

The North Bend-Snoqualmie Legionnaire



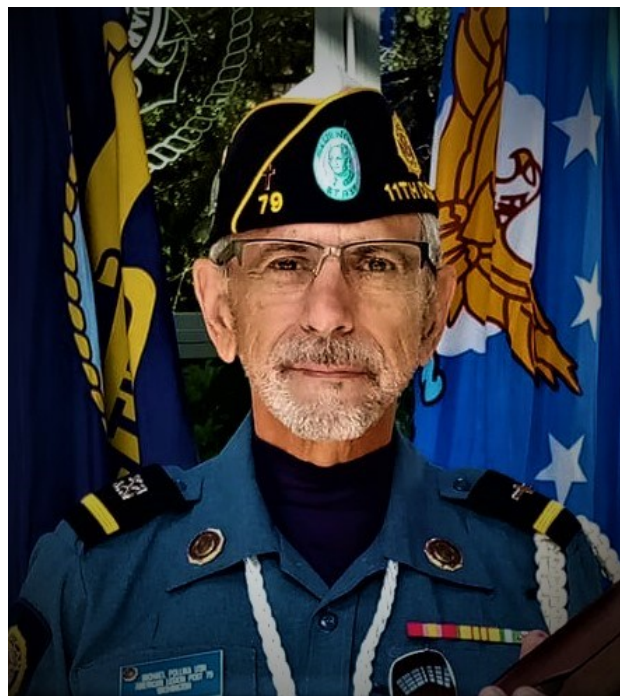
Renton-Pickering Post 79, PO Box 359, 38625 S. E. River Road, Snoqualmie, WA 98065

WHAT'S HAPPENING IN SEPTEMBER

- Sept 4 (MON) Labor Day National Holiday
- Sept 11 (MON) Patriot Day and National Day of Service and Remembrance
- Sept 13 (WED) Tahoma National Cemetery Duty Day
- Sept 14 (THU) Monthly Post Meeting 7:00 PM - Location To Be Announced
- Sept 15 (FRI) POW/MIA Recognition Day
- Sept 18 (MON) Air Force 76th Birthday 1947-2023



WHAT PATRIOTISM MEANS TO ME



Michael Pollina - Commander
American Legion Post 79

As a citizen of the United States who has lived and fought for this country, I believe **patriotism** means simply being a good civic citizen. Going to the streets and declaring your love and loyalty to the US demonstrates one aspect of patriotism, but keeping your country running through your duties as a citizen is another. Returning to the example of World War II, the United States saw just as much effort from its citizens on the Homefront as it did on the front lines, all for the greater good.

President Roosevelt called on the American people to buy war bonds and donate to charities that supported the war effort, and millions obliged. These citizens demonstrated how **patriotism** through civic duties led to benefits in the country and the world. In present times, when our nation is not directly in armed conflict, citizens can contribute domestically. Voting in elections, paying taxes, meeting with elected representatives, staying informed, and helping the community are all duties of a citizen who acts patriotically.

Rather than only speaking about love for a nation, **patriotism** means doing the work that creates the backbone of a country. By doing this, I demonstrate what patriotism means to me. In conclusion, **patriotism** is an idea that is expressed differently depending on the person. To me, **patriotism** is understanding my country and fulfilling the duties of a citizen. I believe these ideas can be generalized, as **patriotism**. Paraphrasing what Adlai Stevenson II said, the **"dedication of a lifetime defines patriotism, rather than the outbursts"**



PATRIOT DAY - NEVER FORGET- 9/11/2001

On September 11 we remember the sacrifices of U.S. citizens and service members on the day that is forever burned into our hearts and minds. As the towers fell, the Pentagon burned and the ground smoldered in that rural Pennsylvania field, our nation rallied to stand arm-in-arm.

The September 11 terrorist attacks of 2001 caused the deaths of 2,996 people, including 2,977 victims and 19 hijackers who committed murder–suicide. 55 military personnel died at the Pentagon in Arlington County, Virginia; Thousands more were injured, and long-term health effects have arisen as a consequence of the attacks.

