

# THE NORTH BEND - SNOQUALMIE LEGIONNAIRE

## OCTOBER 2022



### RENTON-PICKERING POST 79 THE AMERICAN LEGION

PO BOX 359

38625 SE RIVER STREET SNOQUALMIE, WA 98065

## EVENTS AND ACTIVITIES CALENDAR

OCT 13 (THURSDAY) 7:00 PM

MONTHLY POST MEETING AT THE POST HALL IN SNOQUALMIE

NOV 5 (SATURDAY) 11:00 AM

AUBURN VETERANS DAY PARADE. POST 79 WILL HAVE A DECORATED VEHICLE IN PARADE.

NOV 10 (THURSDAY) 7:00PM

MONTHLY POST MEETING AT THE POST HALL



Since 2019 Post 79 has provided support to a total of over 7 Warrior Expedition Combat Veterans hiking the Pacific Crest Trail 2650 miles from the Mexican to the Canadian Borders and since 2020 to 6 Veterans biking the Great America Rail Trail 3700 miles from Washington DC to La Push WA.

This year we were honored to support 3 bikers and the only 2 PCT hikers. Support was provided with accommodations at the **Washington Alpine Club** Cabin at Snoqualmie Pass for the hikers and at member's homes for the bikers in North Bend. We are unique in having both trail routes converge here.

Warrior Expedition is fully funded by donors and Post 79's support by the **King County VETS ENGAGED** Funding Program. Post 79 members spent many hours ensuring that the Warriors

received a warm welcome. During their stays these Veterans got to meet Post Members and enjoyed meals and hospitality. A few have become close friends and remain in contact. Each one had unique stories to share of their military experiences and enjoyed meeting our members. Because of fires in the North Cascades they will not reach the Canadian Border but are continuing as far as possible. Post 79 looks forward to supporting these **Warrior Expeditions in 2023.**

**VETS ENGAGED** is a social engagement funding program of the 2018-2023 King County Veterans, Seniors and Human Services Levy. It awards mini grants of up to \$9,999. Its goal is to reduce veterans' sense of isolation by providing opportunities for veterans and their families to socialize with other veterans as well as non-veterans.

USAF Chief Masters Sgt Crain Olson and US ARMY Command SGT Major Jorge Soriano were the only 2 from the original 6 PCT Hikers to reach Snoqualmie Pass



George Townsend and Art Farash sharing a pizza with USAF Chief Master Sergeant Retired Craig Olson at Dru Bru on Snoqualmie Pass. Craig is a 30-year Retiree and served in Saudi Arabia and Afghanistan

CSM Jorge Soriano US Army Retired and Post 79 Second Vice Commander Art Farash toasting at Dru Bru on Snoqualmie Pass. Jorge retired from the Army's Elite "Night Stalkers" and had multiple deployments to Iraq, Afghanistan and Kuwait.

Visit **Warrior Expeditions** on their Website to learn more: <https://warriorexpeditions.org/>

## FROM THE DOCTOR - COMMUNICATIONS

### Ten Practical Communication Tips

*By Bill Cottringer*

1. Miscommunication is more the norm today than good communication. And it is just getting worse in this new virtual digital world we now live in. When virtual miscommunication occurs, it takes face-to-face conversation to unravel.
2. The first rule of good communication is active listening to understand what the other person is saying, instead of just working up a clever response.
3. Always say what you mean and mean what you say.
4. Better communication is helped by using a supportive tone in conveying important qualities like acceptance, equality, empathy, and tentativeness. When you appear judgmental, superior, too certain, or insensitive, this creates a defensive climate and shuts down communication.
5. Always remember, it is not what you say that people remember, but how you make them feel.
6. Most people's attention span is short these days, so keep it short and simple, like this sentence.
7. Be careful about using words that others interpret differently than what you mean.
8. The only way though a conflict is by using an assertive style, where you express your feelings honestly without trampling on other's rights.
9. Asking good questions is always better to open up good communication, rather than giving smart answers.
10. You can't get better at communicating until you risk asking for frank feedback to help you improve.



**Dr. Bill Cottringer**

**Historian, American Legion Post 79**

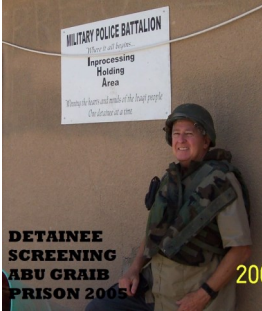
**Author of Pearls of Wisdom**

## INTRODUCING OUR SECOND VICE COMMANDER - ART FARASH



Art was born in 1935 and raised in Flushing, NY and first enlisted in USAF in 1955. After 4 years as an A1C Roads and Grounds Heavy Equipment Operator made A1C then switched to the US Army in 1959 as a PFC where he also was in the Engineers as a Construction Equipment Operator before after 10 years going to his first ever service school in 1964 at Defense Language Institute for 48 weeks for Bulgarian. Later went again for Czech language in 1963.

