



CATHAY DISPATCH

AUGUST IS FOR CELEBRATING THE U.S. COAST GUARD & NATIONAL PURPLE HEART DAY!

By Commander Helen Wong



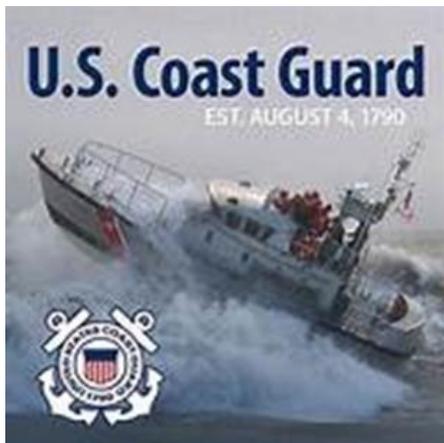
Many of us may think the U.S. Navy is the oldest seagoing service of the six branches of service but it is not: the Coast Guard turns 232 years old on August 4 so Happy Birthday! While we know the Coast Guard does not fall under the Defense

Department as it has been under the Department of Transportation and now is under the Department of Homeland Security, it is considered a military service because in times of war or conflict, the president of the United States can transfer any or all assets of the Coast Guard to the Department of the Navy. This has been done in almost every single conflict in which the United States has been involved.

authorized construction of 10 vessels to enforce tariff and trade laws, prevent smuggling, and protect the collection of federal revenue. Now it is a multi-mission maritime military service with a mission to protect the public, the environment, and U.S. economic interests along the waterways, the coast, and international waters as required to support national security.

While Cathay Post does not have many "Coastie" veterans, our junior past Department Commander, Autrey James is one of the few with that distinction. He has been a really good friend of the Post and has attended many past Annual Installation Dinners to install our officers. His dedication to serving veterans goes beyond California as he is very committed to running for National Commander in the near future as California's first candidate since 1991.

The Coast Guard is commanded by a four-star admiral, known as the Coast Guard Commandant. On June 1, 2022, Adm. Linda Fagan became the first female comman-



The beginning of the Coast Guard goes back to August 4, 1790 when the first Congress



Above: Adm. Fagan and veterans (dual member Post 105 Legionnaires)



CATHAY POST 384 AMERICAN LEGION 2022-2023 POST OFFICERS

- Commander: Helen Wong
- 1st Vice CMDR: George Tsang
- 2nd Vice CMDR: Charles Paskerian
- Adjutant: Miguel Ortiz
- Finance Officer: Anthony Lyau
- Secretary: Ron Ritter
- Sgt-At-Arms: CJ Reeves
- Service Officer: David Wong
- Judge Advocate: Raymond Wong
- Jr. Past CMDR: Nelson Lum
- Quartermaster: Philip Leung
- Chaplain: Richard Ow
- Historian: Roger Dong
- ALWMC Delegate: Chuck Paskerian

CATHAY DISPATCH STAFF

- Roger Dong, Publisher
- Kokoe Estrada Dusina, Editor-in-Chief

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dant of the Coast Guard at the change of command ceremony at the U.S. Coast Guard headquarters in Washington. She was commemorated by President Joe Biden for a historic first time that a woman will lead a branch of the armed forces. Previous to her promotion, she served as the commander of the Coast Guard Pacific Area and was at Coast Guard Island Alameda. For some of us Legionnaires, we were lucky enough to meet her in 2019 at the San Mateo County Veteran of the Year ceremony. Ever the gracious and humble service member, she never let her rank get in the way of talking to veterans at the event. SEMPER PARATUS!

National Purple Heart Day is celebrated on August 7 of each year, and was first observed in 2014. It is considered an unofficial observance so that businesses, government offices, etc. do not close. How did August 7 become the designated date? When you look at the history of the Purple Heart medal, it goes back to the days of George Washington when he decided to give honorary badges of distinction to his officers and soldiers who served more than three years to six years. He directed that when any singu-

of his general officers to recognize their courage and leadership by awarding commissions so their outstanding acts of bravery went unrecognized and unrewarded. By August 7, 1782 hostilities had ended and peace talks were underway. That was when George Washington issued a general order establishing the "Badge of Distinction" and "Badge of Merit". Historians are not sure who designed the "Badge of Military Merit" but the original badge was made of purple silk edged with silver colored lace or binding on a wool background. The heart symbolized courage and devotion. Purple was associated with royalty and would stand out on any uniform.

In Honor and Remembrance of



National Purple Heart Day

All Those That Served No Matter The Cost



larly meritorious action was performed, the figure of a heart in purple cloth or silk was permitted to be worn over the left breast, known as the Badge of Merit. Eventually it inspired the modern Purple Heart. The conditions under which the Army had to endure were cruel and Congress had taken away the authority

By 1932, the Military Order of the Purple Heart organization was established by Congressional charter and now there are over 45,300 members who qualified by sustaining a wound inflicted by an enemy in combat or gave their lives while serving in a combat zone. In our local Bay Area, Chapter 15 in San Francisco/San Mateo County is the active chapter who hosts the annual National Purple Heart Day Ceremony. As in the past, the August 7, 2022 program will be held at Golden Gate National Cemetery at 11AM. Commander William Jackson is the contact for the event, and can be reached at vetwilliam@gmail.com.

