

THE NORTH BEND - SNOQUALMIE LEGIONNAIRE

JANUARY 2023



RENTON-PICKERING POST 79 THE AMERICAN LEGION

PO BOX 359

38625 SE RIVER STREET SNOQUALMIE, WA 98065

EVENTS AND ACTIVITIES CALENDAR

JAN 11 (WED) TAHOMA NATIONAL CEMETERY DUTY DAY FOR HONOR GUARD

JAN 12 (THURS) MONTHLY POST MEETING 7:00 PM. SPECIAL GUEST WILL BE KING COUNTY COUNCIL MEMBER SARAH PERRY TO SPEAK ABOUT THE COUNTY VETERANS PROGRAMS.

FROM THE DESK OF THE COMMANDER

They Call us Heroes

Me, a hero? I have heard myself addressed as a hero many times, but it wasn't till many years after Vietnam passed. Somehow things changed and the standing generation was becoming aware of service men and women and maybe they were trying to make penance for the name calling of service people returning from Vietnam? It's a question that may never be answered for me during my lifetime.

I serve as the Chaplain for the Eastside Honor Guard, performing the military services at the Tahoma National Cemetery in Washington, I have asked many active duty and retired veterans if they felt like heroes, and I heard the same answer over and over. NO, followed by, I was just doing my job! This may be a simple response, but it's a God honest answer. I know this is how I feel. I may be remiss in saying that many of us feel the same way.



MICHAEL POLLINA
Commander, Post 79

A simple conclusion to why the civilian populace labels us as heroes is they hear of the stories of the service men and women who leave their homes and families and potentially put their lives in danger and even sacrificing their lives for others. That's the true hero in my eyes. We all have our reason for serving the country we love and thank God we did. ***We are the U.S. Navy, the Marine Corps, The Army, The Air Force and The Coast Guard.***

THE CHAPLAINS CORNER

Part 2 - Man in turmoil, a continuation of Peace of Mind



God created man and placed him in a beautiful garden to enjoy perfect peace, joy, and happiness. But when Adam and Eve disobeyed, they were at once stricken with guilt. Where before they had longed for the presence of God, now they hid with shame. Guilt and fear replaced the peace and happiness they had known. Man's sin was the beginning of a troubled world and a troubled mind.

(Continued on Page 2)

(Continued from Page 1)

Although our souls long for God, our sinful nature rebels against His ways. This inner struggle causes tension and distress. When we, like Adam and Eve, are self-centered within our own desires and ambitions, we become anxious and fretful. The more we focus on ourselves the more troubled we become with this uncertainty of life and changing, the decaying world shakes our security and disturbs our peace.

Although you may not have recognized or acknowledged it, sin can be the reason for your uneasiness. Many people search among outward and material things to find peace, they blame the troubled world for their troubled minds. But they failed to look within their own heart. **(Part 3 coming in the next issue)**

INTRODUCING OUR HISTORIAN BILL COTTRINGER



William Cottringer, Ph.D., CHS-III, is the American Legion Post 79 Historian. Bill's earlier military service was in the USAF as an air policeman, in Texas, Japan and Vietnam, 1962-65. He was able to travel around the Far East, being on the undefeated air police basketball team. One teammate went on to play for the Boston Celtics and another with the Harlem Globetrotters.

After completing a B.A., M.A., S.C.T., and Ph.D. in psychology, counseling, college teaching, and organizational development under the GI Bill, Bill spent 50 years working in law-enforcement, corrections, mental health, college teaching, building maintenance and private security careers. Dr. Cottringer just completed a post-doctoral graduate certificate program in Human Capital Leadership with the American Military University under the VR & E program, with courses in organizational development, organizational behavior, crisis management, leadership, ethics and team-building.

Bill plans on using these updated credentials to help grow and improve the local VFW and American Legion Posts, our District and possibly National and will start an HR consulting business, while continuing teaching and writing books. He currently lives in Riverbend with his wife Jane and famous dog author, Pearly-Girl. He has published 10 books available on Amazon at https://www.amazon.com/William-Cottringer/e/B07D3C111D%3Fref=dbs_a_mng_rwt_scns_share, is an expert on success principles at <https://www.selfgrowth.com/articles/user/23682>, has many free articles there and at his other writing site at <https://www.authorsden.com/visit/author.asp?authorid=10202>, and is also an expert security witness with TASA.

Bill has a very rich military connection dating all the way back to the American Revolution, with great+ grandfathers fighting in the revolution and all the following wars up to his own service in Vietnam. One of his great+ grandfathers was George Washington's personal tailor, while another was business partners with Robert Morris, a signer of the Declaration of Independence and the richest man in America at the time. Another great+ grandfather was related to Thomas Seabury, the first Anglican Bishop in the colonies.

