

The North Bend-Snoqualmie Legionnaire



May 2023 Issue

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

WEBSITE: <https://waalpost79.org/>

WHAT'S HAPPENING

MAY 6TH (SAT)	SNOQUALMIE VALLEY VETERANS LUNCHEON (SEE FLYER PAGE 5)
MAY 10TH (WED)	TAHOMA NATIONAL CEMETERY HONOR GUARD DUTY DAY
MAY 11TH (THURS)	POST MEMBERS MEETING AND ELECTIONS 7:00 AT POST FOLLOWED BY A SOCIAL HOUR WITH PIZZA AT THE SNOQUALMIE EAGLES
MAY 20TH (SAT)	ARMED FORCES DAY
MAY 29TH (MON)	MEMORIAL DAY CEREMONIES (SEE SCHEDULE ON PAGE 6)
JUNE 8TH (THURS)	MONTHLY POST MEMBERS MEETING WITH NEW OFFICERS

COMMANDER'S CORNER



Here we are in May, Our Post members have nominated some new members to Officer positions as well as retaining some of the incumbent positions. Come May 2023 we will have some new faces on the Post Executive Committee after elections to help lead us into more innovative community relations and support of our veterans.

Our May 6th Veterans' Luncheon is right around the corner and my expectations are high. A lot of effort has gone into this event. I want to take a moment to thank the SnoValley Chamber of Commerce for all their help with great direction and contacts that have made this event possible.

Memorial Day remembrance is May 29th. 2023, This a time to honor and remember those that went before us. With that said I would like us to remember those that struggle with everyday life. We have heard the cry "*We leave no man behind*", but we seem to forget that for many the battlefield may be in our backyard. I would like to see our Post come up with an idea on helping our community Veterans who are having difficulties with PTSD.

On the lighter side, let's plan a Post outdoor Grilling party in one of our parks, we can throw around some ideas on who we can invite and eat some exquisite food. We all served once, and now we can serve again, food that is.

Michael Pollina **Commander Post 79**

INTRODUCING MARTY

This month we are pleased to introduce Marty Smith one of our newest members who has accepted the Nomination for Post Finance Officer.

Marty joined Post 79 in 2023. He has served as a Minister and Chaplain in the skilled nursing community of Providence Marianwood in Issaquah for 10 years, 3 of which were as a Chaplain. He Lives in Sammamish with his wife Karen and between them, their adult offspring have settled throughout the Puget Northwest. Marty is active in his church, and has served as a worship minister, and Eucharist Visitation minister. He is retired.

Marty joined the US Navy Reserve in 1965 Aberdeen, WA and went into Active service in March 1965 after turning eighteen. He spent 2 years serving in Subic Bay, Luzon, Philippines. The remainder of his service was spent at Lake Union. He has been an American Legion member since 2008.

In 2011, he became a violist and began his music ministry performing weekly at Issaquah Highlands Swedish Hospital in 2012. He branched out performing twice a week at Adult Family Homes in Redmond and Sammamish until the Pandemic hit. Any other performances are too numerous to share in this venue.

THE CHAPLAIN'S CORNER

The Word and the Spirit

"Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God." (1 Corinthians 2:12)

Here is a question I have asked myself many times over the years, How is it that some people can read a biblical passage and find it either tedious, confusing, or even foolish, whereas others will receive great understanding and blessing from the very same passage? The answer is that the first group are animated only by the spirit of the world, *"the spirit that now worketh the children of disobedience"* (Ephesians 2:2), whereas the others are indwelled by the Spirit of God, having received the Holy Spirit when they trusted Christ for forgiveness and salvation.

It was, after all, the Holy Spirit who inspired the Scriptures within man to begin with. For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit. (2 Peter 1:21). *"All scripture is given by inspiration of God"* (2 Timothy 3:16), that is, *"God-breathed,"* where the *"breath of God"* is none other than the *"Spirit of God."* Concerning his own divinely inspired writings, Paul said: *"We speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth"* (1 Corinthians 2:13).