Photos from 2019



In honor of the Purple Heart veterans, the U.S. Mint has issued the 2022 National Purple Heart Hall of Honor Commemorative Coins. "This program marks the first time the U.S. Government has honored our combat-wounded veterans and those killed in action with official legal tender commemorative coins that pay tribute to their service and sacrifice."

Go to the U.S. Mint website (<https://catalog.usmint.gov/>) for more details about how to order the coins.





**SAN FRANCISCO POLICE-FIRE POST NO. 456
ANNUAL OFFICER AND FIREFIGHTER OF THE YEAR
AWARDS BANQUET**



HONORING

**SERGEANT WILLIAM PON
SERGEANT JARROD YEE**
SAN FRANCISCO POLICE DEPARTMENT
OFFICERS OF THE YEAR FOR VALOR

SERGEANT MARK KOSTA
SOUTH SAN FRANCISCO POLICE DEPARTMENT
OFFICER OF THE YEAR FOR COMMUNITY SERVICE

FIREFIGHTER/PARAMEDIC MATTHEW FARIS
SAN FRANCISCO FIRE DEPARTMENT
FIREFIGHTER OF THE YEAR FOR VALOR

**LIEUTENANT HASHIM ANDERSON
INCIDENT SUPPORT SPECIALIST LAVERNE MALIGA**
SAN FRANCISCO FIRE DEPARTMENT
FIREFIGHTERS OF THE YEAR FOR COMMUNITY SERVICE

**Tuesday, October 25, 2022
San Francisco Italian Athletic Club
1630 Stockton Street, San Francisco**

**Registration & No-Host Cocktails 6 p.m. / Dinner 7 p.m.
\$100 Per Person (includes wine with dinner)**

Entrée Choices: Tri Tip; Salmon with Fried Leeks; Vegetarian available

**Make checks payable to American Legion Post 456
(be sure to include your entrée choices) and mail to
Greg Corrales, 2634-18th Avenue, San Francisco 94116**

**Any questions, email Greg at gc1207@comcast.net
or call (415) 759-1076**



SUPPORTING JROTC

Last month in July, there was a Community Partner Engagement Program held at the War Memorial Veterans Building presented by Mark Benton, Civilian Aid to the Secretary of the Army in support of the San Francisco Junior Reserve Officer Training Corps (JROTC). Jr. Past CMDR Nelson Lum, CMDR Helen Wong, 2nd Vice CMDR Chuck Paskerian and his wife Diane (ALA Unit 1 member) were in attendance to watch the program.



There had been reports of the San Francisco School Board cutting the JROTC program from three high schools for the upcoming school year. Concerned veterans and students came out to hear what was going to happen. Mayor London Breed also came to give remarks about her experience with seeing how disciplined JROTC students were when she was a high school student. She was very supportive of this program. Special guest was General Paul Funk who had remarks and presentations to three JROTC graduates. General Funk is the 17th Commanding General of the United States Army Training and Doctrine Command (TRADOC) since June 21, 2019. He is responsible for 32 Army schools organized under eight Centers of Excellence that recruit, train, and educate more than 500,000 soldiers and service members annually. We understand he also oversees the Army JROTC programs throughout the country.



There were guest speakers from the Board of Education President Jenny Lam, member Ann Hsu, Superintendent Dr. Matt Wayne, Alan Wong from the SF Community College Board. They all spoke in favor of the JROTC programs. Both LTC Doug Bullard San Francisco JROTC Coordinator and SFC Fung from the National Guard were recognized. Audience speakers were in favor of the JROTC program. They commented on the positive affect this program has had on our young students attending local high schools.



The highlight of the program was when the Army ROTC Scholarships were presented to three JROTC graduates to continue onto college: PFC Vickie Huang was awarded a 4-year \$98,804 scholarship to attend San Diego State University; Cadet Angelina McMahon was awarded a 4-year \$78,100 scholarship to attend San Jose State University; and SPC Priscilla Floriano was awarded a 2-year \$38,960 scholarship to San Jose State University.



