



COMING EVENTS

- APRIL 12th (WED) TAHOMA NATIONAL CEMETERY DUTY DAY**
- APRIL 13th (THURS) MONTHLY POST MEMBERSHIP MEETING WITH NOMINATIONS OF OFFICERS FOR ELECTIONS IN MAY**
- APRIL 21st (FRI) VETSERVE 2023: MARK YOUR CALENDAR, NATIONAL DAY OF SERVICE (DETAILS BELOW)**
- MAY 6th (SAT) VETERANS LUNCHEON (SEE DETAILS ON PAGE 2)**
- MAY 11th (THURS) MONTHLY POST MEMBERSHIP MEETING WITH ELECTIONS OF OFFICERS FOR 2023-2024**
- MAY 29th (MON) MEMORIAL DAY OBSERVANCES (DETAILS NEXT MONTH)**

FROM THE COMMANDER



Here we are in April 2023, Already. I don't know about you, but I am ready for Spring. Our post is going to have a busy Spring and Summer. The first order of business will in April with nominations for Post 79 officers in April, voting for Officers will take place in May.

May 6th, Saturday, will be our first Sno-Valley Veterans luncheon at the Mt. Si. Senior High School. This Luncheon is Provided by our Post.

Memorial Day services are right around the corner, **May 29th, Monday**. The Honor Guard will make the usual cemetery rounds. Our Post is making a push to get us better known in the valley by visiting with Companies who have Veterans working there and retirees throughout the Valley.

We are Veteran needs driven. I am counting on everyone to do their part in encouraging Veterans to Join the American Legion, seeking help through us where we can be able to assist them.

Lets BE The One who makes a difference in our community. We must never forget, we are a Veterans group helping Veterans.

Michael Pollina, Commander, Post 79

VA's National Volunteer Week April 16-22, 2023



Make the pledge to serve during VA's National Volunteer Week, April 16-22, 2023. Whether you choose to plant a tree, package boxes at a local food bank or offer to serve with a nonprofit, what matters most is that you go out and engage. VetServe is a celebration of service and a call-to-action aimed to encourage the nation's 19 million Veterans, their families, caregivers and survivors to join VA in supporting a national day of service



 **AMERICAN
LEGION**

Post 79, Snoqualmie, WA 98065

**Snoqualmie Valley Veterans Luncheon,
Saturday, May 6th, 2023, 1030hrs to 1330hrs
Building A Veterans Network for Communities**

***Lunch provided, sponsored by The American Legion.**

***Meet with your fellow Veterans in Snoqualmie Valley.**

**How we can help our Veteran brothers and sisters and build ties
to our community.**

*U.S. Dept. Of Veterans Affairs, American Legion Service Officer
Tahoma National Cemetery, King County Veterans Affairs Officers,
Councilmember Sarah Perry, Guest Speaker: Senator Mark Mullet*

Location: Mt. Si High School Cafeteria, Snoqualmie, WA

8651 Meadowbrook Way SE, Snoqualmie, WA 98065



Use QR code to Register.

RSVP to: Michael Pollina, Post Commander – 214.796.7072 or

George Townsend, Vice-Commander 206.913.9199

Email: post0079@gmail.com

<https://waalpost79.org/>

American Legion Post 79, 38625 SE River Street, Snoqualmie, WA 98065

A Veterans Association Caring for Veterans

Event Also sponsored by: Sno-Valley Chamber of Commerce, Snoqualmie Tribe

www.waalpost79

THE CHAPLAINS CORNER -WHO IS WISE?

