

The North Bend-Snoqualmie Legionnaire



Augst 2023 Issue

Renton-Pickering Post 79, PO Box 359, 38625 S. E. River Road, Snoqualmie, WA 98065

PRESENTING OUR 2023-2024 OFFICERS



*FROM LEFT TO RIGHT: Service Officer Dave Waggoner, Chaplain Jim Besso, Commander Michael Pollina, Adjutant/1st Vice Commander George Townsend, 2nd Vice Commander Bill Cottringer, Sgt at Arms Art Farash, Historian Chad Tietje, and Finance Officer Marty Smith. Missing is Judge Advocate Chad Magendanz. **Congratulations All.***

WHAT'S HAPPENING AUGUST 2023

AUG 4th (FRIDAY) USCG 233RD BIRTHDAY

AUG 7th (MONDAY) PURPLE HEART DAY

AUG 9th (WEDNESDAY) TAHOMA NATIONAL CEMETERY DUTY DAY (EASTSIDE VETERANS)

AUG 10th (THURSDAY) POST MEETING 7:00 PM BACK AT THE POST. SOCIAL HOUR FOLLOWING AT SNOQUALMIE EAGLES WITH PIZZA AND BEVERAGES

AUG 12th (SATURDAY) FESTIVAL AT MT SI GRAND PARADE IN NORTH BEND WITH COLOR GUARD

AUG 12th (SATURDAY) TAHOMA NATIONAL CEMETERY 2ND SATURDAY SERVICE (EASTSIDE)

AUG 19th (SATURDAY) SNOQUALMIE RR DAYS PARADE WITH POST COLOR GUARD



**PURPLE
HEART DAY**

August 7, 2023 U.S. Purple Heart Day on August 7 is the kind of day created to give back. It's a day for Americans to remember and honor the men and women who bravely represented their country and were wounded or killed whilst serving.

FOR 14 YEARS AS ADJUTANT AND FINANCE OFFICER



Member **Mike Johnston** was honored at the July Meeting with a plaque presented to him for his 14 years of dedicated service to Post 79 as Adjutant and Finance Officer. Back in 2009 the previous Adjutant and Finance Officer walked out leaving Mike a pile of folders and documents to sort out. Since then Mike has served in this role for five Commanders. Mike is also one of the Founding Members of the Snoqualmie Valley Veterans Honor Guard since its formation in 2009. Congratulations Mike and "safe riding"

TAHOMA NATIONAL CEMETERY



The Eastside Veterans Team had a full day today at Tahoma National Cemetery with 8 services with Military Honors from 10:30 till 3:00. One service had over 100 people in attendance. Services included Veterans from WW 2, Korea, Vietnam , and Desert Storm. We have the August 2nd Saturday Service and will also be introducing our new French Blue shirts in August. Chaplain from **Randy Leno** from the Muckleshoot Tribal Veterans officiated in place of our regular chaplain. Any Veterans are invited to join the Eastside Veterans Honor Guard and the commitment is only one day each month on the 2nd Wednesday for a few hours. Here are some photos from the July services.



Shown here is the service for the USMC Korean War Veteran with over 100 persons attending.

The Rifle Detail with Leader **Art Farash** and Riflemen **Brent Wilde** (VFW 2995), **George Townsend** (AL 79) and Jeff Starkey (VFW 2995)



OUR WARRIOR EXXPEDITIONS BIKE RIDERS



On July 12-13 our Post 79 was honored to host three Bike Riders from the **Warrior Expeditions** 3,700-mile Great American Rail Trail which started on June 6th in Washington, DC and ends at the Pacific Ocean near La Push, WA. They rode 3,500 miles to get to North Bend and have only 200 miles left to reach La Push. During their trip they have been hosted by many American Legion Posts across the country and will be greeted at their final destination in Forks by American Legion Post 106. Aaron served 5 years in the US Army. Stephanie retired from the USAF as a Clinical Nurse. Jessica served in the US Army for 9 years.



AARON STEPHANIE BRITTANY

Warrior Expedition Great American Rail Trail Rider #4 arrived at North Bend on Tuesday July 25th and we enjoyed meeting him with Tacos at Pour House, dinner and breakfast at the Townsends before getting him on the trail at Preston. USAF Retired Tim Davis served from 1999 till 2019 with deployments to Afghanistan.

Post 79 has been hosting **Warrior Expeditions** Hikers on the Pacific Crest Trail for a number of years at Snoqualmie Pass and for the last two years has hosted Bike Riders in North Bend. This has been made possible by our Vets Engaged Program and the generosity of the Townsend Family providing dinner, bed and breakfast for the latest Bikers. One remaining Rider is expected in August.



All participants are either Retired Military or Veterans with deployments combat zones and all expenses and equipment is provided at no cost from Warrior Expeditions thanks to many corporate donations. Please visit **Warrior Expeditions** <https://warriorexpeditions.org/>

AN EVENING AT NORTH BEND FARMERS MARKET

Post 79 had its first ever booth at the North Bend Farmers Market in July 6th where we were seen by hundreds of market goers. About 10 or 12 Veterans were encountered and given information of the Post and its meetings and hopefully getting us a few new members. This is just one of the public events we are looking forward to in August and we will have a booth at the Snoqualmie Railroad Days on Saturday Aug 19th.



Shown here are 1st Vice Commander George Townsend, Post Commander Michael Pollina and Sgt at Arms Art Farash who were later joined by 2nd Vice Commander Bill Cottringer.