Likewise, it is the same Spirit indwelling each believer who illumines, and confirms, and applies His own Scriptures to the individual Christian who reads or hears them. *"The natural man received not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned"* (1 Corinthians 2:14). On the other hand, Jesus promised His disciples that *"when He, the Spirit of truth, is come, he will guide you into all truth"* (John 16:13).

This He does through the Scriptures He inspired, with blessings abundant as we study them prayerfully and with believing and obedient hearts.

Michael Pollina Chaplain, Post 79



THE ABC'S OF EFFECTIVE CONFLICTS

"Conflict is growth trying to happen." ~Helen LaKelly Hunt



By Bill Cottringer

Conflicts are an inevitable a part of life just like the weather, taxes, and death. Three types of conflicts continually challenge us all, and they must be resolved satisfactory for us to grow personally. The three sets of conflicts occur are with us vs. life, between us vs. others, and within ourselves. The gurus of effective conflict resolution offer these sensible A-B-C guidelines:

A. Conflicts are opportunities for us to become our best selves and the goal is to approach the conflict so as to do more good than harm. This requires certain things to be off limits, including judgments and attacks of other's beliefs as to what is true or not, the values they feel are most important, and the way they choose to live their lives.

B. The best way to avoid harm is to be assertive in exercising your rights and freedoms responsibly, without offending others with your words or actions. This also involves not creating a defensive tone by insinuating superiority, judgments, insensitivity, certainties, and controlling behaviors.

C. Memories of past conflicts or expectations of future ones must be forgotten to allow a wandering mind to focus on the current conflict that is going on now, which you do have some control over.

TAHOMA NATIONAL CEMETERY

Last month on April 12th out **Eastside Veterans Honor Guard**, consisting of members of American Legion Post 79 and VFW Post 2995, provided Military Funeral Honors for 4 US Army Veterans from WW2, Korea, Vietnam and the Persian Gulf. Our Post 79 team consisted of **Chaplain Michael Pollina** and **Snoqualmie Valley Veterans Honor Guards Art Farash and George Townsend**. Unlike most VSO Teams there we usually have the minimum required three rifles plus a bugler from Post 2995 to sound Taps. Members of the Washington Army National Guard folded and resented the Flag to the next of kin. We are always looking for new members and any Veteran is welcome and is not required to be a VSO member.

In 2009 our **SVVHG** was designated as an Authorized Provider by Washington Army National Guard. AP3 allows members of veterans' and other organizations to participate with the Armed Forces in providing Military Funeral Honors at National Cemeteries and private cemeteries.



The Authorized Provider Partnership Program was established by the Department of Defense (DoD) for the benefit of Commanders who have the responsibility of providing Military Funeral Honors to active duty Soldiers, retirees, and veterans.

HONORING THOSE WHO SERVED The rendering of Military Funeral Honors is a way to show the Nation's deep gratitude to those who, in times of war and peace, have faithfully defended our country. This ceremonial paying of respect is the final demonstration a grateful Nation can provide to its veterans' families. The tradition of providing Military Funeral Honors, in some form, began in ancient Greece and Rome. The funeral honors protocol of today traces its roots to these ancient ceremonies as well as to historical American experiences.

FORMALIZING THIS TIME-HONORED TRADITION Our Armed Forces have always provided Military Funeral Honors whenever possible. On January 1, 2000, however, Congress changed the landscape of how we honor our veterans by mandating that we render Military Funeral Honors using a detail of not less than two members of the Armed Forces for any eligible veteran, if requested to do so by the family.

KEEPING TRADITION WHILE MEETING INCREASED DEMAND In order to support this mission, Congress has provided for the Authorized Provider Partnership Program (AP3). As authorized by law, AP3 allows members of veterans' and other organizations to participate with the Armed Forces in providing Military Funeral Honors. In addition, these volunteers may be reimbursed for their expenses as amplified in guidance from the Acting Assistant Secretary of Defense (Force Management Policy).

(Continued from Page 3) The benefits of participating in the Authorized Provider Partnership Program (AP3) are significant. Enables additional detail elements for veteran funerals; Authorized providers cannot be a substitute for the legislated minimum, two-person uniformed member detail. However, they can provide more funeral honor elements for our veterans, such as a firing party, in addition to the requirements of flag folding, flag presentation, and the sounding of Taps.