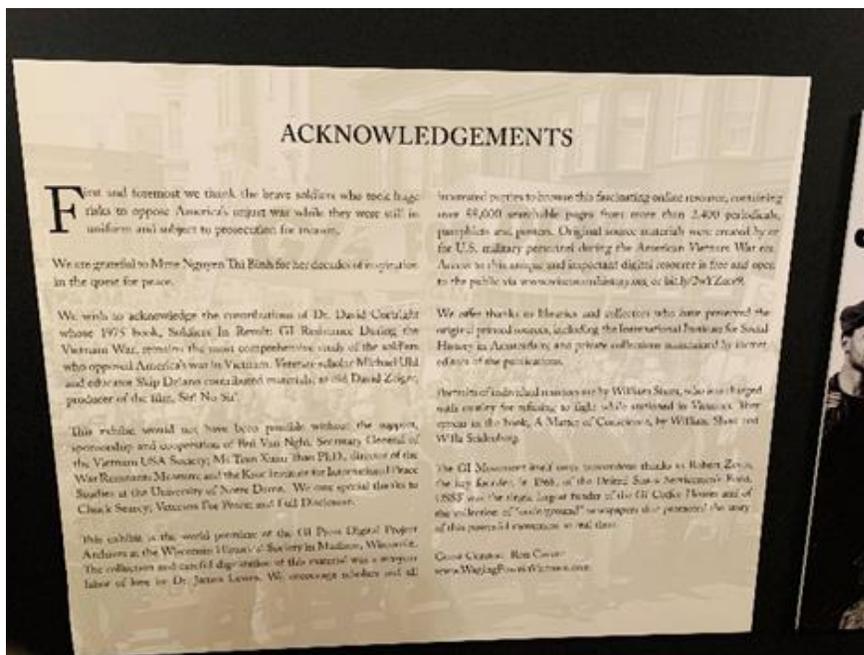
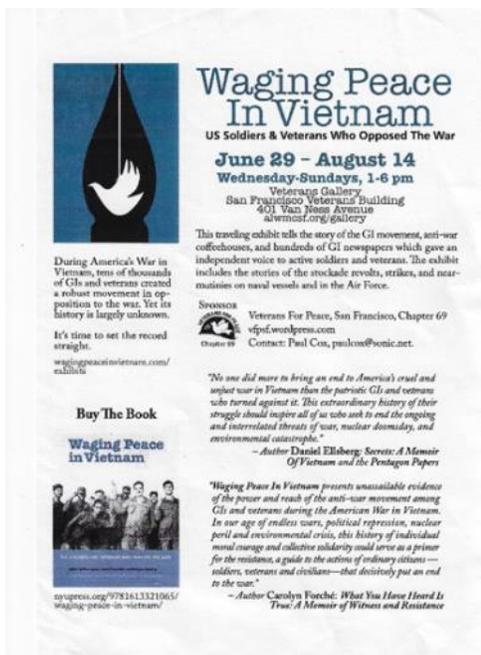
A few days later, we received good news that the SFUSD School Board had reversed their initial plan to discontinue the JROTC programs in the schools much to the relief of all concerned citizens, veterans, and students.



WAGING PEACE VIETNAM EXHIBIT

The newest exhibit to be shown at the Veterans Gallery in the War Memorial Veterans Building is the “Waging Peace in Vietnam”. It opened on June 29 and runs through August 14. It is sponsored by the Veterans for Peace, San Francisco, Chapter 69. I had the opportunity to view the exhibit several weeks ago and it brought back a lot of memories from that time-not because I experienced these things firsthand but the photos from that

time were very powerful. If you were living during the 1960s, many of the atrocities of the war in Vietnam went mostly unreported. This was done intentionally. The soldiers who spoke up against the war were not supported and suffered. It is worth the time to see and compare how very chilling the similarities are for the Ukrainian people experiencing war in their country.



KNOW THE SIGNS OF A CRISIS: Recognizing red flags and knowing when to get help can make a difference in a veteran's life. Read more at:

<https://www.veteranscrisisline.net/education/signs-of-crisis>

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call. The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. People have called for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

CALL: Veterans and their loved ones can call (800) 273-8255 and Press 1 to speak with a caring and qualified responder.

TEXT: Veterans and loved ones can also send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year, or call your local 24-hour mental health crisis line.

Veteran Combat Call Center - Combat vets and families can call any time 24/7/365: 1 (800) 927-8387 to speak with other combat vets and families about any issues from military experience to readjusting to civilian life.

CHAT ONLINE: Veterans Chat 24/7/365 Confidential Support is just a Click Away. If you're a Veteran in crisis or concerned about one, responders at the Veterans Crisis Line online chat offer help that can make a difference. Caring, qualified VA professionals are standing by to provide free and confidential support: <https://www.veteranscrisisline.net/get-help/chat>

UPDATE: Veterans may now call 988 and press 1 to speak to a caring and qualified responder.



91ST ANNIVERSARY BANQUET



Once again, a large gathering of members and supporters took place at the Far East Café. The last count I have of the number of attendees was about 420. The program got started almost on time; the slight delay was caused by late arrival of some guests. When taking into consideration the event was held on a Saturday, it would be unrealistic to expect everyone to be on time.

The Lion dance that signaled the beginning of the program was a crowd pleaser; there were five performing lions from the Yau Kung Moon's Lion Dance Me Team. As usual, the performance was spectacular.

The presentation of colors was executed by the San Francisco Sheriff Department Color Detail. Thank you to Sheriff Paul Miyamoto for his support of our post.

