

# The North Bend-Snoqualmie Legionnaire



June 2023 Issue

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

## COMING EVENTS

**JUNE 8 (THURS) MONTHLY POST MEETING 7:00 PM. PIZZA AFTERWARDS AT THE EAGLES**

**JUNE 14 (WED) HONOR GUARD TAHOMA NATIONAL CEMETERY DUTY DAY**

**JUNE 14 (WED) FLAG DAY AND 248TH BIRTHDAY OF THE U.S. ARMY**



Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress. The Flag Resolution, passed on June 14, 1777, stated: "Resolved, That the flag of the thirteen United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation." It is also a day on which all Washington State counties, cities, and towns must display the POW/MIA Flag along with the State and National Flags at their principal buildings. It is also the 248th Birthday of the United



## INTRODUCING SCOTT

States Army.

**This month we are proud to introduce one of our newest members Scott Mandella**

Hello Post 79! I am excited to be welcomed as a member of this storied American Legion Post.

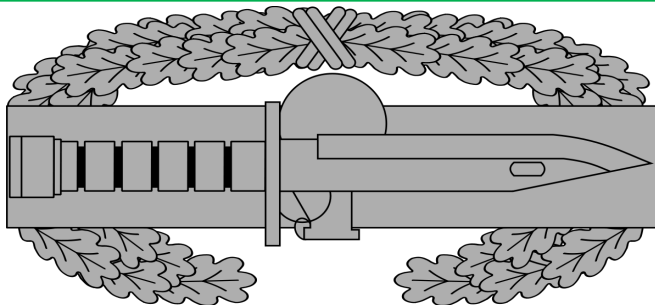
My name is **Scott Mandella** and I am a 44 year old fellow who has lived in East King County most of my life. I have been happily married to my wife Kelly for almost 23 years now. I am the proud father of two grown girls, Abigail and Phoebe. I eagerly await the arrival of my first grandchild this fall. Today, I call North Bend home and live just beneath Rattlesnake Ledge, in Wilderness Rim.

In 2003, I told my wife Kelly that I could not watch our forces fight on two fronts in the Middle East as I sat on the couch. That year I enlisted in the WA Army National Guard as an Arabic linguist/signals intelligence collector and survived two years of entry training before I deployed to Afghanistan in 2006 in support of Operation Enduring Freedom.



I served as a tactical signals intelligence collector while in theater. The Intel I gathered was exclusively used to determine which way our guns ought to point to protect on-the-ground allies - not sent back to the N.S.A. for analysis. I proudly worked to protect members of 3rd Special Forces Group and the 10th Mountain Division; from mountain valleys 5,000 feet above sea level, to 11,000 foot ridgelines in the Hindu-Kush mountains. I earned my **Combat Action Badge** surviving much combat along the Afghanistan/Pakistan border that year.

Since returning from OEF, I have been proudly serving the residents on King County as a Deputy Sheriff and Detective. I currently await my number to be called for promotion to Sergeant by year's end.



The **Combat Action Badge (CAB)** is a United States military award given to soldiers of the U.S. Army of any rank and who are not members of an infantry, special forces, or medical MOS, for being "present and actively engaging or being engaged by the enemy, and performing satisfactorily in accordance with prescribed rules of engagement" at any point in time after 18 September 2001.

## THE COMMANDER'S CORNER



**Michael Pollina**  
Post Commander

May 2023 is a busy month for our Post, May 6 th was our veterans Luncheon at the Mt. Si. High School. We had 30 veterans in attendance, also on hand was Senator Mark Mullet and Council member Sarah Perry who fielded many questions. Dave Waggoner Served has our Service office, Tahoma National Cemetery was on site as well as George Townsend, Art Farash and Bill Cottringer, And representatives from Honor Flight. We also had on hand 2 active-duty Marines. Towards the end of the Luncheon, we recruited new members.

Memorial Days services are coming up on May 29 th , I expect a great turnout from our Post members. May 27-28 is Poppy sales day at QFC. We still need volunteers.

We have July 6 th coming up for the North Bend Farmers Market, The Post is currently setting up a Post family party at the Snoqualmie Falls Forest

Theater for July 29 th 2023, Waiting for confirmation on the event from the Snoqualmie Falls people.