- Provides a "force multiplier" for the honor guard program.
- Symbolizes the continuity of respect for deceased veterans from those who are serving and those who have served in the Armed Forces.
- Furthers your partnership with the surrounding community.
- Supports the family and friends of the deceased veteran.

(Some photos from April Military Honors at Tahoma National Cemetery showing the Snoqualmie Tribe's Veterans Courtesy

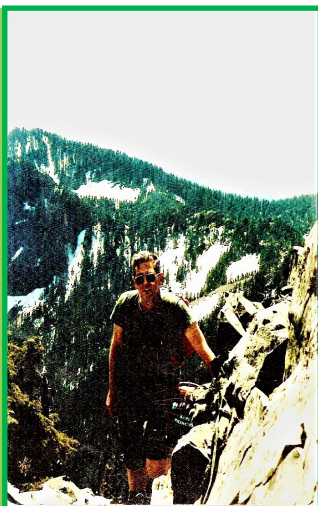


Vehicle, the casket being removed from the hearse, our 3-rifle Firing Party, and Washington Army National Guard folding the Flag before being presented to the Next Of Kin}

LOOK WHO RETIRED 30 YEARS AGO THIS MONTH....

Sgt at Arms Art Farash Retired with 28 years in the Army at Ft Lewis as a "young" 48 year old CW3 and celebrated the day before retirement climbing McClellans Butte followed by beer at Mt Si Tavern.

30 MAY 1983



PUGET SOUND HONOR FLIGHT

Our Historian BILL COTTRINGER is making history this month by being on ouf or few members to go on a Puget Sound Honor Flight to Washington, DC on May 20-22nd. Let's give him a proper send off on Saturday and/or welcoming him home Monday evening at SeaTac. Bill will be one of the 1,500 local veterans from the WWII, Korean, and Vietnam service eras who have had this honor. If you want to know more about Honor Flights visit <https://pugetsoundhonorflight.org> Bill will be our 3rd Member to go on this Honor Flight - previously Art Farash and Ralph Freeman went on Honor Flights - all you Vietnam Veterans can be next!



THANK YOU TO OUR SUPPORTERS

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118 Years

Sno-Valley Eagles #3529

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<https://www.waalpost79.org/>



 **AMERICAN
LEGION**
Post 79, Snoqualmie, WA 98065

**Snoqualmie Valley Veterans Luncheon,
Saturday, May 6th, 2023, 1030hrs to 1330hrs
Building A Veterans Network for Communities**

***Lunch provided, sponsored by The American Legion.**

***Meet with your fellow Veterans in Snoqualmie Valley.**

**How we can help our Veteran brothers and sisters and build ties
to our community.**

*U.S. Dept. Of Veterans Affairs, American Legion Service Officer
Tahoma National Cemetery, King County Veterans Affairs Officers,
Councilmember Sarah Perry, Guest Speaker: Senator Mark Mullet*

Location: Mt. Si High School Cafeteria, Snoqualmie, WA

8651 Meadowbrook Way SE, Snoqualmie, WA 98065



Use QR code to Register.

RSVP to: Michael Pollina, Post Commander – 214.796.7072 or

George Townsend, Vice-Commander 206.913.9199

Email: post0079@gmail.com

<https://waalpost79.org/>

American Legion Post 79, 38625 SE River Street, Snoqualmie, WA 98065

A Veterans Association Caring for Veterans

Event Also sponsored by: Sno-Valley Chamber of Commerce, Snoqualmie Tribe

www.waalpost79



MAY 29 MEMORIAL DAY SERVICES

Honor our Heroes

The Snoqualmie American Legion Post 79 is honoring our Veteran heroes by conducting Memorial Day services at Snoqualmie Valley cemeteries. Please join us in paying respects and honoring our fallen Veterans. Each service will be approximately 20 minutes.

PRESTON
CEMETERY 9AM

FALL CITY
CEMETERY 10AM

VETERANS
MEMORIAL PARK,
SNOQUALMIE
11AM

MT SI CEMETERY
12PM

NORTH BEND
VETERANS
MEMORIAL
1PM



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