

THE NORTH BEND - SNOQUALMIE LEGIONNAIRE

FEBRUARY 2023



RENTON-PICKERING POST 79 THE AMERICAN LEGION

PO BOX 359

38625 SE RIVER STREET SNOQUALMIE, WA 98065

EVENTS AND ACTIVITIES CALENDAR

FEB 3RD (FRIDAY) FOUR CHAPLAINS DAY (SEE ARTICLE ON PAGES 2-3)

FEB 8TH (WED) TAHOMA NATIONAL CEMETERY DUTY DAY (TIMES TO BE ANNOUNCED)

FEB 9th (THURS) MONTHLY POST MEMBERSHIP MEETING @ 7:00 PM AT POST

FROM THE DESK OF THE COMMANDER

New Words for the New Year.



A new year is upon us, will it be a peaceful one or a worrisome one? There is an old saying "Plan for the worst and hope for the best". Over the years I have learned that what I speak is what I have come to expect. In other words, we need to speak words of encouragement to ourselves and others. We, as Legionnaires, need to be that positive light to others. I think of the forefathers of this country and others and the encouraging words they have left us.

Here are some good quotes to remember.

"The soldier is the army, no army is better than its soldiers. The soldier is also a citizen. In fact, the highest obligation and privilege of citizenship is that of bearing arms for one's country." General George S Patton

"He who loves this country best, who strives to make it best." - Robert G Ingersoll

"Whoever you are, be a good one" ?

Every day we should show appreciation to our brave servicemen and women who risk their lives and leave their families on behalf of our country and its citizens.

We should ask ourselves, what will be my part in helping others to have a better New Year? And ask myself, if my choices for myself are bad, its hard then to make others better. Post 79 has a few good things about to happen. but we need more. We all need to be involved and contribute to being an American Legionnaire.

Remember, change happens through what we speak and do.

To a better New Year in 2023

WE ARE THE UNITED STATES ARMY, MARINE CORPS, NAVY, AIR FORCE, SPACE FORCE , COAST GUARD

Michael Pollina, Commander, Post 79





THE CHAPLAINS CORNER



The Name of the Lord Jesus

"And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins." ([Matthew 1:21](#))

This is the first of 144 references to the name of Christ in the New Testament. The word "name" (Greek *noma*) occurs only about 95 times when referring to any or all other names. This fact is itself a sort of commentary on Philippians 2:9: "God also hath highly exalted him, and given him a name which is above every name."

In biblical times, a person's name expressed the character or attributes desired for a child by his or her parents. The reason for the name "JESUS," which means "Jehovah saves" or simply "salvation," was given by the angel: "He shall save his people from their sins."

There is only one Savior, "for there is none other name under heaven given among men, whereby we must be saved" ([Acts 4:12](#)); but *His* name does save! "As many as received him, to them gave he power to become the sons of God, even to them that believe on his name" ([John 1:12](#)).

Those who do receive Christ are thenceforth (*thereafter*) associated with His name—and therefore with His person and work. First, they are to be baptized "in the name of the Father, and of the Son, and of the Holy Ghost" ([Matthew 28:19](#)). They are then to order their lives in a way that honors His name. "Let every one that nameth the name of Christ depart from iniquity" ([2 Timothy 2:19](#)).

He has given many gracious promises of answered prayer if we pray in His name, ("You didn't choose me. I chose you. I appointed you to go and produce lasting fruit, so that the Father will give you whatever you ask for, using my name." ([John 15:16](#) NLT). The final use of "name" in the Bible stresses our eternal identification with His name, for "his name shall be in their foreheads" ([Revelation 22:4](#)) as we are united with Him in the age to come.

Michael Pollina

Chaplain, Post 79



FOUR CHAPLAINS DAY - FEBRUARY 3RD

Many of us know the story of the Four Chaplains, for me, this is a real example of what a true hero is. They laid down their lives to save others. It was February 3, 1943, the US Army troop transport ship, Dorchester was sailing across the Atlantic from Newfoundland to an American base in Greenland, She was carrying 902 servicemen, Merchant seamen and civilians .

