

The North Bend-Snoqualmie Legionnaire



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

COMING EVENTS

- JULY 4TH (TUES) INDEPENDENCE DAY - ENJOY THE HOLIDAY SAFELY**
- JULY 6TH (THURS) MT SI FARMERS MARKET BOOTH 4 TO 8 PM - 3 PM SET UP**
- JULY 10TH (MON) POST EXECUTIVE COMMITTEE (PEC) MEETING 6:30 PM AT LOS CABOS**
- JULY 12TH (WED) TAHOMA NATIONAL CEMETERY DUTY DAY**
- JULY 13TH (THURS) POST MEETING 7 PM WITH INSTALLATION OF OFFICERS AT SNOQUALMIE EAGLES WITH PIZZA AND REFRESHMENTS FOLLOWING THE MEETING**

FROM THE COMMANDER'S DESK



July 2023 is upon us and so are the hot summer months, right around the corner is the 4th of July. We celebrate the independence of our nation. It's fireworks and outdoor events, well, I hope we get to see fireworks.

On July 6th our Post will participate in the Si View Farmers market, followed by Snoqualmie Days in Snoqualmie on August 19th, 2023. We are doing more and more to get involved in our community.

American Legion Post 79 also stepped up its charity giving and will continue to do so. The Executive Committee will hold its first meeting on July 10th at 1830 hrs at Los Cabos. All members are invited but only Executive Committee Members will have voting rights.

Our next July 13th post meeting is an important one, we will install our new Post Officers. All of us should make every effort to attend, our Auxiliary is also invited to attend.

This will be a short post from as I and family are on a vacation in the mountains of Santa Rosa and will be back next week. See you then.

Michael Pollina Post 79 Commander michaelpollina@gmail.com

THE CHAPLAIN'S CORNER

It is hard to believe it is already July!

An interesting aspect of the 4th of July is what it represents. Back in 1215, when the Magna Carta set forth the idea that the rights of the people come from God and not the government. The document that Thomas Jefferson wrote those same ideas, growing and maturing for centuries into the Declaration of Independence. But, in addition to the Magna Carta, the Declaration of Independence was preceded by another essential American document, The Body of Liberties. Penned by Reverend Nathaniel Ward in 1644 to inform the Magistrate of Rev. Ward called "the free fruition of liberties," listing immunities and privileges that humanity, civility, and Christianity call for.

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Overshadowed by the Declaration of Independence, the Body of Liberties displays the growing spirit that led to the events of July 4th and the hard years for our country that followed the day we memorialize every Summer. I pray that you can celebrate the day known as our nation's birthday, the day we declared that Life, Liberty, and Freedom come from God, not the government.

These liberties have been fought for and preserved by the men and women who raised their hand to serve, and as a fellow vet, I thank you for your service, and I thank God that I can celebrate our shared service with you. As we celebrate with our families and friends, please pray for our country, its leaders, and those who stand in service to continue defending the freedoms we enjoy. Also, remember to pray for those for whom this day brings feelings and emotions that are not easily dismissed. If you are in that latter group and you would like to talk with someone about it, I am only an email away.



For God and Country, Chaplain Jim, Post 79 Jim@thebessos.com

TAHOMA NATIONAL CEMETERY MILITARY HONORS



Last month our Eastside Veterans Honor Guard was short handed with several members of the Firing Detail on vacation and was augmented by Rob Clark and David Andress from the Snoqualmie Valley Veterans Honor Guard. Chaplain Michael Pollina officiated. There were 5 services with VSO Honors for three Army, one USAF and one USMC Veteran with service from Korea thru Vietnam and the Persian Gulf and one Army Active Duty SGT. In August in addition to our regular duty day we are also detailed to provide Military Memorial Honors at the "2nd Saturday" service on August 12th at 11:00. These services are held monthly for Veterans placed at Tahoma without a committal service.

