I went back to school to study Electrical Engineering but changed my mind and went into Telecommunication Engineering, I never worked another day in my career because I loved what I did for 39 years, I traveled the world again and retired in 2012.

Still Looking Down at the Grass.

Michael Pollina, USN

Commander, Chaplain, American Legion Post 79

Honor Guard Chaplain, Tahoma National Cemetery

Chaplain, 11th District, Washington

FOR GOD AND COUNTRY

In the Latin motto of the Army Chaplaincy: Pro Deo et Patria [for God and Country]. This motto implies that the organization and its constituent members serve or aim to serve both God and the United States of America.

Our national motto is "For God and Country". This means at the individual level; I am for God before I am for my country. As a Minister I have my own take on this position, but that is already understood, I hope.

We all have a right to choose our paths, but we all have this one thing in common, we who have served the Good Old U.S. of A, have served and continue to serve this county. It is an Honor to be amongst these fellow Legionnaires from our past, present and to its future Legionnaires.

Remember: When Good Men and Women do nothing, evil prevails!

Michael Pollina, Chaplain and Commander, Post 79



FIRST ANNUAL TEAM BUILDING PICNIC

The post 79 Officers held the first annual team-building picnic at Bill Cottringer's picturesque river front "Happy Hut" Sunday July 17th.

We had a great discussion about ways to increase membership, and improve veteran's and community service, post officer training and engagement in meetings and post activities. We also did some more planning on our upcoming North Bend and Snoqualmie parades and our Railroad Days both. Food (brats, hotdogs, chicken drums, ribs and all the fixins) and fellowship were top shelf.

Shown here enjoying the day were Vice Commanders Art Farash and George Townsend, Sgt at Arms Lori Potmann, Commander Michael Pollina, Adjutant Mike Johnston and Host and Historian Bill Cottringer.



OUR APPRECIATION TO FLINTOFT'S FUNERAL HOME

Post Commander [Michael Pollina](#) presented this appreciation plaque today July 26, 2022 to Flintoft's Funeral Home in Issaquah for their continued support of our Post Memorial Day observances every year. Show in [Lisa Baty](#) receiving the plaque. Thank you to Tom [Thomas Flintoft](#) and all who support our Veterans.

For many years now Lisa Baty has provided the sound system at all our Memorial Day Services along with coffee and refreshments for the guests at the services.



OUR APPRECIATION TO THE CLAYTON LITTLEJOHN FAMILY



Last month American Legion Post 79 Snoqualmie – North Bend presented a 39ft flagpole with a US and POW MIA Flag to the Clayton Littlejohn and family at the North Fork Farm in appreciation of their dedication serving our veterans and families. Donations from Members and Supporters made this possible. The flag flies proudly next to another family dedication to Clayton’s brother at the North Fork Farm.. The flag was raised on July 7th at the weekly food truck event with Commander Michael Pollina, Vice Commander Art Farash assisting while local friend Robyn Balcom led the recitation of the Pledge of Allegiance.

OUR SUPPORT FOR WARRIOR EXPEDITIONS



For several years Post 79 has been providing community support for the Warrior Expedition Pacific Crest Trail Hikers and recently since last year the Great American Bike Trail Riders.

Warrior Expeditions was founded in 2013 by Marine Corps combat veteran Sean Gobin after he experienced his own post-combat healing while thru-hiking the Appalachian Trail from Georgia to Maine. One of Warrior Expeditions’ primary goals is to teach veterans to use the outdoors as a long-term coping strategy for mental and physical health issues arising from their military service.

To do this, veterans are first outfitted with full gear, equipment, and clothing. They attend a training session at the start of their journey and are shadowed for the first few days on the trail by a seasoned hiker and representative of the organization to ensure their safety. Veterans are also grouped together at the beginning of their journeys to promote camaraderie and support. Warrior Expeditions also coordinates overnight stops approximately weekly in trail towns along the course of each Warrior’s three-to-six-month-long trek. Community volunteers—often veterans’ organizations, trail association members, or other outdoor enthusiasts—provide logistical and moral support. Veterans receive monthly resupply stipends and all needed gear replacement along the way.



This year on June 6th five Combat Veterans started from Washington, DC on their 3,700 mile trek to the Pacific Ocean at La Push, WA. Three of them stopped at North Bend over the weekend of July 29-31st and were hosted by Post 79 members who provided sleeping accommodations for two and took all three for meals and socializing before getting them back on the trail at Preston Trailhead for their journey to the Bainbridge Island Ferry.



(Continued from Page 3) The first to arrive on Friday was Retired Army Combat Medic David Davilla shown here with Art at Rattlesnake Lake. Retired Marine Combat Infantryman Richard Rivadeneiro arrived on Saturday but did not stay the night. And Retired Army EOD Officer "Mike" Buckley arrived on Saturday and was our guest at Mt Si Tavern before spending the night at Art's place followed by breakfast at George's.



Art and David at Rattlesnake Lake where the Palouse-To Cascades Trail ends and Snoqualmie Valley Trail starts. The rest of the trails are either county trails or roads to La Push



At Mt Si Tavern with George Townsend, Mike, Art Farash, and Lori Pitman.



Breakfast at George's house Sunday prepared by the Chief Chef George!



The next phase of Post 79's community support will not take place until early September when the two Pacific Crest Trail Hikers arrive at Snoqualmie Pass. They are presently in Northern California and no word has been received on their situation with the fires causing the evacuation of hikers from the PCT. Their lodging has been arranged at Snoqualmie Pass compliments of the Washington Alpine Club's "Guye Cabin" and members are encouraged to help greet the hikers when they arrive individually.

OUR ELECTED OFFICERS 2022-2023



Michael Pollina
Commander
Chaplain



Mike Johnston
Adjutant



George Townsend
First Vice Commander



Art Farash
Second Vice Commander
Honor Guard Leader

Next month we show the rest of our Officers when acceptable photos are available



This is our first addition and it will improve next month! Thanks for reading! Articles and photos welcome!
Editor Art Farash at

artfarash@gmail.com

LEADERSHIP IS FOR EVERYONE

In today's new, unfamiliar world everyone needs to develop basic leadership skills. To keep up with the fierce pace of change and information overload in these technology-driven times, we desperately need these essential leadership skills:

1. Being a role model to inspire others, by practicing important virtues like patience, temperance, prudence, tenacity, humility, and self-improvement.
2. Becoming an expert communicator, using a supportive tone to convey equality, acceptance, provisionalism, empathy, spontaneity, and freedom.
3. Developing emotional intelligence in the areas of self-awareness, empathy, emotional regulation, social interpersonal skills, and intrinsic motivation.
4. Increasing mindfulness to become more aware of the present moment and less focused on past memories or future expectations.
5. Using our heads and hearts working together in problem-solving, with flexibility, adaptability and understanding of different perspectives.
6. Staying spiritually grounded with purpose, meaning, compassion, and alignment with a greater good.
7. Keeping with a drive for continual learning, growth and improvement.



*William (Bill)
Cottringer*

OUR MEMORIALS



NORTH BEND, WASHINGTON



SNOQUALMIE, WASHINGTON