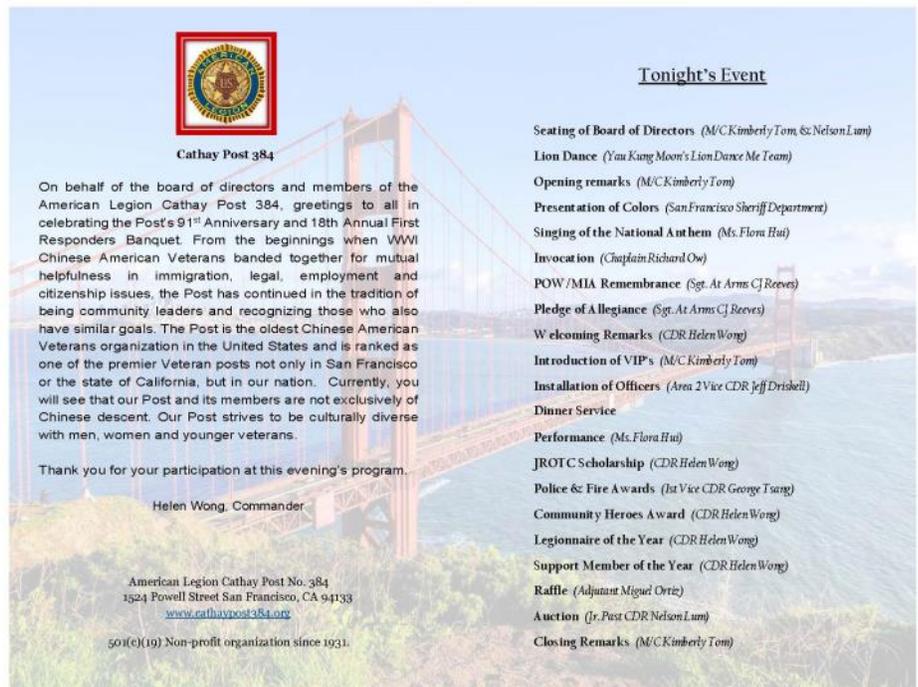
The beautiful and talented Ms Chinatown San Francisco, Kimberly Tom, was our Emcee, and I was her back up. Ms. Tom did a wonderful job of orchestrating the program flawlessly.

Chaplain Richard Ow and Sergeant At Arms CJ Reeves conducted the invocation and POW/MIA tributes to remind the audience of the sacrifices of those who are still not home or accounted for.

Commander Helen Wong's welcoming remarks were short and sweet. That was followed by the swearing in ceremony. As the Past Area 2 Vice Commander, it was my privilege to swear in the elected and appointed officers of our post for 2022-2023.

The beginning of the second half of the program was led by the sweet singing of Ms. Flora Hui, her fantastic voice enticed the attendees to get onto the dance floor and participated in the celebration.

Commander Helen Wong and 1st Vice Commander George Tsang presented certificates of recognition to all of the





Cathay Post 384

On behalf of the board of directors and members of the American Legion Cathay Post 384, greetings to all in celebrating the Post's 91st Anniversary and 18th Annual First Responders Banquet. From the beginnings when WWI Chinese American Veterans banded together for mutual helpfulness in immigration, legal, employment and citizenship issues, the Post has continued in the tradition of being community leaders and recognizing those who also have similar goals. The Post is the oldest Chinese American Veterans organization in the United States and is ranked as one of the premier Veteran posts not only in San Francisco or the state of California, but in our nation. Currently, you will see that our Post and its members are not exclusively of Chinese descent. Our Post strives to be culturally diverse with men, women and younger veterans.

Thank you for your participation at this evening's program.

Helen Wong, Commander

American Legion Cathay Post No. 384
1524 Powell Street San Francisco, CA 94133
www.cathaypost384.org
501(c)(19) Non-profit organization since 1931.

Tonight's Event

Seating of Board of Directors (M/C Kimberly Tom, & Nelson Lum)

Lion Dance (Yau Kung Moon's Lion Dance Me Team)

Opening remarks (M/C Kimberly Tom)

Presentation of Colors (San Francisco Sheriff Department)

Singing of the National Anthem (Ms. Flora Hui)

Invocation (Chaplain Richard Ow)

POW/MIA Remembrance (Sgt. At Arms CJ Reeves)

Pledge of Allegiance (Sgt. At Arms CJ Reeves)

Welcoming Remarks (CDR Helen Wong)

Introduction of VIP's (M/C Kimberly Tom)

Installation of Officers (Area 2 Vice CDR Jeff Drisbell)

Dinner Service

Performance (Ms. Flora Hui)

JROTC Scholarship (CDR Helen Wong)

Police & Fire Awards (1st Vice CDR George Tsang)

Community Heroes Award (CDR Helen Wong)

Legionnaire of the Year (CDR Helen Wong)

Support Member of the Year (CDR Helen Wong)

Raffle (Adjutant Miguel Ortiz)

Auction (Jr. Past CDR Nelson Lum)

Closing Remarks (M/C Kimberly Tom)

Award Recipients

JROTC Award Recipients

- JROTC Scholastic: Lauren Young - Lincoln High
- NJROTC Scholastic: Jennifer Tsang - Burton High
- JROTC Athletic: Vivian Shen - Washington High
- JROTC Athletic: Joshua Huynh - Lowell High