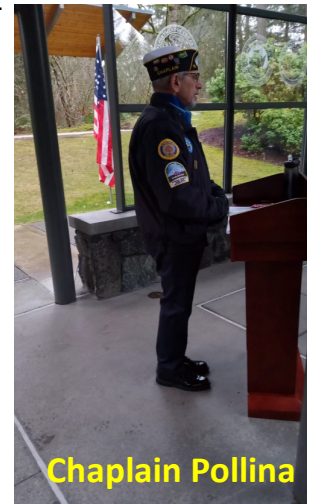


Michael Pollina
Post 79 Chaplain
Tahoma National Cemetery
Chaplain

"O give thanks unto the LORD, for he is good: for his mercy endureth for ever." (Psalm 107:1) Psalm 107 is very practical, pointing our hearts to humble instruction. The psalmist writes to the spiritually thirsty so that God's children will ask the important question "Who is wise?" The answer is the one who pays careful attention to the steadfast love (mentioned six times for emphasis) of Yahweh (v. 43). The centerpiece of Psalm 107 includes a set of four accounts describing predicaments and the sure guarantee of divine intervention. The first is travelers thirsty and lost, wandering in a solitary desert (vv. 4-9). Second is prisoners rotting in jail, left to die (vv. 10-16). Third, fools knocking on death's door because of their sinful lifestyles (vv. 17-22). And fourth, seasoned sailors caught in a storm, at their wits

end and nearing shipwreck (vv. 23-32). Look at this imbedded template (the four p's: problem, prayer, pardon, praise) as believers are pictured in each of these illustrations. When one has a spiritual problem, he should first cry out to our Creator in prayer. Oftentimes, we instead first reach out to friends, social media, or the "fixers" of this life. We can be so unwise, behaving as practicing atheists. Indeed, the Lord always hears our cry, and He never turns away the spiritually contrite but always pardons the humble. And when our Lord answers, consider the exhortation to praise Yahweh—repeated six times for wisdom's reminder.

The bottom line is whom do we have in heaven but God? We need to call out to Him in prayer. When we do, He hears us and answers, bringing Himself the ultimate glory. His mercy endures forever. Amen!



Chaplain Pollina



EMAIL US: post0079@gmail.com

VISIT US ON FACEBOOK:

<https://www.facebook.com/>

OUR ELECTED AND APPOINTED OFFICERS

Commander: Michael Pollina michaelpollina@gmail.com

Sgt at Arms: Vacant

1st Vice Cdr: George Townsend gntownsend@yahoo.com

Historian: Bill Cottringer ckuretdoc@comcast.net

2nd Vice Cdr: Art Farash artfarash@gmail.com

Judge Advocate: Vacant

Adjutant: Vacant effective June

Past Commander: Rocky Martinez rmarti287@gmail.com

Finance Officer: Vacant effective June

Armorer: George Townsend gntownsend@yahoo.com

Chaplain: Michael Pollina michaelpollina@gmail.com

Honor Guard: Art Farash artfarash@gmail.com

Service Officer: Dave Waggoner davids_waggoner@msn.com

Newsletter: Art Farash artfarash@gmail.com

THE DYNAMICS OF TRUST



“The best way to find out if you can trust somebody is to trust them.”

~Ernest Hemingway.

Trust is an essential ingredient to successful resolution of the three main conflicts which we all must deal with in life: (a) us vs. life (b) us vs. them, and (c) us vs. ourselves. In a sense, our lives are a series of these three main conflicts in various forms. Much of the problem of distrust in these conflicts comes from the traditional competitive, win-lose mentality, whereas more trust seems to follow the newer cooperative, win-win approach.

Now here is where it gets a little odd. When it comes to trust, you can't outthink your brain. There is some very quick unconscious thinking going on in comparing the immediate details of the current situation with similar prior experience stored in memory. This is a very fast intuitive decision-making process whereas you immediately seem to like and trust someone or dislike and distrust them, which proceeds the more deliberate, rational explanation of why this is so, as an after fact. Here are 5 best ways to build trust:

- Presenting a likeable personality by being agreeable, honest, relaxed, real, empathetic, humorous, and humble.
- Practicing mindfulness in paying closer attention to what is happening right now, rather than mind-wandering about what has happened before or what you think might happen in the future.
- Learning, growing, and improving your emotional intelligence factors of self-regulation, self-understanding, social skills, intrinsic motivation, and empathy.
- Admitting your mistakes, apologizing when you are wrong, and making things right.
- Recognizing and praising other's accomplishments and successes and giving credit where it is due.