It was only 150 miles from its destination when shortly after midnight, an officer aboard the German submarine U2, spotted it. After identifying and targeting the ship, he gave orders to fire. The hit was decisive, striking the ship, far below the water line. The initial blast killed scores of men and seriously wounded many more. Out of the pandemonium rose 4 men.

- Lt. George Fox, a Methodist
- Lt. Alexander Goode, a Jewish Rabbi
- Lt. John Washington, a Roman Catholic Priest
- Lt. Clark Poling, a Dutch Reformed minister

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I will let the rest of this story speak for itself from an article I found. (Michael Pollina)

"Once topside, the chaplains opened a storage locker and began distributing life jackets. It was then that Engineer Grady Clark witnessed an astonishing sight. When there were no more lifejackets in the storage room, the chaplains simultaneously removed theirs and gave them to four frightened young men. When giving their life jackets, Rabbi Goode did not call out for a Jew; Father Washington did not call out for a Catholic; nor did Fox or Poling call out for a Protestant. They simply gave their life jackets to the next man in line. One survivor would later say, "It was the finest thing I have seen or hope to see this side of heaven."

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How will our Post 79 remember the Four Chaplains in our Snoqualmie Valley? Will we remember it at all? Spread the word about your Four Chaplains service through local newspapers and social media. Encourage reporters to write about the Four Chaplains. Encourage your own pastors and other local clergy to remember the Four Chaplains in their services on Four Chaplains Sunday February 5th. Encourage your school children to mention the Four Chaplains and their sacrifice on February 3rd when the Pledge of Allegiance is recited as State Law requires.

More information here:

https://www.legion.org/sites/legion.org/files/legion/publications/60MAG0120%20Four%20Chaplains%20Brochure_0.pdf

7 PRACTICAL TIPS FOR GETTING ALONG BETTER WITH OTHERS



Getting along better with other people requires applying sound interpersonal skills. Here are seven solid principles to guide your own behavior in the right direction. The good thing about this short list is using any one of these suggestions will make a huge difference.

1. Practice the modern version of the *Golden Rule*. Do this by treating others the way you want to be treated yourself—being respected, accepted, and valued with empathy and compassion, as just your ordinary, every-day self, trying to grow into the best self you are pretending to be.
2. We are all born with two ears and one mouth, so adopt the first rule of good communication—talk once and listen twice. This will usually result in less need to talk and more interest in listening. You will also learn more about how to get along better with others.
3. Learn to communicate in the likeable way. This means being mostly positive, honest, sensitive, spontaneous and a good listener. It also means conveying support by being accepting, equal, empathetic, and tentative instead of creating unnecessary defensiveness by implying superiority, judgment, manipulation, control, and over-certainty of your "truths."
4. Find someone you can trust and be frank with to share secrets and suspicions with and get feedback about how good of a friend you are.
5. If you feel critical about another person, go beyond mentioning the criticism and show them exactly how they could do something differently to get better results, to at least consider from your experience. And sometimes saying nothing allows the other person to figure out their mistake on their own.
6. Focus less on the differences we have with other people, especially when they may be annoying, and instead, look harder for the commonalities. We all have needs, interests, and motivations for what we believe in and do, but that is where the common ground ends.
7. Value conflicts are one of the main reasons people argue and don't get along. We each have an inalienable right to choose what values to pursue in this life and that is our unique fingerprint that can't be changed with talk, only personal experience. The only sensible rule is to exercise these rights and freedoms *responsibly*, without stomping on other people's toes.

by Bill Cottringer



YOUR DD FORM 214

At least several times a year we get calls from family members saying they can't find Dad's or Granddad's DD Form 214. For all of us Veterans we need to make sure your DD Form 214 is readily available in the event you die or are incapacitated.