San Francisco 1st Responder Award Recipients

- San Francisco Police Department
- APOA Officer Talent Tang
- Co.A: Officer George Raymond

San Francisco Fire Department

- SFAFA: Firefighter Milan Majer
- SFVFA Engine Co. 32
- * Captain James Draper
- * Firefighter Quincy Henry
- * Firefighter John Karowski
- * Firefighter Mile DeGraffenreid

Community Heroes Recipients

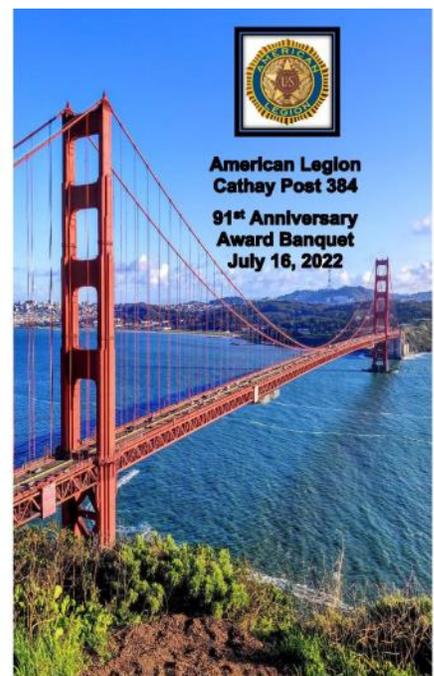
- Montgomery Hom
- Ron Chan

Legionnaire of the Year Recipient

- Roger Dong

Support Member of the Year Recipient

- Joel Yu





FROM OUR JR. PAST COMMANDER NELSON LUM

awardees; they were cadets from the JROTC program, first responders from the police and fire departments, our community heroes, and legionnaire and support member of the year.

The most anticipated event of the evening was the 50/50 raffle. Adjutant Miguel Ortiz, with the assistance of the ladies of Ms. Asian Global, consummated a fun and successful raffle. A special note of appreciation goes to our support members Ms. Lily Wong and Ms. Betty Lem for their extraordinary efforts toward the success of this endeavor.

The last item of our program was the auction of two round trip tickets valued at \$2,500. These tickets were auctioned off for

the price of \$2,000. A special thanks to Ms. Maria Medina, Alaska Airline, for the donation of these tickets.

I would like to take this opportunity to express my personal gratitude to all the people that volunteered their precious time to help with the preparation and organization of this event. Hats off to our 1st Vice Commander George Tsang for leading this team effort that contributed to the benefit of our organization.

Okay folks, it is time to plan the Fleet-week luncheon.



Emcees: Ms. Kimberly Tom and Jr. Past Commander Nelson Lum



The Board: Elected and appointed officers of our post 2022 to 2023



Awardees: Firefighters of the Year



Photos: Dara Wong, Frank Jang, Angelo Artificio
Program Design: Lily Wong



FROM OUR JR. PAST COMMANDER NELSON LUM





FROM OUR JR. PAST COMMANDER NELSON LUM





FROM OUR JR. PAST COMMANDER NELSON LUM





FROM OUR JR. PAST COMMANDER NELSON LUM



7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang





FROM OUR JR. PAST COMMANDER NELSON LUM



7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



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7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



Thank you Lily & Miguel!

7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



7/16/2022 Cathay Post #384, 91st Anniversary Celebration Frank Jang



MESSAGE FROM THE OFFICE OF PUBLIC AFFAIRS, SFVA JULY 26, 2022



Subject: Anniversary of the Americans with Disabilities Act

To all employees:

Today is the 32nd anniversary of the Americans with Disabilities Act. The VA would like to celebrate the past, present, and future. There has been much progress that the Americans with Disabilities Act has afforded us, and they must continue to advance the rights of all disabled Veterans and Americans. The SFVAHCS will continue to strive to be an example of accessibility and fully support our own.

More information in the Americans with Disabilities Act:

- The Americans with Disabilities Act of 1990 (ADA) is one of several disability-related laws and probably the one with which many Americans are most familiar. The purpose of the law is to ensure that people with disabilities have the same rights and opportunities as everyone else. The ADA guarantees this for people with disabilities in all aspects of everyday life – from employment opportunities, to being able to purchase goods and services, to participating in state and local governments' programs and services. For a quick overview of the ADA read "The Americans with Disabilities Act: A Brief Overview".
• Title I of the ADA protects the rights of both employees and job seekers. Title I applies to private-sector employers who employ 15 or more individuals, state and local governments, and employment agencies and labor organizations. The law prohibits these employers from discriminating against qualified individuals with disabilities in all aspects of employment. One of the key non-discrimination aspects of Title I is the requirement to provide reasonable accommodations for employees and job seekers with disabilities. The Equal Employment Opportunity Commission (EEOC) has primary enforcement responsibility under Title I of the ADA. The EEOC has several fact sheets that describe how the ADA applies to employees with certain types of medical conditions, such as cancer, diabetes and epilepsy.