He then spent the next 18 years in Military Intelligence advancing from SP5 to SFC to Retirement as a CW3 serving 13 years in Germany mostly in civilian clothing status assigned to German Joint Interrogation Centers in Nuernberg and Munich and in 1967-68 went a year in between to Vietnam as Chief Interrogator with the 4th Inf Div. The last 5 years on active duty were with the 9th Infantry Division at Ft Lewis as Chief Interrogator, SERE Training Officer, OPFOR Detachment Commander and G2 Training Officer.



Art retired in 1983 at Ft Lewis as a CW3 in 1983. He then spent the remainder of working life as a State Correctional Officer at Shelton and McNeill Island for 7 years and State Patrol Commercial Vehicle Enforcement Officer for 14 years patrolling heavy trucks all over King County. Art answered the call of the Army for the last time working as an Army Contract Interrogator at age 70 at Abu Ghraib Prison and the 42nd Inf Div in Iraq as an Interrogator from 2004 to 2005 for his final and last deployment which he says was worse than Vietnam.

Art's Dad was a WW I Navy Veteran and a lifelong Grader Operator for DOT in NYC and he first joined the American Legion in his Dad's **William A. Leonard Post 422** in Flushing NY in 1968 after returning as a SP6 from Vietnam and since then has been active in Legion Posts from Germany to Washington and places in between till the present time. Served as Adjutant in 1965-67 with Munich Post 8 in Germany, as Post 79 Sergeant of Arms 2009-2021 and presently as Post 79 Second Vice Commander and Honor Guard Commander.



Besides working he found time to climb mountains in the Alps and Cascades and climbed all of Washington's glaciers multiple times and was last on the summit of Mt Rainier for the 5th time in 1988 with his later to be wife Marietta. Started skiing at 65 thanks to Marietta and still gets his Super Senior Season Pass at the Summit of Snoqualmie. He lives now in North Bend for 27 years with his now "best friend" Yuri after Marietta passed away in 2018.



## FAREWELL LORI OUR SERGEANT AT ARMS LORI

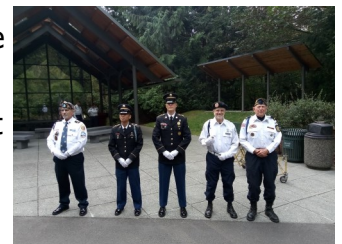
We are sad to learn that our **Sergeant at Arms Lori Pitman** has resigned and has moved to Cle Elum to be closer to her family. Lori is a US Navy Veteran and was also a member of the Honor Guard and rifle team at Tahoma National Cemetery and will be missed. Good luck at your new home Lori!

## TAHOMA NATIONAL CEMETERY - EASTSIDE VETERANS



Last month on Oct 14th our small group with three rifles from American Legion Post 79 and VFW Post 2993 provided full military honors to 5 veterans which included 4 WW II veterans. Three were USAF, and 1 each Navy and Army. Two were USAF Retired. Chaplain was our own **Michael Pollina**.

The **Tahoma National Cemetery's** 25th Anniversary will be held on Sat Oct 1st at 11:00 am with 3 rifle teams each firing one volley and there will be a program of speakers and patriotic music.



## MILITARY FUNERAL HONORS - WHAT ARE THEY?



The Department of Defense (DOD) is responsible for providing military funeral honors. "Honoring Those Who Served" is the title of the DOD program for providing dignified military funeral honors to Veterans who have defended our nation.

Upon the family's request, Public Law 106-65 requires that every eligible Veteran receive a military funeral honors ceremony, to include folding and presenting the United States burial flag and the playing of Taps. The law defines a military funeral honors detail as consisting of two or more uniformed military persons, with at least one being a member of the Veteran's parent service of the armed forces. The DOD program calls for funeral home directors to request military funeral honors on behalf of the Veterans' family. However, the Department of Veterans Affairs (VA) National Cemetery Administration cemetery staff can also assist with arranging military funeral honors at VA national cemeteries. The Washington State Veterans cemetery staff will arrange military funeral honors for interments at the State Veterans Cemetery, Medical Lake. Veterans organizations may assist in providing military funeral honors. When military funeral honors at a national cemetery are desired, they are arranged prior to the committal service by the funeral home. **In all cases a valid DD Form 214 is required to establish eligibility.**

The Department of Defense began the implementation plan for providing military funeral honors for eligible Veterans as enacted in Section 578 of Public Law 106-65 of the National Defense Authorization Act for FY 2000 on Jan. 1, 2000.

