

The North Bend-Snoqualmie Legionnaire



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

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

WHAT'S HAPPENING IN JANUARY 2024

JAN 6th (SAT) 9:00 am "Coffee With Comrades" Meetup at South Fork, 14303 436th Ave SE, North Bend, near Exit 32 - start the New Year off with our first ever meetup. Repeats every Saturday same time and place.

JAN 10th (WED) Tahoma National Cemetery Duty Day for Honor Guard

JAN 11th (THURS) Post 79 Monthly Meeting at the Post - 38625 SE River St, Snoqualmie, WA with Social Hour after meeting at the Snoqualmie Eagles.

ATTENTION ON DECK - FROM THE COMMANDER

Here we are in 2024, and hopefully, we have new goals to move us forward for a rewarding new year in helping our fellow veterans. Let us look back on what we accomplished in 2023

Donations: Veterans Luncheon, Horse Therapy Program, FisherHouse

New membership: 7 Veterans with 2 more filling out applications

- Shelter Moving out
- Making connections and aligning ourselves with our community
- Meeting with King County Council Members regarding Veterans Services
- Our Post is growing, we are getting younger people with new ideas to help us stay in touch with the needs of our young Veterans and their families needs
- Post Roof replacement in November

We have seen growth in many areas and will continue to do so with everyone doing their part. I see us expanding our relationship with both the Snoqualmie Tribe and Casino in the new year and our exposure in our community by being out there in front of the community, things like parades, and events.

I am personally looking forward to redecorating our post. It needs a paint job on the inside. Don't forget the contest on how you would like to see the inside look.

Let us all be the one who makes a difference in the new year of 2024.

Michael Pollina. Commander, American Legion Post 79



**Michael Pollina
Commander**

THE CHAPLAINS CORNER



My Fellow Comrades,
 2024. As I write the date, I remember when I was surprised how quickly 2023 came upon us, and now the new year has already returned. It is amazing how quickly a year can pass by!

January hails significant events. In 1845, General Andrew Jackson led American forces to victory in the Battle of New Orleans. In 1942, US and British forces began the push against Axis forces in Africa. In 1968, the Tet Offensive began, marking a distinct turning point in the war. In 1991, Operation Desert Storm commenced, launching the bombing campaign before the invasion of Iraq and Kuwait.

While these events were part of the darkness of conflict, they emphasize the need for vigilance when keeping the peace and freedoms that we appreciate secure. Many of us participated in that diligence, and we are living testaments that freedom is certainly not free.

As we step into this new year, I pray we can redouble our efforts to help those who raised their hand to preserve and defend the fruits of sacrifice we and others offered on behalf of our nation. I look forward to the promise this coming year brings, and the many contributions we can provide to our community as a band of brothers and sisters that we have in our post.

Praying for you all,
 Chaplain Jim, Post 79



TAHOMA NATIONAL CEMETERY

Eastside Veterans Honor Guard on Dec 13th at Tahoma National Cemetery. We were short handed today and thank Al Zarb from Enumclaw VFW for being our Chaplain. We had only three services and one cancellation and provided Military Honors for two Army and one Retired USAF Major and two served in Vietnam. Wreaths Across America volunteers were busy unloading thousands of wreaths for all the graves. This makes 60 services with Military Honors for 2023.



Today's Honor Guard (left to right): Art Farash (AL 79), Jeff Starkey (VFW 2995), Washington Army National Guard, Jim Keller (USV-United States Volunteers), Brent Wilde (VFW 2995), Chaplain Al Zarb (VFW 1949)

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 the veteran's family. By law, military units are required to provide, at a minimum, a two-person uniformed detail to present the core elements of the Funeral Honors ceremony provided by Active Duty Personnel from Camp Murray, Washington Army National Guard, the McChord Air Force Base Honor Guard, Naval Station Everett, the US Coast Guard and USMC.



PLEASE PATRONIZE OUR VETERAN OWNED BUSINESSES

MEMBER OWNED BUSINESSES

- **South Fork Restaurant: Johnny Blair (USMC)**
- **Watson Family Tree Care: Kevin Watson (US Navy)**
- **Mt Si Barber Shop: Freddy (USMC)**

VETERAN OWNED BUSINESSES

- **Yoga With DiLynn: Di Lynn Stevens (US Navy)**
- **Kelly Garwood DDS (US Navy)**
- **Mirror Mirror Hair Salon: Kari Dell (US Army)**
- **Mt Si Dental Center: Carter Beckham (US Navy)**
- **Mountain Electric: Tom Judge (US Navy)**
- **Arbor Eye Care: Sara Metten Field (US Navy)**
- **Azimuth Counselling Group: Christopher Schmitt (US Army Ret)**
- **Cascade Properties & Investments: Frank Scivalley (USAF)**
- **Peter A. Lawrence and Assos. Inc., DBA Paldom Systems: Peter Lawrence (US Army)**

THE TET OFFENSIVE

What was the "TET Offensive" in 1968?

As one who experienced the TET Offensive on Vietnam I want to share a few words about what happened on Jan 30, 1968.