- Two agencies within the U.S. Department of Labor (DOL) enforce parts of the ADA. The Office of Federal Contract Compliance Programs (OFCCP) has coordinating authority along with the EEOC to enforce the employment-related (Title I) provisions of the law. DOL's Civil Rights Center (CRC) is responsible for enforcing Title II of the ADA. Title II bars disability-based discrimination by, and imposes affirmative disability-related responsibilities on, public entities, including state and local governments. The CRC, which is part of the Office of the Assistant Secretary for Administration and Management (OASAM), also enforces Title II with regard to the programs, services and regulatory activities connected to labor and the workforce.

U.S. Department of Labor Resources on Disability-Related Laws

- Disability Nondiscrimination Law Advisor
• Laws Enforced by the Office of Federal Contract Compliance Programs
• Section 503 of the Rehabilitation Act
• Frequently Asked Questions about the Vietnam Era Veterans Readjustment Assistance Act
• Regulations Implementing the Vietnam Era Veterans' Readjustment Assistance Act
• Employers and the Americans with Disabilities Act: Myths and Facts

Other Resources on Disability-Related Laws

- The ADA: Questions & Answers
• Section 503 of the Rehabilitation Act New Rules: Fact Sheet
• Information about the Americans with Disabilities Act from the Employer Assistance and Resource Network on Disability Inclusion
• A Guide to Disability Rights Laws
• Vietnam Era Veterans' Readjustment Assistance Act

Office of Public Affairs
San Francisco VA Health Care System



Americans with Disabilities Act



**HAPPY THIRD ANNIVERSARY, CJ
(VAVS AMERICAN LEGION REPRESENTATIVE)
HAPPY SEVENTY SIXTH ANNIVERSARY, VAVS (1946)**

Do you know what VAVS stands for??? Who takes part in VAVS??? Is the American Legion a stakeholder??? If so, do we have a Representative and Deputy Rep????? If yes, when and where do they meet????

You have questions, I have the answers. In short, VAVS stands for Veterans Affairs Voluntary Services. The VAVS is now over 76 years old. Since its inception in 1946, VAVS members and supporters (Stakeholders) have been volunteering their time at VA medical facilities nationwide, donating hundreds of thousands of service hours annually and providing much needed support and companionship to our nation's heroes and their families. VAVS operates the largest volunteer program in the Federal Government, supplementing staff and resources in all areas of patient care and support. It has been around a while. It is a consortium of stakeholders. So, YES, the American Legion happens to be a member of this consortium comprised of 24 stakeholders. Stakeholders make up the various community and charitable organizations – in other words, not for profit. Many of the Stakeholders are Veteran Service Organizations (VSO), but this is not a requirement. Additional non-VSOs are the Benevolent and Protective Order of Elks, the Knights of Columbus and the National Society of the Daughters of the American Revolution. These are civic organizations consisting of civilians just wanting to help our hero Veterans. We also have the VSOs like the VFW, the DAV, AMVETS and the American Legion, which are Veteran-centric, namely Veterans helping Veterans. This wonderful pairing of



both civilian and military organizations joining forces together with the main mission of helping Veterans is what makes the VAVS so special. So, when do we meet? Glad you asked. We meet only four (4) times in a year, so quarterly meetings. We have our first meeting in JAN, then in APR, JUL and finally OCT. As you can see, we just had our JULY meeting. For your interest and curiosity, I'm attaching the MINUTES for that meeting. Since the pandemic, we still meet on ZOOM. I would like to mention the breakdown as far as the American Legion (TAL) is concerned. TAL has supported and actively participated in the VAVS since the program's humble beginnings all those years ago in 1946. Many Veterans segued from the war-torn CBI and European theaters of World War II and positioned themselves as Volunteers at VA Hospitals, VA clinics and Vet Centers. Today, nearly 7,000 volunteers serve 900,000 hours annually. All service hours and in-kind donations are converted into a dollar value. This amount is then aggregated with the cash donations. The total amount

complete with total hours and dollar amount is sent to our Legion HQ. The National Commander uses this information to lobby the HILL and to physically testify before many of the Senate Committees, which dole out the budgets for the VA. I am now pleading with our Post to donate a check, which I can present at a future VAVS meeting. It's been over two (2) years since we last donated a check for \$384. Also, all my many service hours, which are converted into a dollar amount, are credited to the Legion. We would love to expand on this as well. Calling all Legionnaires, if you can and are able, please sign up to volunteer. The VA needs us. Like those before us did in 1946, let us heed the call for help for our hero Veterans at the VA.





FROM OUR SERGEANT AT ARMS CJ REEVES

VAVS Health Care System Committee Meeting Minutes
Department of Veterans Affairs Health Care System (662/135)
4150 Clement Street San Francisco, CA 94121
(415) 750-2144
Fax (415) 750-2119

Owetdia Dupree
Chief, Center for Development and Civic Engagement

July 21, 2022 at 1:00 p.m.