THE PURSUIT OF HAPPINESS

The pursuit of happiness is something we all have in common, but the paths we take and results we get, are all much different for each of us. Thriving with long-term authentic happiness is the ultimate goal and there are certain behaviors that can facilitate this kind of happiness. Here are ten sure ways to enjoy this valuable prize:

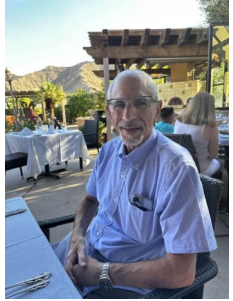
1. Consider viewing apparent opposites, such as happiness and unhappiness, as just two different sides to the same coin, both necessary to experience the difference.
2. Be willing to try new things and expand your interests, especially stressless, relaxing hobbies.
3. Try to spend more of your waking time in the present moment, instead of mind wandering back to the past or off to the future.
4. View adversities, problems, and conflicts as opportunities to build character and learn, grow, and improve into your best self.
5. Discover your unique purpose in life and use your God-given skills to live that purposeful life with virtuous behavior.
6. Manage your time, emotions, and ego so you can stop getting in your own way.
7. Use the carpenter's rule of good communication—talk once with one mouth and listen twice with two ears for better understanding.
8. Relate to others with cooperation, collaboration, and compromise for win-win outcomes, instead of competing against others for win-lose results. If you must compete, do it against yourself.
9. Build up your resilience muscles by studying your failures for the hidden success clues and bouncing back higher after setbacks.
10. Express appreciation and gratitude graciously for what you have instead of always wanting more, when less might be better.

By Bill Cottringer, 2nd Vice Commander 2023-2024 ckuretdoc@comcast.net

“SCUTTLEBUTT”

What is the Navy slang for gossip? So, the **scuttlebutt** was the drinking fountain on the ship and when Sailors gathered around the scuttlebutt they would exchange rumors of the voyage. Thus, the term **scuttlebutt** is Navy slang for rumors or gossip.

GONE CRUISING! Last month of 1st Vice Cdr George and Sgt at Arms Art went AWOL from Tahoma National Cemetery and spent a week cruising the waters of Alaska. Incidentally Art lost weight during the cruise! In Sitka they got to meet the Commander and Vice Commander of **American Legion Post 13**, Henry "Gene" Burton Sr. Memorial and enjoyed a few beers in their beautiful Post Home. The next day they dropped by **American Legion Post 3** in Ketchikan which was unfortunately still closed.



Happy Birthday "Boats" And also last month our Commander Michael spent a week with his bride having fun in the sun at Palm Desert, CA. Word is he's not at all looking forward to being back in "sunny hot" North Bend this weekend.



SUPPORTING OUR MILITARY COMMUNITY



Last month Post 79 donated a check for **\$1000** to the **NWNHC Family Fund**, and arranging future volunteering during the next few weekend veteran's retreats. Great way to partner. This is a great program with high impact. The NWNHC Family Fund conducts healing equine retreats for military families and provides summer camps. The Warrior Family Retreats are **FREE** for military families, thanks to the generosity and appreciation of an all-volunteer staff, individual donors and corporate supporters. Hotel and meals are included for all family members from infants to adults. Childcare is provided for infants and toddlers at the Warrior Family Retreat.

On August 25 – 27, 2023 Military Family Retreat II will be at the Northwest Natural Horsemanship Center 32925-A SE 46th St Fall City, WA 98024. Go to their Website at

<https://nwnhcfamilyfund.org/> for additional information. Please consider volunteering.

OUR 2023-2024 ELECTED OFFICERS

At the Post Meeting on June 8th the following Officers were elected -

Commander: Michael Pollina
1st Vice Commander: George Townsend
2nd Vice Commander: Bill Cottringer
Adjutant: George Townsend
Chaplain: Jim Besso

Finance Officer: Marty Smith
Service Officer: Dave Waggoner
Judge Advocate: Chad Magendanz
Historian: Chad Tietje
Sgt at Arms: Art Farash

MORE "SCUTTLEBUTT"



Chad Magendanz our Judge Advocate had his first motorcycle camping excursion from Thursday to Sunday at the 2023 ABATE Spring Opener. Lots of crazy events, live music and group rides, totaling almost 500 miles and putting the new 2023 Honda Rebel 1100T (a.k.a. "Rhonda") over 5,000 miles...all good preparation for my coast-to-coast ride that begins on July 6th. Earlier in June Chad rode out to Eastern WA for a submarine veteran's gathering at USS Triton Park in Richland. It was a wet start going over Snoqualmie Pass, but things cleared up nicely for a ride down along the Columbia River and returned through Wenatchee, Blewitt Pass, and then back into the cloud formations rolling through Snoqualmie Pass. Total distance: 791 miles

MEET OUR 2023-2024 ELECTED OFFICERS