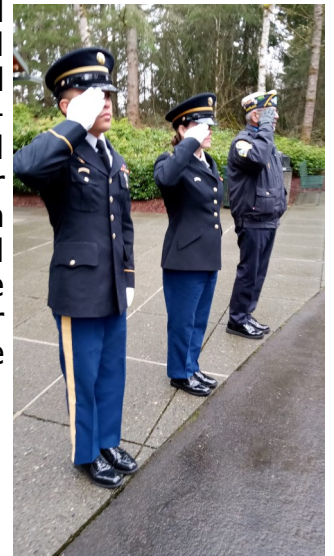
Dr. Bill Cottringer, Historian, Post 79

TAHOMA NATIONAL CEMETERY HONOR GUARD



Last month on Wed March 8th Tahoma National Cemetery at our Eastside Veterans Honor Guard had 4 services today. Full Military Honors were rendered for Veterans who served from the Korean War to Vietnam and the Persian Gulf and included 2 Army and 2 Air Force Veterans including one USAF Colonel. Our Team consists of 2 Members of VFW Post 2995 in Renton and 3 from American Legion Post 79 and well as a Bugler. At present we are able to provide the Chaplain, 3 Riflemen and Commander, plus a Bugler which is the ideal number. Rifle teams should have an odd number of rifles from 3 to 7.

Our next Duty Day will be on **Wed, April 12th**. All are invited to come and see what we do each month at Tahoma National Cemetery. Services are conducted daily from Monday thru Friday by volunteers from several Veterans Organizations.



Our Honor Guard thanks Flintoft's for its donations at Tahoma National Cemetery

VISIT TAHOMA NATIONAL CEMETERY AT

<https://www.cem.va.gov/cems/nchp/tahoma.asp>



INTRODUCING OUR MEMBER - JIM BESSO

Jim joined Post 79 in 2017, and has been an active member since. He has served as Post Chaplain, and briefly as 2nd Vice Commander. He joined the Legion to help serve the community by helping with veterans' issues in the local area, and to reconnect with those who also served. Jim Lives in North Bend with his wife Jessica and two boys, Jeremiah and Josiah. Jim is active in the church, and has served as a associate pastor, minister, and Chaplain. He currently works as a database developer.



Jim Joined the US Army National Guard in 1982, and went into Active service in 1983. He spent 12 years, serving in Ansbach, Vilseck, Baumholder, Hof, Wildflecken, Camp Gary Owen (Korea), as well as Ft Knox in Kentucky, Ft Riley in Kansas, and Ft Lewis, here in Washington. Jim began as a tank driver on an M48A5 in the Maine Army National Guard, moving to M60A1 Patton tanks, then as a gunner on the M60-series, the M1, and M1A1. He was a tank commander, a Platoon Sergeant, and a Tank Master Gunner before leaving the service in 1995. He now works as a database developer here in the Pacific Northwest. Jim Served in Operation Just Cause in Panama, in Operation Desert Shield/Desert Storm, as well as an additional tour in Kuwait training the Kuwaiti soldiers and defending the border with Iraq, and on a peacekeeping mission in Bosnia. He has been a member of Post 79 for six years.

MISSION, VISION & VALUES

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans. We are a nonpartisan, not-for-profit organization with great political influence perpetuated by its grass-roots involvement in the legislation process from local districts to Capitol Hill. Legionnaires' sense of obligation to community, state and nation drives an honest advocacy for veterans in Washington.

Our Vision: The American Legion strengthens America by improving the lives of our veterans, the military and their families.

Our Mission Statement: The American Legion strengthens our communities, states and nation with programs and services for our veterans, the military and their families

Our Motto: Veterans Strengthening America

Our Value Principles:

A VETERAN IS A VETERAN The American Legion embraces all current and former members of the military and endeavors to help them transition into their communities

SELFLESS SERVICE The American Legion celebrates all who contribute to something larger than themselves and inspires others to serve and strengthen America.