Finally, Bill is a regular contributor to the Post Newsletter, with short articles of useful information. He welcomes feedback and discussions at ckuretdoc@comcast.net



The American Legion Family

Challenges in Virtual Communication

by
Bill Cottringer



“Texting is a brilliant way to miscommunicate how you feel and misinterpret what other people mean.” ~Anonymous.

Words.

At this point, there is a whole lot of empty abstract space between our words and the things they are supposed to represent and so bridging this gap is a huge challenge even with f2f communication and much more so with virtual communication.

Technology.

The internet connections can be very disruptive to time sensitive virtual communication.

Style.

There are many individual differences involved in the way people choose to communicate, which add to the confusion in any type of communication.

Motivations.

Virtual communication doesn't usually provide the time necessary to get to know the person's motivations well enough to avoid having to guess. When motivations are not clear, then we are left to our imaginations, which can often be over-active.

Time.

With people's attention span dwindling and immediacy needs increasing, short communication is the norm, which obviously sacrifices too many important details in virtual communication.

Distractions.

Another time issue involved with most virtual communication is that we can easily get caught up in multi-tasking to get everything done on time.

Channels.

The problems are that competencies in these numerous Internet communication channels are not equal, access is not a given, and sometimes the software involves a steep learning curve.

Body language.

The body language clues from f2f communication, such as eye contact, face and hand gestures, posture, stance, accompanying emotions, and voice tone, are all absent in virtual communication.

Fortunately these challenges face us all, so pooling our solutions together with added patience, is probably the best solution.

“The most important thing in communication is hearing what isn't said.” ~Peter F. Drucker.

SNOQUALMIE TRIBE VETERAN'S PROGRAM



The Snoqualmie Tribe is providing a free vehicle sharing service for eligible Veterans who reside in the Snoqualmie Valley Area (North Bend included). Tribal and Non-Tribal Member Veterans. Membership in the American Legion or VFW not required. The vehicle provided by the Snoqualmie Tribe is for U.S. Military Veterans who need transportation for everyday needs including common errands, VA appointments, and meetings.

More info - <https://snoqualmietribe.us/veteranvehicle/>



Thank you for supporting Warrior Expeditions during our 2022 season. Your support helped 40 combat veterans transition from their wartime experiences by participating in 10 Warrior Hike, Warrior Bike, and Warrior Paddle programs that crossed 35 states along 20,000 miles of trail!

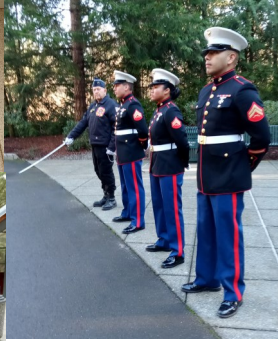
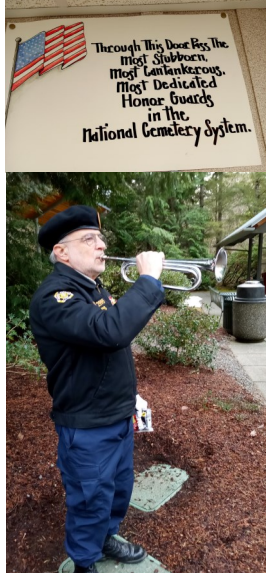
Over 70 VSO's nationwide supported these Veterans on their trails.



2020. Dedication of the New Snoqualmie Tribe's Veterans Courtesy Vehicle at the Casino in 2021



TAHOMA NATIONAL CEMETERY HONOR GUARD



Our Eastside Veterans Honor Guard consisting of members of American Legion Post 79 and VFW Redmond Post 2995 provided Military Honors at Tahoma National Cemetery for 4 Veterans, including 3 from the Korean War. This makes a total of 40 Services for the Year 2022. Post 79's Chaplain Michael Pollina officiated with Honor Guard Leader Art Farash commanding the Rifle Party with George Townsend firing. This was the first time we used the Snoqualmie Tribe's Veterans Assistance Vehicle for travel to the Cemetery. Our Duty Day is the 2nd Wednesday of each month.

If there is any need for Military Burial Honors please contact our Honor Guard at either Chaplain Pollina michaelpollina@gmail.com or Art Farash artfarash@gmail.com for assistance.



SNOQUALMIE VETERANS HONOR GUARD

Post 79's own Snoqualmie Valley Veterans Honor Guard presently has 6 uniformed members and in 2022 in addition to the Tahoma National Cemetery services had 5 ceremonies at the 3 local cemeteries and 2 Veterans Memorials on Memorial Day. We had Color Guards and a decorated vehicle in 3 parades including Snoqualmie Railroad Days, North Bend's Festival at Mt Si and the Auburn Veterans Day Parade. A memorial services with military honors was conducted at North Fork Farms for the family of a deceased local veteran. We are Post 79's most visible presence in the local community and look forward to continuing our public presence in 2023. Art Farash, Honor Guard Leader.



POST 79 ELECTED/APPOINTED OFFICERS

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