

# The American Legion Renton-Pickering Post # 79

The North Bend-Snoqualmie Legionnaire

P.O. Box 359 38625 SE River Street, Snoqualmie, WA 98065



**SEPTEMBER 2024 ISSUE**

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

## WHAT'S HAPPENING - SEPTEMBER 2024

**SEP 11 (WED) TAHOMA NATIONAL CEMETERY DUTY DAY**

**SEP 11 (WED) PATRIOT DAY—DAY OF REMBRANCE AND PRAYER (HALF STAFF)}**

**SEP 12 (THURS) MONTHLY POST MEETING 7:00 PM AT THE POST**

**SEP 20 (FRI) POW/MIA RECOGNITION DAY**

## PATRIOTIC DAYS IN SEPTEMBER

### PATRIOT DAY SEPTEMBER 11th...



Patriot Day is a United States national observance that honors the memory of those who were killed in the September 11 attacks. It was first observed in 2002, after the proclamation by President George W. Bush. On September 11, 2001 al-Qaeda launched a series of coordinated terrorist attacks upon the United States, killing almost 3,000 people. In the immediate aftermath of the tragic events, President proclaimed September 14, 2001 as a National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001. A year later, September 11 was made a national day of mourning referred to as Patriot Day. This observance has been proclaimed annually since 2002. In 2009, President Barack Obama rededicated it as Patriot Day and National Day of Service and Remembrance. It is not a public holiday therefore government offices, educational institutions and businesses do not close on this day. On Patriot Day, the national flag is flown at half-mast on all United States government buildings and establishments. Individuals are also encouraged to display.

### POW/MIA Recognition Day September 20th

The Defense POW/MIA Accounting Agency (DPAA) official site says more than 83,000 service members are missing from conflicts from World War Two to the present time. Of that number, the majority (more than 73,000) are missing from World War Two. The number of POW/MIAs from the Korean conflict number just above 7,000.

Vietnam has over 1,600 listed, with the Cold War at 126 service-members listed as POW/MIA. Conflicts since 1991 have six people still unaccounted for.

Of the more than 83,000 service members listed as POW/MIAs, approximately half are "presumed lost at sea" according to DPAA.mil. Roughly 75% of the entire number of POW/MIAs are thought to be in the Asia/Pacific theater of operations.



## FROM THE POST COMMANDER



August is nearly over, The Post Honor Guard Marched both the City of North Bend and Snoqualmie Days parade, in which we took honors of best in Parade in Snoqualmie where 7,200 spectators watched the Parade. This was a first for our post, the credit goes to our Honor Guard. We also had Our Post booth and as always it was visited by many people who were both veterans and families of veterans. Many great stories were told by all.

We also had our fundraiser rummage sales and raised a total of \$3100. The post was manned by our members, Alan Brown, George Townsend, Art Far-rash, Bill Cottringer, Curt Heaslet, Randel Reeves, Vicky Reeves ( Baked Goods), Mona Pollina (bakes goods, an a Handmade Afgan), Dave Waggoner, Karen Rockow, who was instrumental in helping arranging the presenta-tion of the sale, Rachel Johnston for social Media, and most grateful to the help from the SnoValley Chamber of Commerce. I hope I did not leave anyone out, If I did (getting forgetful,) thank you for your help.

This was a good effort by our members in organizing our first post-based event and I am looking forward to more events like this to raise funds that will enable us to fulfil our Charter in helping our veterans, and their families and communities.

Plans are in the works to have Veterans Railroad Day with free rides from the Snoqualmie Valley Railroad and Museum, where the railroad ride is free to the veterans and they immediate Family and the museum will be at a discount.

Plans are in the works for a Disk Golf Tournament in October at the South Fork Café, details to forthcoming, American Legion Post 79 has a brite future coming, but this will require all our us help-ing out.

We are looking to have a one-day sales of the items is left over from the rummage sale and there are quite few good items left. We will announce the date shortly.

We are looking forward to your input for the growth of our post in the coming months.

**Michael Pollina  
Commander, Post 79**



## THE CHAPLAIN'S CORNER

Fellow Brothers and Sisters, Greetings!

It is hard to believe that another September has already arrived! This summer seemed drier and warmer than usual, but the weather changed quickly, at least for a while. As September unfolds, we find ourselves at the crossroads of seasons—the lingering warmth of summer yielding to the crisp promise of fall. The kids return to school, and the holiday season will soon envelop us. But within these transitional monthlies, a somber memory—one etched into our collective consciousness forever.

On September 11, 2001, terror struck our nation. The coordinated attacks orchestrated by Osama Bin Laden's followers left an indelible mark. Four hijacked planes became instruments of destruction.

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As the World Trade Center towers crumbled, the Pentagon was scarred, and Flight 93—thanks to the courage of passengers like Todd Beamer—was thwarted from hitting its intended target, the White House. Over 3,000 lives were lost, and countless families still bear the weight of that tragedy.