How do we observe this National Day of Service and Remembrance here in our Snoqualmie Valley? How does our community observe this day? How do the schools of the Snoqualmie Valley School District observe this day? Do they even mention it at classes that day? I think you know the answer.



The 10th Anniversary of 9/11 was formally observed in 2011 at a ceremony conducted by the City of Snoqualmie with our Honor Guard, the Mayor, Chiefs of Police and Fire speaking and many local citizens attending. There was a 20th Anniversary conducted in 2021 with our Honor Guard and fewer guests in attendance. The ceremony included the American Legion Post 79 Color Guard; the National Anthem sung by Faith McFadden, Taps by Snoqualmie Valley Veterans Honor Guard bugler Art Farash, acknowledgments by Snoqualmie Police Captain Nick Almquist and American Legion Vice Commander George Townsend and closing by American Legion Chaplain Michael Pollina.

There is a new generation of children who know nothing about what happened on September 11, 2001 and there is even a feeling that "sensitive" children should not be exposed to the events that took 3,000 American lives. This second "day of infamy" will be forgotten the same as the 1941 attack on Pearl Harbor which took 2,403 American lives and like 9/11 started a long war.

The question remains?

How will we as Legionnaires observe this National Day of Service and Remembrance?
Art Farash, Sergeant at Arms, Post 79

FOOTNOTE: A New York congressman has proposed legislation that would designate Sept. 11 as a federal holiday. U.S. Rep. Mike Lawler introduced the bill titled the September 11th Day of Remembrance Act. If it signed into law, Sept. 11 would become the 12th federal holiday, joining New Year's Day, Martin Luther King, Jr. Day, Washington's birthday (Presidents' Day), Memorial Day, Juneteenth, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving and Christmas. However there is a lot of opposition from a *certain party* opposing making this a federal holiday!

TAHOMA NATIONAL CEMETERY MILITARY HONORS



Our Joint VFW-Post 79 Honor Guard had a busy month in August with the regular 2nd Wednesday Services on Aug 9th during which we wore for the first time our new French blue shirts instead of the old white summer shirts. Lots of compliments were made about our new appearance!

At the Regular Monthly Service there were 5 services with Military Honors, which included one service for a Retired Army LTC with the 1st Special Forces Group providing Full Honors with a 7-man Firing Party which could not be photographed due to security reasons. (*Continued on Page 3*)

(Continued from Page 2)

Shown here is the one service for a Retired Navy Chief Petty Officer with many uniformed Navy Petty Officers attending. Chaplain Pollina is shown with five of the Veteran's grandchildren who received the folded US Flag from the Navy Honor Guard from Naval Station Everett. For security reasons no photographs were taken at the 1st Special Forces Group ceremony for a Retired Lieutenant Colonel with a 7-man SF Firing Party and an Army Chaplain.



At the "2nd Saturday" service at Tahoma National Cemetery Military Honors were rendered for those Veterans buried the past month without Honors. There was a total of 27 Veterans honored today, including nine Army, seven Navy, and 11 Air Force Veterans. There were two with WW2 service, seven Korea, 11 Vietnam, one Pacific Gulf and two Cold War Veterans. Ten people attended. We were able to do this at the same time other Honor Guard members paraded in North Bend.

THE CHAPLAIN'S CORNER

Fellow Brothers and Sisters,

Greetings! It is hard to believe that September is already upon us! The heat of summer is coming to a close, and by the end of the month, we might even miss it. September lands between the bustle of summer and the arrival of fall's busy but increasingly shorter days. The kids are returning to school, and the holiday season will be upon us before too long.

September also has a dark memory encapsulated in it. Few can forget the horror we witnessed on September 11, 2001. On that day, terrorists under the leadership of Osama Bin Ladin attacked the United States directly, hijacking four planes and flying them into the World Trade Center, the Pentagon, and, were it not for brave individuals aboard the 4th plane, the White House. The death toll from that fateful day surpassed 3,000 Americans, and countless families still feel the loss.