- I. **Opening of Meeting:**
The 367th Regularly Scheduled Meeting of the VAVS Health Care System Committee was called to order by Owetdia Dupree, Chief of Center for Development & Civic Engagement formerly Voluntary Service.
- II. **Moment of Reflection/Invocation:** Owetdia Dupree
- III. **Pledge of Allegiance:**
Led by CJ Reeves, American Legion
- IV. **Roll Call:**
Led by Monet Bernesque, Voluntary Service Specialist, Center for Development & Civic Engagement
- V. **Center for Development & Civic Engagement Updates:**

Ms. Owetdia Dupree, Chief of Center for Development and Civic Engagement gave updates:

- **Employee update** – We are hiring for a new Budget Technician and a desk clerk (AMSA) in Hoptel, 2 Leads in Hoptel, and a Specialist for Santa Rosa Clinic.
- **Last VAVS meeting** will be in October for myself as Chief, CDCE
- **Office retreat** – held in May. Looking at updating our programs and adding new ones. Will be scheduling another staff retreat in the coming months
- **Santa Rosa Clinic** – had a tour in early July to look at the new Santa Rosa CBOC. Looking to have a new Specialist hired for this clinic and start up a robust Volunteer program.
- **Celebration of life** – Gary C, a longtime Volunteer has passed away. A celebration of life is scheduled for July 22 at 11:30AM

Mr. Tommy Mendoza, Deputy Chief of Center for Development and Civic Engagement gave updates:

- **Blood Drives** – happens quarterly in the Auditorium on-site. This is a new assignment for our Team. Volunteers are needed to assist with the snack table. Please contact Monet for more information. Next blood drive is September 15th.
- **Gold Carts** – looking to purchase 3 new carts for the main campus and a CBOC
- **Fleet Week** – October 3rd – 11th.
- **Labor Day** – office is closed



100 YEARS OF VFW POPPY



August marks 100 years since VFW declared the poppy as the official VFW flower. At VFW's 1922 national convention in Seattle, Washington, the organization officially adopted the blood-red flower.

In February 1924, VFW registered the name "Buddy Poppy" with the US Patent Office. The term "Buddy" was coined by the poppy makers, who, at the time, were disabled Veterans. It was a tribute to the Veterans who did not come home and those disabled or scarred for life.

Since May 1924, when the trademark was granted, VFW has owned all rights to it. Buddy Poppies have enjoyed broad popular support since their inception. American presidents have had poppies pinned to their jackets by girls from the VFW Nation-

al Home in Eaton Rapids, Michigan. During the 1940s and 1950s, leading Hollywood actresses became "Buddy Poppy Girls," representative of the American ideal "girl next door".

Distribution of poppies remains a staple of Veterans and Memorial Day activities at VFW Posts throughout the country. One extraordinary Buddy Poppy donation was made in New Jersey in 1997. An anonymous donor gave \$13,640 in cash and checks to Post 2294 in Jersey City. By any measure, that display of generosity is unique in the annals of the program.

More than 1 billion Buddy Poppies have been distributed since 1922. Under VFW bylaws, the proceeds are designated for Post Relief Funds that assist disabled Vet-

erans, or for maintaining the National Home or similar facilities dedicated to the care of Veterans.

When COVID-19 shut down Buddy Poppy assembly centers, VFW members mobilized across the country to build nearly two years' worth of the red flowers of remembrance. According to VFW Programs Director Lynn Rolf, through the efforts of VFW Posts, he was able to collect nine (9) million poppies. "We are very proud of our Buddy Poppy Program", Rolf said. "It is extra special to the VFW because we were the originators of the flower, which commemorates our war dead."

By Janie Dyhouse

In Flanders Fields

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

By John McCrae





WHAT HAPPENS IF GPS GOES DARK?

We have been warned that our enemies have been conducting Cyber warfare to disrupt / destroy our GPS satellites, which would be catastrophic to our Air Force and Navy ballistic missiles, as well as our Army's global communication systems.

Our Space Force Vice Commander assures us that we are aware of this extremely severe threat to our GPS satellites and working on plans and supplementary GPS systems to defend satellite operations

In past issues of our Cathay Dispatch we have discussed the reality that today, star wars technology (Cyber warfare) will be used to disrupt and/or destroy long range missiles of all varieties and prevent ground forces, air forces and navies from communicating and conducting warfare, especially when the forces are away from home.

If we believe this is a reality, it is imperative that we have the capability to disrupt/destroy the long range communications of our enemies as quickly as possible. Destroying the enemy's satellite communications

systems before he can destroy ours is of the highest priority.

We, the Russians, and the Chinese all use satellites to communicate with all branches of our militaries, and thus once war breaks out, each participating nation will immediately attack the satellite communications systems of the opposition. He who can strike first, might be able to prevent their enemy from delivering the first strike. This has never happened before, so we can expect the unexpected and some chaos.