"*Let's Roll*" became a battle cry born from bravery. Todd Beamer's final words echoed through the chaos. They weren't just a command to storm the cockpit; they became a rallying cry for our nation during tough times. Todd and his fellow passengers exemplified courage in the face of fear. Their actions remind us that fear should never paralyze us—it should propel us toward 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 NKJV) Fear cannot be allowed to stop us from doing what is right. 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.

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**

## FROM THE ADJUTANT'S DESK

Greetings once again from your humble Adjutant (and Finance Officer, too). We're in the throes of the "Dog Days of Summer" when things slow down and we enjoy the dry Northwest weather...well not for the past few days where we've experienced abnormally cold days and rain that we normally don't see until October!

Meanwhile, Post Officers and some hearty members have been busy with two award-winning Honor Guard appearances in the North Bend and Snoqualmie parades, and an all-day booth at Snoqualmie's Railroad Days celebration. Annual Legionnaire memberships continue to be renewed, so I would encourage everyone to go online to "**MyLegion.org**" and renew your membership for 2025. Dues this year are \$50, up by five bucks to help us absorb the National increase of the same amount. Our Post keeps only \$7 of your annual dues, so every membership counts.

Your Adjutant is still awaiting word from King County on the processing of a \$5,000 grant we were awarded last month...and is preparing to fill out several more applications just to keep our financial pipeline healthy. Speaking of financial health, we really need to come up with some beneficial uses for our Post Building in downtown Snoqualmie, as our Post treasury burns through about \$1,000/month just to keep the doors open (water, gas, sewer, internet, trash, insurance, etc.). Our fiscal balance sheet looks solvent for now, thanks to several recent grant awards...but we really need to generate income from our major fixed investment - our building.

The more revenue we can generate through the building, the more veteran programs we can launch and fund. And speaking of funding, congratulations go out to graduating Mt. Si. High School senior, **Anjali Felodia**, our 2024 Legion Essay Contest winner! A check from the Post went out this month to the University of Washington Student Aid Office on her behalf to defray school expenses! Have a good "*rest-of-your-summer*", and I'll be seeing you all in September!

**George Townsend**  
**Adjutant/Finance Officer**



# 2024 WARRIOR EXPEDITION BIKERS FINISH

## LAST OF THE 2024 WARRIOR EXPEDITION BIKERS FINISH THEIR EPIC 3776 MILE JOURNEY



Seven tenacious veteran warriors in top physical condition left Washington D.C. In May of this year and the last and oldest at 66 years old biker, K.P. Haueter, completed this challenging feat in being welcomed on his last leg of the trip in North Bend, WA and finally in La Plush, WA. American Legion Posts 79 and 106 are the avid Washington State supporters of this program, with their meet and greet photo ops along the trails to their locations, happy hour refreshing time, food and drink-filled picnics at scenic locations, great story-telling, and a traditional bed and breakfast send offs for finishing the journey and going home to their families again. More about this excellent veteran’s program can be found at their website: <https://warriorexpeditions.org/program/>



Here is the map of this cross-country bike journey, along with the names of the seven 2024 warriors:

- Brandon Blankenship (USA)**
- Michael Kohler (USA)**
- KP Haueter (USAF)**
- Callie Leaver (USA)**
- Allen Megginson (USA)**
- Suzanne Williamson (USA)**
- John Wirth (USA)**

They say pictures tell more than words so here is a collage of the warriors reaching Washington State to finish the grueling. 3700 mi. cross-country bike ride and the hospitable celebrations our Post 79 support group gave them in North Bend, WA. Thanks to Art, Bill, George, Michael, Chad, Johnnie, and Allen for joining in on helping congratulate the seven warriors. **Article and photos by Bill Cottringer.**

*(Continued next page)*





For several years and before the Great American Bike Trail. American Legion Post 79 also supported Warrior Hikers on the Pacific Crest Trail when they arrived at Snoqualmie Pass by arranging overnight accommodations there and socializing at the Commonwealth Restaurant at the East Summit of the Pass. Since 2023 there have been no PCT hikers. The hiking trail is now the Appalachian Trail.

**Here's a few media stories on the Warrior Expeditions for your reading pleasure:**

<https://www.advertisernewssouth.com/news/local-news/cross-country-ride-completed-JD3577975>

<https://www.railstotrails.org/trailblog/2024/may/08/five-years-of-progress-on-great-american-rail-trail/>

[https://times-journal.com/opinion/article\\_8202de78-019b-11ef-a0d1-635d6870e4ee.html](https://times-journal.com/opinion/article_8202de78-019b-11ef-a0d1-635d6870e4ee.html)

**A big thanks to George Townsend, Bill Cottringer, and Johnny Blair for providing accommodations and meals for all 7 of the Warrion Great American Rail Trail Cyclists and the Art Farash who organized and coordinated the support provided in the name of American Legion Post 79.**



# MILITARY FUNERAL HONORS

**Aug 14, 2024 TAHOMA NATIONAL CEMETERY.** Five Veterans were laid to rest with full Military Honors, including 3 US Army, one US Navy and one US Air Force Veteran. Two served in Korea, one in Vietnam, and one both in Vietnam and the Persian Gulf. Eastside Veterans Honor Guard from American Legion Post 79 and VFW Post 2995 assisted the Washington Army National Guard, the Naval Station Everett and the McChord Air Base Honor Guards with the Firing Party and Chaplain. As of today we have provided 38 services this year at Tahoma. Eastside Veterans Honor Guard provides Military Honors each month on the second Wednesday.