"Let's roll" is a colloquialism used extensively as a command to move and start an activity, attack, mission, or project. The last recorded words of Todd Beamer on board United Airlines Flight 93, as he led passengers in storming the cockpit to retake the plane from the hijackers, gained new meaning on that day. The slogan subsequently became a battle cry for American forces during the war on terror. The bravery of Todd and his compatriots provides an example for us all. Fear cannot be allowed to stop us from doing what is right.

Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you. Yes, I will help you; I will uphold you with My righteous right hand.' (Isaiah 41:10 nkjb) We have all faced fear at one point or another. It is an unfortunate part of the human condition. However, it is crucial to remember that we are not alone; a Higher Power stands ready to strengthen and even help us. That is an incredible promise! We can also find comfort in knowing that comrades in our post are prepared to help. None of us need to be lone rangers. We are a band of brothers and sisters.

(Continued on Page 4)



(Continued from Page 3)

If you need prayer, have a question, or want to talk with someone, I am an email or a text away. If you don't have my contact information, ask Michael, and he will send it to you.

For God and Country, Chaplain Jim, Post 79

OUR LOCAL FESTIVALS



Festival at Mt Si Parade in North Bend

Our first parade was in North Bend on Saturday Aug 12 at the **Festival at Mt Si** where our **Snoqualmie Valley Veterans Color Guard** led the Grand Parade thru Downtown North Bend. The Color Guard was followed by a pickup truck carrying the flags of all six Branches of Service.

Participants were George Townsend driving the truck. Dave Andress, Chad Tietje and Mike Johnston the Color Guard. Marie and Faith McFadden for carrying the Post Flag. Bill Cottringer for the photos.



The second parade was on Saturday Aug 19th at the **Snoqualmie Days** with our 4-Man Color Guard leading the Grand Parade to the sound of the Drummers from **Mt Si High School Band**. This was the largest Festival Grand Parade in the Valley. We made a good impression by Presenting Arms to the reviewing stand officials. Our Post 79 Booth was located along the parade route and staffed from 8:00 am till 6:00 pm by our Members.



Color Guard with Chad Tietje, Dave Andress, Mike Johnston and Art Farash followed by Marie McFadden and the MSHS Drummers

You can see all the photos from these events at <https://photos.app.goo.gl/z4A7ievh3PHXEMPn7>

Or on Facebook at <https://www.facebook.com/media/set/?set=oa.807787544222286&type=3>



Commander Mike Poffina Vice Commander Bill Cottringer



BILL'S SNOQUALMIE CASINO FISHING TRIP



By Bill Cottringer...At 0600 hours, Friday August 18, 2023, 16 Valley Veterans met at Dock H at the Shilshole Marina to have some fun on three small charter fishing boats out in the bay. The all-expenses paid trip was hosted by the Snoqualmie Casino thanks to a King County grant for veteran's affairs. Our small group of four caught our limit of mostly Coho and Pink salmon and had to catch and release the smaller King salmon, along with one dog shark. One of our group reeled in the largest Coho of the season at nearly 22 lbs. Thanks for a fun fishing trip and fellowship to the Snoqualmie Casino! They plan on doing this again next year, so be sure to sign up if you like salmon fishing and having a fresh fish dinner that same night.

WARRIOR EXPEDITIONS GREAT AMERICAN TRAIL



This was the 3rd year that American Legion Post 79 has supported the Warrior Expeditions Great American Trail 3,800 mile bicycle ride that started on May 12th at Washington DC and was successfully completed by five Combat Veterans and Retirees in August. The first three arrived in North Bend on Jul 19th and reached La Push on Jul 23. The 5th and last Biker arrived in North Bend on Aug 22nd and reached La Push on Aug 25th. This completed Post 79's support of the 2023 Warrior Expeditions Great American Trail riders. For several years Post 79 supported Warrior Hikers on the Pacific Crest Trail with only two completing the Trail in 2022. Because of the low completion rate there was no PCT Hike this year. Our support including meeting and

greeting the Warriors and providing dinner, overnight accommodations and breakfast the following morning before taking them to the connecting trail in Preston for their final push to La Push on the Pacific.