For the Veteran, when discussing your final wishes with your loved ones:

- Discuss your military service with your family and if possible, locate copies of your military separation document(s), such as your DD214.
- Document your spouse's and your marital histories. This information may be needed if your spouse applies for VA benefits after your passing.
- Discuss your final wishes regarding your remains. If you wish to be buried in a national cemetery after your passing, consider applying now for pre-need burial eligibility.

CAUTION: NOT TO BE USED FOR IDENTIFICATION PURPOSES THIS IS AN IMPORTANT RECORD SAFEGUARD IT ANY ALTERATIONS IN SHADED AREAS RENDER FORM VOID

CERTIFICATE OF RELEASE OR DISCHARGE FROM ACTIVE DUTY

1. NAME (Last, First, Middle) _____

2. DEPARTMENT, COMPONENT AND BRANCH _____

3. SOCIAL SECURITY NO. _____

4.a. GRADE, RATE OR RANK _____ 4.b. PAY GRADE _____

5. DATE OF BIRTH (YYMMDD) _____

6. RESERVE OBLIG. TERM, DATE _____

7.a. PLACE OF ENTRY INTO ACTIVE DUTY _____ 7.b. HOME OF RECORD AT TIME OF ENTRY (City and state, or complete address if known) _____

8.a. LAST DUTY ASSIGNMENT AND MAJOR COMMAND _____ 8.b. STATION WHERE SEPARATED _____

9. COMMAND TO WHICH TRANSFERRED _____

10. SGLI COVERAGE None Amount \$ _____

11. PRIMARY SPECIALTY (List number, title and years and months in specialty. List additional specialty numbers and titles involving periods of one or more years.) _____

12. RECORD OF SERVICE

	Year(s)	Month(s)	Day(s)
a. Date Entered AD This Period			
b. Separation Date This Period			
c. Net Active Service This Period			
d. Total Prior Active Service			
e. Total Prior Inactive Service			
f. Foreign Service			
g. Sea Service			
h. Effective Date of Pay Grade			

13. DECORATIONS, MEDALS, BADGES, CITATIONS AND CAMPAIGN RIBBONS AWARDED OR AUTHORIZED (All periods of service)

14. MILITARY EDUCATION (Course title, number of weeks, and month and year)

There are many ways for you or your next of kin to obtain your missing DD Form 214 which I will not list here but will provide some useful Links to follow:

- Submit a military records request to get your DD214 or other military service records through the milConnect website. <https://www.va.gov/records/get-military-service-records/>
- Veterans and their next of kin can get FREE copies of their DD 214, and other military service records from the National Archives at <https://www.archives.gov/veterans/military-service-records>
- Free vs. Fee Based Replacement Copies. You rarely need to pay for a DD214. A simple lack of information is the reason some veterans and their families wind up paying a fee to get the DD214, which is usually available for free.

TAHOMA NATIONAL CEMETERY HONOR GUARD

On Wednesday, Jan 11th, our Eastside/Snoqualmie Valley Veterans Honor Guard provided Full Military Honors for 5 Veterans at Tahoma National Cemetery assisted by Military Personnel from the Army National Guard, the Naval Station Everett and the McChord Air Force Base Honor Guard that folded and presented the Flags to the Next of Kin. Post 78 Chaplain/Honor Guard Chaplain **Michael Pollina** officiated, with the Firing Team of 3 M-1 rifles firing the three volleys followed by our Bugler sounding Taps. All rifles fired flawlessly thanks to our Armorer **George Townsend**. Transportation to and from the Cemetery was provided by the Snoqualmie Tribe's Veterans Assistance Vehicle.

We were also able to take photos thanks to Post 79's Historian **Bill Cottringer** who photographed the grave markers for a veteran couple who were honored in August 2022 and fulfilled the family's request. The Eastside Veterans Honor Guard is made up of members from American Legion Post 79 and VFW Post 2995 – our next duty day is on Feb 8th. Interested members do not have to be VSO members but must be Veterans to fire rifles.