We are always looking for volunteers for this duty which requires one day each month on the 2nd Wednesday. All training and uniforms are provided. Any Veteran, you don't have to be a member of either the Legion or VFW, is welcome to join us and is invited to attend one service to see what we do there. Send an Email to [Post0079@gmail.com](mailto:Post0079@gmail.com) with Honor Guard in the Subject and you will be contacted or ask any Post Officer.





# IT'S PARADE SEASON

Again this year the **Snoqualmie Valley Veterans Post 79 Color Guard** was honored to lead the Festival at Mt Si Grand Parade on Saturday, Aug 10th and the following Saturday on August 17th at the **Snoqualmie Days Grand Parade**. Post 79 also had an Information Booth at the Snoqualmie Days.



Our **Color Guard** with the assistance of the **Drummers from My Si High School Band** was seen by an estimated 7,200 viewers in Snoqualmie and also received the prestigious "**BEST IN SHOW**" Award for Excellence.



FESTIVAL AT MY S, NORTH BEND







## WARRIOR FAMILY RETREAT AUGUST 24 – 25

There are many military programs to help warriors transition from the battlefield to the homefront, but the families are often left to deal with deployment and military life challenges on their own. Through the Warrior Family Retreats, military families can get away to the country for a weekend of family reconnection, healing time, and fun with horses.

Since 2010 the program has helped military families address the transition challenges experienced by long separations, frequent moves, and the devastating effects of conflicts around the world. At the retreats, husbands and wives work with certified equine-assisted therapists to learn new life skills and reconnect as loving partners. Children get the opportunity to share their experiences with their peers and have fun family time with their parents. Everyone enjoys stress-free fun time while handling and riding horses and making lifetime memories.

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. Here's a collage of the Warrior Family Retreat in Fall City in August at the Northwest Natural Horsemanship Center in Fall City.





*(Collage by Bill Cottringer who volunteered at the Family Retreat)*

**The Retreat had 48 participants. Most were children under the age of 16. More than 25 volunteers pitched in to say "thank you for your service" to all family members who serve.**

## **9/11/2001 WHAT CHANGED IN OUR COUNTRY**



On this fateful day 23 years ago I was busy chasing down overloaded trucks on I-90. When all the Cadets were called to perform security details, as an armed Commercial Vehicle Enforcement Officer I was told I was not needed and to continue my normal activities stopping overloaded trucks. I was shouted at by drivers who asked what kind of person I was to harass loyal hard working Americans while the Country was under attack. This was always on my mind and in 2004 when the opportunity came up I decided to retire and accept an Army Contract job working at Abu Ghraib Prison in Iraq as a former Army Interrogator and have one last deployment to serve the Country doing what I knew best. This is a Memorial Service in 2004 at Abu Ghraib remembering 9/11 that I attended.

***Art Farash, 2nd Vice Commander, Post 79***



**FROM BILL COTTRINGER.....***I was working in St. Louis at Bolt Brothers Cleaning Company (HR Director) when we all were watching the disaster, speechless, not realizing what was happening at the time. I had a very nagging inner feeling that something wasn't good somewhere. I got an urge to call my best friend in High School, Al DeMartini', to convey the vague intuition I was having about something close to him, but he was in Italy at the time and unavailable. A few day's later I was able to reach Al, who sadly relayed that his younger brother Frank DeMartini, the architect of the Twin Towers, had died, trapped in the fire, after rescuing over 40 of his employees near the top of his building. Our HS was renamed after the hometown hero. Story at: [https://en.wikipedia.org/wiki/Frank\\_De\\_Martin](https://en.wikipedia.org/wiki/Frank_De_Martin)*





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### POST 79 IS A PROUD MEMBER



"Words cannot express enough how blessed we are for having this experience..."

— Military Mom



**SOUTH FORK RESTAURANT ON CEDAR FALLS ROAD - MEMBER OWNED BUSINESS - HOSTING OUR SATURDAY VETERANS COFFEE WITH COMRADES**

**POST 79 THANKS ITS LOCAL SUPPORTERS AND IS PROUD TO HAVE THESE MEMBER OWNED BUSINESSES AS PART OF OUR LEGION FAMILY**

Since 2010 active-duty military families have found renewed relationships, healing, and peace while creating lifetime memories. Show their appreciation for everyone in the military family who serve. **WARRIOR FAMILY RETREAT**

**DATE:** August 24 & 25, 2024 **LOCATION:** Fall City.

*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](https://www.facebook.com/groups/legionpost79). Comments and articles with photos may be sent to the Editor at [artfarash@gmail.com](mailto:artfarash@gmail.com) Thank you for reading and sharing.*