Since 2001, over 3 million veterans have returned home from war but many of them have never transitioned from their experiences. The Department of Veteran Affairs estimates that up to 20% of post 9/11 veterans suffer from Post-Traumatic Stress Disorder. Recognizing the therapeutic value of long distance outdoor expeditions, Warrior Expeditions created the Warrior Hike, Warrior Bike and Warrior Paddle Programs to help veterans transition from their wartime experiences. Interaction with community supporters like our Post Supporters facilitates a veteran's reintegration into society, restores their faith in humanity and builds a network of life-long friendships and relationships.

(Continued on Page 6)

(Continued from Page 5) The 5th and last Warrior **Jared** arrived early morning Aug 25th at La Push after being greeted by Members of Post 106 in Forks, WA.

Veterans who participated in the 2023 Warrior Bike included **Stephanie Buffett** of Riner, Virginia (United States Air Force, deployed to Afghanistan), **Timothy Davis** of Lake Zurich, Illinois (United States Air Force, deployed to Afghanistan), **Brittany Greene** of Tacoma, Washington (United States Army, deployed to Afghanistan), **Aaron Ledbetter** of Cottage Grove, Oregon (United States Army, deployed to Afghanistan), and **Jared Thomas** of Huntington, West Virginia (United States Army, deployed to Afghanistan).



Learn more about Warrior Expeditions at their Website: <https://warriorexpeditions.org/>

Lots of photos of the 2023 GAT: <https://photos.app.goo.gl/vW7pirQFbNZzQKcj6>

NWNHC FAMILY FUND WARRIOR FAMILY RETREAT



American Legion Post 79 in Snoqualmie, WA has partnered with the NWNHC Family Fund horse farm in Falls City, WA., with donations, volunteer service, books, and promotional efforts. On August 25-27, 2023, post members volunteered during the weekend retreat for veteran warriors and their families, using horse caregivers, professional trainers and qualified therapists offering services to make warriors and their families whole and healthy again after difficult deployments or other military trauma.

Great grub, fellowship, entertainment, welcoming venue, horsemanship, and children's arts and crafts play activities. This successful program is a nonprofit organization run on community donations, with all volunteers.



The NWNHC Family Fund holds 3-4 of these weekend retreats every year specifically with veterans from the Puget Sound area and Post 79 is now serving in an outreach capacity to recruit participants for next year's events. If interested in finding out more information about this program please contact

jhutchins@nwnhcfamilyfund.org or ckuretdoc@comcast.net

By Bill Cottringer



OUR COMMUNITY PARTNERS AND SUPPORTERS

FLINTOFT'S

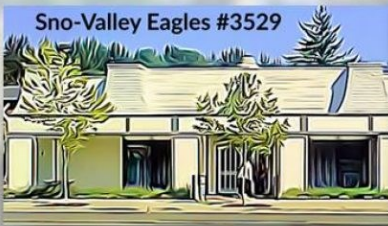
Funeral Home and Crematory

Family owned and operated since 1938

PLEASE SUBMIT ANY OTHER
POST SUPPORTERS FOR IN-
CLUDING HERE



NWNHC Family Fund



People Helping People.



The North Bend - Snoqualmie Legionnaire is a publication of American Legion Post 79, Department of Washington and we are pleased to give you stories and photos of all on our community and post activities over the past month. It is send by email too all Post Members, Fellow Legionnaires at other Posts, and all our Supporters and Friends. Please send your comments and any stories with photos to the Editor ArtFarash@gmail.com. Thank you for reading and please share with your own friends. Art the Editor