Collage photo of the welcome visit on July 23rd of Warrior Expeditions Biker Retired USAF MSGT Tim Davis on his bike trip to La Push (Photo collage by Bill Cottringer)

FROM THE COMMANDER'S DESK



Well, August is around the corner, and though we had a few hot days I am not complaining being from Texas. July has been a busy month for the Post. On July 6th, we pitched our tent at the Si View Farmers Market and had about 15-20 people drop by and ask questions, told war stories, and let the community know about us. It is important that our community see us and know about us.

On July 24th Art Farash and I were invited to the Asian Real Estate Association golf tournament for Veterans at the Snoqualmie Ridge Golf Club, They were raising money for veterans and are getting ready to meet with Congress about making available housing to vets, who they said are outbid at most bidding wars for homes. We were asked to be the color guard, which we were honored to do. Again visibility is important.

George Townsend, our 1st Vice Commander and I met with King County Councilwomen Sarah Perry to discuss better ways to look for grant money from various agencies. It was a very informative session with her, and we are looking to improve our exposure to the cities, County, State, and Federal grant agencies.

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August 12th is our North Bend Parade and our Color Guard will be representing our Post in the parade. Come and show them our support as they march with our colors. August 19th is Rail Road Days Parade and we will have Our tent there with our Color Guard leading the parade. Volunteers are needed for the booth.

On another good note, Senator Mark Mullett's Office contacted me this week to see if we have heard from the State Comptroller's Office regarding our grant. They are calling them to reach out to us. Even with all that is going on, we are Legionnaires and Auxilliary should never lose focus on what we are about and here for. First and foremost, we support our Veterans, their families, and our community. We will be returning to our Post for future meetings. August is a good month to recruit new members.

Onward and Upward Legionnaires.

Michael Pollina
Commander, Post 79

THE CHAPLAINS CORNER



Men and Brethren, Greetings! It is hard to believe that August is already upon us! If this August is anything like the others, it will start hot and sunny and end cooler and damp with the return of the rain.

August is one of the few months of the year that does not have a widely known National Holiday. But a couple of interesting days in the month are worthy of note. August 4th is National Coast Guard Day. In 1790, Alexander Hamilton, then the Secretary of Treasury, established the US Coast Guard, naming it the Revenue Cutter Service. In 1915, Woodrow Wilson signed an act that renamed the branch to its more familiar moniker while simultaneously merging it with the US Lighthouse Service. This single maritime service has been saving life at sea and enforcing the nation's maritime laws for more than 200 years.

The second day of note is August 7th. In 1782, Commander-In-Chief of the Continental Army, General George Washington, established a day honoring those who had received The Badge of Military Merit, given for injuries sustained in combat. In 1932 the metal was renamed The Purple Heart on the bicentennial anniversary of the General's birthday, given to those injured or killed in combat. Since that time, an estimated 1.8 million have received the medal. They deserve our thanks and gratitude. I would encourage you to take a moment to reflect on their sacrifice on our behalf.

I hope this finds you well and in good spirits. If you have any prayer requests, I would be glad to pray or talk with you, be it over email, texts, or on the phone. Never forget we are a band of brothers and there is no reason we have to go at it alone. Onward and Upward!

Jim Besso
Chaplain, Post 79

THE NORTH BEND-SNOQUALMIE LEGIONNAIRE



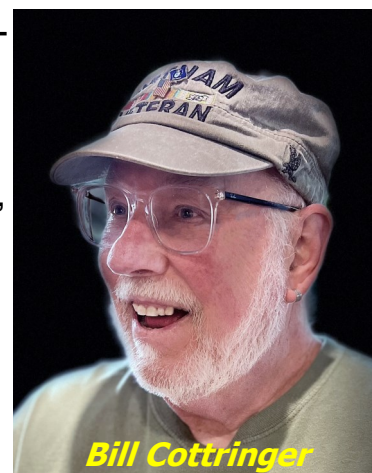
This newsletter is the monthly on line publication of American Legion Post 79 and brings to you information on the Post's activities over the past month. It's edited by Art Farash, the Post Sgt at Arms who is a 2-finger typist and sometimes makes grammatical mistakes - apologies! Thank you for reading and please submit your own articles with photos to: Artfarash@gmail.com

THE ABC'S OF PROBLEM SOLVING

Just like conflicts, change, taxes and death, problems are an inevitable part of life for us all, which we cannot avoid. Solving problems is the only way to move forward in our personal and professional journeys through life, and unresolved problems, just like unresolved conflicts, always seem to return with more vengeance, difficulty, and challenge, the next time around. Here are the simple ABC's of effective problem solving:

1. Make decisions on small problems that don't have larger consequences quickly and save some time to deliberate on the larger problems for a while longer, trying to decide on the alternative strategy that does the most good and causes the least harm.
2. Break the larger, complex problems down into smaller, more manageable parts and solve the smaller parts that have the most gain in solving the larger overall problem, again doing the most good and causing the least harm.
3. Accept the reality that not all problems are solvable, at least in getting the particular outcome you want, understanding that these unsolvable problems can at least be better managed. The most important problems to manage better are your time, emotions, and ego. Doing this will help you get out of your own way.

Bill Cottringer



Bill Cottringer

PLEASE VISIT OUR POST WEBSITE

The Post 79 Website can be viewed at <https://www.waalpost79.org/>



Post 79 is also on Facebook and please visit our Group where you can comment or make your own posts

<https://www.facebook.com/groups/legionpost79>

Our Facebook Group makes an effort to keep you informed of local Veterans activities and helpful information. Please "LIKE" it and Join.



The American Legion Family