A simple poem for us to remember our Men and Women, What is a simple quote for Memorial Day? "A hero is someone who has given his or her life to something bigger than oneself" "It is foolish and wrong to mourn the men who died. We should always celebrate the courage of those who went before us."

I don't want to forget, the Eagles Club allowed us to use they Post for our May Meeting, and we had positive feedback from our members that they enjoyed the facilities and the A.L. beer and Pizza, Maybe we should continue meeting there. I would like to hear back from you regarding this. We need more interaction like these events.

**Michael Pollina, Commander, Post 79**

## THE GOOD SOLDIERS

Share in suffering as a good soldier of Jesus Christ. No soldier gets entangled in civilian pursuits, since his aim is to please one who enlisted him" (2 Timothy 2:3-4 ESV)

From a Kingdom perspective, a good soldier has several responsibilities. Initially, we can expect challenges, wherein we might "*suffer trouble as an evil doer*" (2 Timothy 2:9), endure afflictions (2 Timothy 4:5), or even be afflicted (James 5:13).

Ultimately, a soldier has one purpose, "*that he may please him who hath chosen him to be a soldier.*" Put another way, "*do I now persuade men, or God? or do I seek to please men? for if I yet pleased men, I should not be the servant of Christ*" (Galatians 1:10). Soldiers are called out of the normal life of a nation and dedicated to executing the will of the king.

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Thus, from a spiritual perspective, "know ye not that friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God" (James 4:4). The source of that friendship is a focus on walking by the flesh, which has no good thing in it and cannot please God (Romans 8:8).

We are to "*war a good warfare*" (1 Timothy 1:18) and to "*fight the good fight of faith*" (1 Timothy 6:12) because "*we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places*" (Ephesians 6:12).

Fighting God's battles with God's armor ensures the ultimate victory promised by our King, Creator, and "*captain of the host of the LORD*" (Joshua 5:14). "*He will swallow up death in victory, and the Lord GOD will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the LORD hath spoken it*" (Isaiah 25:8).

In closing my last Post in the Chaplains Corner, we took an oath to defend our country and to enforce our American ideals. Yes, it is getting harder to stand against those who wish would destroy our American Way of life, But, when good men do nothing, evil prevails.

It was an honor to serve in this capacity for the last 2 yrs and now I pass the sword to Jim Besso.

### Michael Pollina, 2022-2023 Post 79 Chaplain



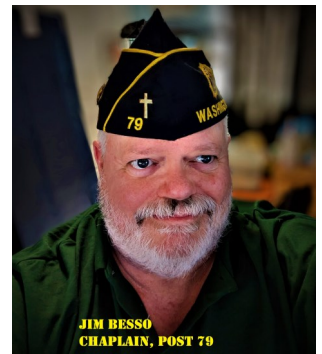
Chaplain's  
Corner

## THE CHAPLAIN'S CORNER

April showers bring May flowers, as the saying goes, and while a trip to Mount Vernon in early May often does confirm the validity of the ditty. May more accurately provides the final transition from Spring into Summer. For this May, it also marks a transition for several positions within our post, including the position of Chaplain. I am humbled and honored for the opportunity to serve as the Post Chaplain.

For those of you who may not know who I am, my name is Jim Besso, a former Army M1/M1A1/M60-series Tank Master Gunner, Tank Commander, and Platoon Sergeant who served in Korea (Camp Casey), the US (Ft Knox, Riley, and Lewis), and Germany (Hof, BK, Baumholder, Ansbach, Wildflecken, and the list goes on). I have been a member of the post for 5 years, and have been the Post's Chaplain in the past, prior to Mike's tenure. I have been a person of faith for my whole life, mostly in Christian Protestant denominations, although I was baptized through an RCIA program at St Xavier's Catholic Church. I do not claim a denomination, but I have served as an Associate Pastor at a Baptist Church in Westport and as a Minister in support of the Pastor at a Baptist church in Preston. I have a Master's in Divinity from Liberty Baptist Seminary, and I am currently a Doctoral Candidate, also at Liberty. I am married, and we have been blessed with two great boys.