The Tet Offensive was a major escalation and one of the largest military campaigns of the Vietnam War. The Viet Cong (VC) and North Vietnamese People's Army of Vietnam (PAVN) launched a sneak attack on January 30, 1968, against the forces of the South Vietnamese Army of the Republic of Vietnam (ARVN), the United States Armed Forces and their allies. It was a campaign of surprise attacks against military and civilian command and control centers throughout South Vietnam. Rockets and mortars barraged the city of Pleiku, the 4th Infantry Division Base Camp at Camp Enari and other bases around Pleiku.



Vietnamese interpreter and the NVA Surgeon on the right.

When the fireworks started some of us interrogators were drinking heavily with an NVA Detainee - a Hoi Chanh Defector who was a NVA Division Surgeon educated in Moscow and we were all partying with Russian music and vodka. We watched as rockets and mortars landed nearby at the air field with beer cans in our hands which the MPs reported on the next morning. The interrogation continued the next few days. The city of Pleiku was full of bombed out buildings but Camp Enari had only a few damaged buildings and some damaged helicopters at the air field. Sporadic nighttime attacks were conducted by NVA sappers who breached the perimeters supported by the usual rocket and mortar fire. Otherwise it was business as usual for us soldiers at Base Camp and me for 9 more months.

Art Farash



The North Bend - Snoqualmie Legionnaire is the Monthly E-Newsletter of American Legion Post 79, the Department of Washington. Its purpose is to keep Members and well as the Local Community informed about our activities and events over the past month and information about upcoming events. Nothing is copywrited and can be forwarded and shared with others. We are on social media at <https://www.facebook.com/groups/legionpost79>. Comments and articles with photos may be sent to the Editor at artfarash@gmail.com Thank you for reading and sharing.

VIRTUAL COMMUNICATION CHALLENGES

Most of today's communication occurs in a virtual world with e-mails, text messages and phone calls. Virtual communication is very challenging to say the least. It is important to remember and practice the following:

1. We need to take the time to get to know the person we are communicating with, especially when we are dealing with emotional and contentious issues.
2. We have to choose our words wisely, say what we mean, and mean what we say, because virtual communication doesn't show the reception and reactions like face-to-face communication does, with non-verbal clues.
3. Using emotional intelligence—ego and mood management, sensitivity and empathy for others and clear purpose and intention—all help improve virtual communication.
4. Our world is making an important shift from a fiercely competitive and aggressive win-lose approach to a friendlier and cooperative win-win one with reasonable compromises, respect for others' differences, and mutual collaboration.
5. The most important part of any communication is listening—with both ears to hear both what is said and not said and what is said apart from how it is said.

Finally, productive organizational development in our **American Legion Post** depends upon good communication. If we all make an honest effort to remember and practice these five suggestions, our communication will improve and get better results. And please note that "trying" is just a noisy way of not doing something.

By Bill Cottringer



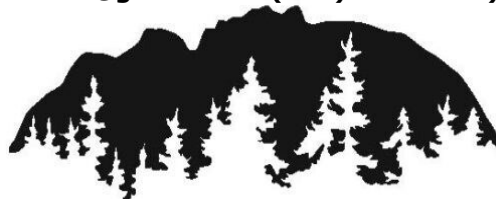
OUR MEMBER OWNED BUSINESSES



Johnny Blair (USMC)

I wanted to see the world so I joined the Marines as an O311 Rifleman. After SOI I made another smart move and went Recon. Best way to see the world and meet my future wife. After a little over 4 years I realized active duty wasn't for everyone.

WFTC23@gmail.com (425) 615-5922)



WATSON FAMILY TREE CARE

Kevin Watson (US Navy)

Submariner served from 2008 to 2013 aboard the USS Maryland (SSBN-738) nuclear submarine based at Kings Bay, Georgia.



MT SI BARBER SHOP

Freddy Ruiz (USMC)

Marine Corps combat Veteran 2001-2005 with 1st Battalion 11th Marines 1st Marine Division





Coffee with Comrades



All Veterans Welcome

**SATURDAY JAN 6TH AT 9:00 AM
SOUTH FORK RESTAURANT**

**Enjoy the fellowship of other Veterans and
a cup of coffee.**

**14303 436th Ave SE, North Bend
Near Exit 32
Drop in for a visit.**

**LET'S MAKE THIS A SUCCESS AND A
WEEKLY THING FOR ALL VETERANS
NOT ONLY LEGION MEMBERS.
BRING YOUR VETERAN FRIENDS
AND NEIGHBORS.**



THE DISTRICT COMMANDER

Our Post is part of the Department of Washington's 11th District - one of the States 12 Districts and includes Posts in King County (All areas except City of Seattle). The present District Commander is Carrol Stripling and the District Adjutant is Carol Reed. Our Post 79 is District 11's Elected Chaplain and our 2nd Vice Commander Bill Cottringer is the District Judge Advocate.

Each American Legion post is a separate and distinct unit, functioning independently of other posts. A district commander is the link between individual members, Posts and the Department of Washington. The Department, in turn, is the link between Districts, with National Headquarters connecting the 55 departments. Under a District Commander's leadership, the posts in the district will be able to link their programs and operations to the state and national organization. Much of The American Legion's success depends on posts being connected to the larger whole. The District Commander is usually an elected representative of the posts in the district, but with that comes a duty to provide guidance and supervision. Posts are responsible for carrying out The American Legion's objectives and programs, and fully complying with the obligations assumed under the post, department and national constitutions. When a post is inactive, begins to falter or fails, the district commander must be prepared to give direction and take control. Such supervision requires organization.