You are invited to see Photo Album of photos by Bill Cottringer from Tahoma National Cemetery on Jan 11th on this Link:

<https://photos.app.goo.gl/FAuuBSdQ7LXXm6VK7>

Preamble to the Constitution of The American Legion

For God and Country,
 we associate ourselves together for the following purposes:

- To uphold and defend the Constitution of the United States of America;
- to maintain law and order;
- to foster and perpetuate a one hundred percent Americanism;
- to preserve the memories and incidents of our associations in all wars;
- to inculcate a sense of individual obligation to the community, state and nation;
- to combat the autocracy of both the classes and the masses;
- to make right the master of might;
- to promote peace and good will on earth;
- to safeguard and transmit to posterity the principles of justice, freedom and democracy;
- to consecrate and sanctify our comradeship by our devotion to mutual helpfulness.

- Strong National Security
- Taking Care of Veterans
- Mentoring Youth
- Promoting Patriotism & Honor
- Community Service

For an explanation of the Preamble visit this website

<https://msamlegion.org/page/content/about/our-preamble/2>

SNOQUALMIE TRIBE ASSISTANCE VEHICLE

The Veteran's Vehicle is to be used to meet every day needs including common errands, VA appointments, and meetings located within a 100-mile radius of the Casino.

Please consider signing up as an authorized driver either for yourself or to drive another Veteran to appointments as needed. All drivers must be previously registered with the Tribal Office. Contact **Bessie MedicineBird** at Phone: 425.888.6551 x6234 |



Email: bessie.medicinebird@snoqualmietribe.us

INTRODUCING OUR MEMBERS - CHAD MAGENDANZ



Chad is the son of a U.S. Navy officer who settled just outside Griffiss Air Force Base in upstate NY to complete his reserve obligation. In high school he received ROTC scholarships from the Navy and Air Force, as well as an appointment to the U.S. Naval Academy. Ultimately, he decided to attend Cornell for their Electrical and Computer Engineering

program, where he was officially enlisted in the Navy on August 19th, 1985.

He earned his "silver dolphins" on the U.S.S Georgia (SSBN 729G) in a record 20 days in 1988, was selected as Company Commander my senior year, and commissioned on May 27th, 1989. The following summer he ran a sailing program for University of North Carolina and then reported to Nuclear Power School in Orlando, then nuclear prototype at Knolls Atomic Power Laboratory (KAPL) in upstate NY, completed Naval Submarine School in Groton, CT, and finally reported to the USS Henry M. Jackson (SSBN 730B) at the end of 1990. He qualified as Officer of the Deck quickly, earning his Gold Dolphins on February 24th, 1992. He then served as division officer for Sonar, Torpedo, Chemistry & Radi-

ological Controls and Reactor Controls, then as Assistant Engineer after completing the qualifications for Ship's Engineer. Collateral duties included CMS Custodian, responsible for communications security (COMSEC) material on board the ballistic missile submarine. I earned a Navy Achievement Medal, National Defense Service Medal and Expert Pistol Marksmanship Medal, serving a total of 7 deterrent patrols. He ended up completing his reserve obligation on May 26th, 1997 while working at Microsoft. found a sunset career teaching computer science full-time for the Bellevue School District. Chad has been a Legionnaire since 2012.

During the summer of 1989, Chad married Galen Pierce, also the child of a U.S. Navy officer, and has two boys who were both active in the JNROTC program at Liberty High School. Chad has been a Legionnaire since 2012 and continues to be a valued member of Post 79,.



The Submarine Warfare Insignia (usually known as "Dolphins") are worn by qualified submariners

OUR ELECTED OFFICERS

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|--|---|
| Commander/Chaplain: Michael Pollina michaelpollina@gmail.com | Service Officer: Dave Waggoner davids_waggoner@msn.com |
| 1st Vice Cdr: George Townsend gntownsend@yahoo.com | Historian: Bill Cottringer ckuretdoc@comcast.net |
| 2nd Vice Cdr/Sgt at Arms: Art Farash artfarash@gmail.com | Judge Advocate: Vacant |
| Adjutant/Finance: Mike Johnston mikedjohnston@comcast.net | Armorer: George Townsend |