John C. Maxwell, an American pastor, author and speaker mostly focusing on leadership, said that "Change is inevitable, but growth is optional." It is my hope and prayer that over the course of the coming months and, Lord willing, years, we will grow together in positive ways. If there is anything you need prayer for, do not hesitate to let me know. I believe in the power of prayer, and even if you're a skeptic, I will pray for you anyway. I will help in any way that I can, and I would welcome the opportunity to come alongside anyone traversing a difficult stretch of the path we are all on. Contact our Commander Mike (by emailing the post email address), and he'll give you my email address or phone number.



**For God and Country, Jim – Post 79 Chaplain**



## OPINIONS, BELIEFS, KNOWLEDGE AND WISDOM

*By Bill Cottringer, 2nd Vice Commander*

*“Be willing to abandon your assumptions without a fight but hold onto your convictions.” ~Anonymous.*



In the common pursuit of all the good things such as truth, beauty, justice, and freedom, we all travel through the stages of information, knowledge, and wisdom, by using our opinions, beliefs and convictions. These are all briefly discussed below:

**Information**—facts about things that help us understand them better. But today the volume of Internet misinformation brings all facts into questioning.

**Opinions**—Uninformed, unvalidated personal perspectives about the truth and utility of information, usually based mostly on unverified assumptions.

**Beliefs**—An untested feeling of certainty about the truth of something, usually starting with a common assumption and often leading to action.

**Knowledge**—Important and useful governing principles as to the way things, people, and life work.

**Convictions**—These are the more informed beliefs that we have confirmed through experience to be dependable and reliable enough to fight for and sometimes even die for, if need be.

**Wisdom**—This is the intuitive, direct knowing of the most important timeless, universal truths about successful living as your best self.

## SNOQUALMIE VALLEY VETERANS HONOR GUARD



Duty Day at Tahoma National Cemetery was on Wednesday May 10th. We had 7 services today for three Army Veterans, two USAF, and one each Navy and Coast Guard Veterans with wartime service from Korea to Vietnam to the Persian Gulf Conflicts. This was a full day for our Eastside Veterans Honor Guard Joint Redmond VFW and Post 79's Honor Guard. Photos showing the USCG presenting the Flag to Next of Kin and receiving the hearse arriving at the Shelter while the Firing Detail stands by.

## U.S. ARMY 248TH BIRTHDAY

**June 14th** The United States Army also celebrates the U.S. Army birthday on this date; Congress adopted "the American continental army" after reaching a consensus position in the Committee of the Whole on June 14, 1775. Spent many years in the Army and never knew it had a "birthday" Art Farash US Army Retired since May 1983.





## JUNE 14TH FLAG DAY

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## SALUTING AMERICA'S FUTURE SERVICE MEMBERS



On Tuesday May 23rd graduating seniors at Mt Si High School were presented with American Legion Post 79 Military Commitment Certificates of Commendation for their serving in the Armed Forces in the name of Freedom and Democracy. Presentations were made by School Counsellors in the presence of Post Commander Michael Pollina who spoke briefly along



with 1st Vice Commander George Townsend. Certificates were presented to five seniors - one entering the Regular Army, one the USMC, and three the Army National Guard. One additional senior joining the US Navy could not be present. There is a growing disparity between the recognition provided to students who are going to college following graduation compared to this choosing to serve their Country in the Armed Forces both here in our Community and elsewhere. It was an honor for Post 79 to recognize these young men and women for their commitment and we wish them success.

## PUGET SOUND HONOR FLIGHT TRIP

### *My Puget Sound Honor Flight Trip, By Bill Cottringer*



Well, it took me over 4 years to finally get a seat on the Puget Sound Honor Flight for World War II, Korean and Vietnam veterans, headed back to Washington DC to see all the military branch and war memorials, but needless to say, the wait was well worth it. The initial reception at SeaTac was very humbling and exciting at the same time, but this was just a small taste of what was to come with all well organized and informative tours, great accommodations, meaningful conversations with new friends, tasty food, and thirst-quenching drinks after the hot days, and of course the spectacular ending with a crowd of over 300 well-wishing, welcome-home fellow veterans and civilians with flags and cheers. The march around the airport with the bagpipers and military escort, was very emotional for all of us 100 returning Vietnam Vets with one World War II veteran, and quite a suitable ending to an unforgettable, memorable 3 days.