Until this year both the Army and the Air Force have provided full honors with at least a 3-man firing party for Retired Service Members but due to funding and personnel shortages no longer do this. Last year when properly requested thru Quantico the USMC sent a full honors team with an Officer in Charge, a 7-man rifle team with squad leader and a bugler at Fall City Cemetery for a Retired 28-year service Master Sergeant .



**Marine Corps Funeral Honors** is dedicated to ensuring all Marines who have served obtain the appropriate honors as a final salute to their life and the final demonstration of the country's gratitude to those who, in times of war and peace, have faithfully defended our nation. The Marine Corps Funeral Honors ceremony consists of, at a minimum, the folding and presentation of the American flag and the sounding of Taps by a detail of two uniformed members, in addition to a bugler, if available, of the Armed Forces. At least one of the detail's members shall be from the parent Service of the eligible beneficiary. Although the law dictates that two uniformed members will be the minimum, this will be the exception and not the rule for Marine Corps Funeral Honors details. We will make every effort possible to provide as many Marines as requested. <https://www.hqmc.marines.mil/Agencies/Casualty-MFPC/Funeral-Honors/> This includes Honors at Tahoma National Cemetery as well as private cemeteries.

The **Snoqualmie Valley Veterans Honor Guard** is also available to assist and provide rifles and a bugle for local burials and can be contacted thru the Post at [post0079@gmail.com](mailto:post0079@gmail.com) with **Honor Guard** in the Subject.

## ATTENTION ON DECK - COMMANDERS MESSAGE



### Courage?

*When we look at the word courage, what comes to mind? Is it the statement below?*

**"Courage is the ability to do something difficult even when there's risk. Courageous people do and say what they think is right despite opposition"**

*(Continued on Page 5)*

(Continued from Page 4)

**Courage!**

*I believe courage takes on many forms, is it the single parent that takes on the responsibility of raising a child, is it the father who stays to be a good roll model for their children.*

*For many it maybe as simple as getting up in the morning and going to work and we know if wedon't our family would suffer. My bet is most of us who have served have seen various forms of courage. Is it the solder or Marine charging a machine gun nest, a sailor who stays at their general quarters station while under fire. I think of the Air Force pilots who stayed on course on that first night in Bagdad taking ground fire.*

*Courage is what we dig down deep for in ourselves when fear is what makes us wanto hide. Courage is facing what the world wants to throw at us and make us cower to fear There will be times when you may be challenged by situations you see unfair, difficult, or unjust. Find the motivation to do what is right and stand up for yourself and those who are unable to do so for themselves. If you feel as though honesty, trust, respect, responsibility, fairness, or courage has been broken, be courageous. Courage is a five-letter word, but there is a whole lot of HEART behind*

*Michael Pollina, Commander, Post 79*

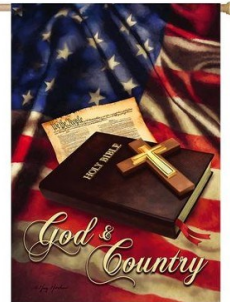
**IN MEMORIAM - COLONEL ROBERT "THE DILG" DILGER USAF RETIRED**

Last month one of our North Bend **"Heroes"** was interned at Tahoma National Cemetery with full military honors on Sept 8th. COL Robert Dilger retired from the USAF in 1980 as a Combat Pilot with 162 fighter missions in Vietnam at a time when US pilot losses were at an alarming rate and was the recipient of 3 Silver Stars, 4 Distinguished Flying Crosses, 1 Air Medal and 1 Purple Heart. May his be memory be eternal. We send our condolences to his family. He was a Great American Hero!

**FOR GOD AND COUNTRY! THE CHAPLAINS CORNER**

*Your Future home?*

Who can think about the future without considering whether there is another existence after this life. Mankind cannot escape death, but we try not to think about it and regulate it our future, which we think may be far off for some, but closer for others. I learned from God's word (Proverbs 27:1) we are not promised tomorrow! The simple conclusion for me is where do I want my forever home to be? How do I want to spend eternity? We need to investigate our hearts to be sure that you will spend eternity in Heaven and not in Hell. You may say there is no Heaven or Hell, but in your mind, you may have wondered "what if it's true"



The choice is yours to make. It's a dangerous road to take, saying there is no God, or it is as easy a saying Jesus, I want to follow you, Help me. There are many Christians who are willing to help a person along the good path. We just need to listen to God's voice, yes, He does speak to us.

*Michael Pollina, Commander, Chaplain*

A.L. Post 79, Snoqualmie, WA.

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**FROM THE EDITOR**

This is our 3rd edition of the re-activated **Snoqualmie Legionnaire**. Please feel welcome to submit your comments, stories and articles you feel would be of interest to our readers. You can email Art Farash the Editor Art at

[artfarash@gmail.com](mailto:artfarash@gmail.com)

Thank you for reading! For God and Country forever!