Besides all the spectacular send-off and welcoming back letter package and ceremonies and the challenge of re-learning how to be a good plane and bus seat partner and roommate at the hotel with politeness and interesting conversation, there was so much more to experience in between. I think what impressed me most was the love, respect and honor that went into the workmanship of the various Army, Navy, Women's, Air Force, Marines and Coastguard memorials and laborers.

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(Continued from Page 5) I was truly amazed at the details and impact of the various statutes, architecture and art representing important characteristics of the various wars, military branches, and political history. It was all eye-candy for my busy camera.



And of course, then came the Vietnam wall, where several Vietnam Veterans found the names of fallen comrades and took edgings with the help of volunteers. I was only able to find two classmates from Haddon Heights New Jersey that had been killed in the Vietnam War, from 1964-66 graduation years. I went into the Air Force in 1962 of did a TDY from Japan and subsequent full tour in Vietnam from 1963-65 at the young age of 19. What I didn't know was my class at HHHS had 5 Vietnam Vets in the Marines, Army, and Air Force, but after I returned to college, first at Rutgers in N.J. and then to Murray State University on Kentucky. During my last day in Vietnam (Tan Son Nhut at the time),

my team of base police gave me the day off and I remember seeing a 1963 classmate from HHHS coming in as a replacement, who I later found out went on to be a US Marshal.



I really hope all remaining Vietnam vets get this wonderful opportunity of a lifetime to follow me and other Legion and VFW members in this memorable trip back to D.C. There are nothing but great memories now to help change to poor reception I got earlier when I returned from 'Nam and started college on the GI Bill. Of course, the gift of Ngyen Cao Ky's book, *Buddha's Child*, offered much welcome gratitude too, along with the recent 50<sup>th</sup> Reunion party in Auburn.

## MEMORIAL DAY WEEKEND IN THE VALLEY



Memorial Day is without doubt our busiest weekend of the year and 2023 was no exception! Things kicked off with two full days Saturday and Sunday at American Legion Auxilliary Unit 79's two tables at QFC raising Poppy Fund Donations for needy Veterans and Active Duty personnel. Both Unit 79 President **Marie McFadden** and Junior Member **Faith McFadden** worked both days assisted by many Officers of Post 79 including Commander Pollina, 1st Vice Commander Townsend, 2nd Vice Commander Cottringer, Sgt at Arms Farash and Judge Advocate Magendanz.

Monday was a full day starting with our regular Memorial Day Observances with Military Honors at Preston Cemetery with the **BSA Fall City Troop 425** doing a superb job as the Color Guard and with refreshments and the sound system provided by **Lisa Baty** and **Flintoft's Funeral Home**. There were four more identical services at Fall City Cemetery, the Snoqualmie Valley Veterans Memorial, Mt Si Cemetery in North Bend and finally at the North Bend Veterans Memorial behind City Hall. We have too many photos to share here but here are a few of the best!



Photos: At North Bend Veterans Memorial, Preston Cemetery and distinguished guests King County Council Member Sarah Perry and Washington State Representative Bill Ramos with Commander Michael Pollina and Vice Commander George Townsend.

You are invited to see all our photos taken over the weekend by visiting our Photo Album at

<https://photos.app.goo.gl/JfzYcRsYUewUPqEX9>



# 2022-2024 ELECTED OFFICERS

**Commander:** Michael Pollina  
**1st Vice Commander:** George Townsend  
**2nd Vice Commander:** Bill Cottringer  
**Adjutant:** George Townsend  
**Finance Officer:** Marty Smith  
**Chaplain:** Jim Besso

**Sgt at Arms:** Art Farash  
**Service Officer:** Dave Waggoner  
**Judge Advocate:** Chad Magendanz  
**Historian:** Chad Tietje  
**Armorer (Appointed):** George Townsend  
**Honor Guard (Appointed):** Art Farash

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Memorial Day 2023