It has been discussed that all participants will use laser weapons to attack their opponent's GPS satellites and we can assume that everyone will try to defend their GPS systems from being attacked. Whatever defenses are contemplated, the actual plans and systems being developed and tested, are very highly classified. We can only speculate.

We all need assurances that we are making maximum effort to protect our GPS systems.

Most recently, the Vice Commander, Space Command, General David Thompson has



publicly advised the Senate Armed Services strategic forces subcommittee and our Pentagon generals that the Space Command of our Air Force is working on projects "to augment [GPS], to supplement it, to provide additional means of being able to navigate and position and conduct missions." This is an admission that the importance of GPS is essential and we are planning to protect and supplement our GPS systems to insure that they are always available when needed.

Sources: See **GPS** at this link: <https://www.sfcathaypost384.org/rc.html>

CHINA APPEARS TO BE INCREASING HER NUCLEAR FORCE. WHY?

For more than 50 years, China has maintained an arsenal of only 300 nuclear weapons. That limit was decided by their very competent Prime Minister, Mr. Chou En-Lai, to be 300 nuclear weapons that would be a sufficient deterrent against her foes. If only 10% of her weapons struck an enemy, the damage would be severe and crippling. That was sufficient deterrence in the mind of Chou.

Recent open source satellite photos have noted that the Chinese appear to be preparing several hundred additional ICBM sites positioned in the Gobi Desert and in Xinjiang far away from population centers. What has changed? The distrust and negative emotions between China and America have escalated dramatically in the last few years. For Americans, many blame China for the thousands of lives lost and millions

sick due to Covid virus, which did originate in China.

At home, we hear from some of our senior military officers that Chinese military power has been increasing the past decades, and that their Navy is now larger than ours.

We are not happy that our economy, due to Covid and other reasons, is struggling, and the virus threat continues with more variants surfacing almost monthly.

Many believe that China is the cause for much of our unemployment and believe that jobs are continuing to be lost to China. Add to that malaise, and during recent times, many of our senior civilian and military officers have stated or agreed that China is an existential threat to us. Polls



have disclosed that today 70% of our population are fearful, or angry, at China. The unofficial effort to demonize China has succeeded.

We are also putting on a full court press,

...Continued on page 17—See CHINA



ASSISTED LIVING FACILITIES

If you do not need Assisted Living facilities yet, you will someday. For some of us, we are almost ready for Assisted Living.



The reputation of Assisted Living (and other homes for seniors) is not good. Many of these facilities are run for maximizing profit, and therefore, the needs of its residents is not of high priority. At the daily working level, a very common complaint is the lack of sufficient staffing. Taking care of seniors is not easy, and it is not fun. The working environment is less than perfect, and it takes a very special person to provide care for many seniors who have lost their mobility and must be monitored constantly. Seniors who have lost their mobility and have balance problems are constantly falling down. When a senior falls, they are very vulnerable to serious injury and even death.

Seniors also have mental issues, and memory problems are a constant issue. And seniors also use a lot of medicines and supplements. Many seniors must use pills throughout the day, and some pills are necessary to sustain life. Thus, there is a lot of pressure on every staffer to keep track of

the meds for everyone they are assigned to care for. There is a lot of pressure, as mistakes can have a serious impact on anyone living in Assisted Living facilities.

Because there is great pressure to have 100% beds full to maximize profits, some patients need more attention and should be assigned to skilled nursing facilities that theoretically can provide more attention for seniors who need constant attention as they need to be monitored constantly due to age and/or frailty.

Anyone contemplating moving into a retirement home should check it out carefully.

Sources: See **LIVING** at this link: <https://www.sfcathaypost384.org/rc.html>

VETERANS SUCCESS CENTER

During the month of July, the VSC continued to be recovered from its status since early May. Staffing is now up to 8 people with 3 Associate Directors and 4 Facility Managers. The 10 laptops which were not functioning well and were difficult to connect to the internet were replaced with 6 large desktop computers which will be easier to use for veterans who need our computers to search for jobs, receive education on the use of computers, and contacts with the VA or Department of Defense Finance Office to qualify or connect to correct pay problems. These computers will be installed and implemented in early August. A 5 camera surveillance systems has been installed to protect against theft and intentional damage to our computers and other equipment in the VSC.

Training for our new Facilities Managers will be conducted in early August.

The VSC will be ready for operation by 15 August 2022 with the approval of the managers representing all the Posts in the 8th District.

Roger S. Dong, Acting Executive Director, VSC

CHINA...Continued from page 16

with allies, to encircle China and encourage our allies to decouple and reduce trade with China. We have sold nuclear submarine technology to Australia so that she can be stronger and more able to counter the growing power of the Chinese navy. We have sold and are selling more advanced weapons to Taiwan and have encouraged our allies to support Taiwan if China takes military action against Taiwan. Selling more Stinger systems makes good sense to protect Taiwan from any possible Chinese military invasion, but the sale of 108 M1 Abrams tanks does not make any military sense, except for the Taiwan Army and the M1

manufacturer, General Dynamics.

Please note that China monitors all our news reporting and media intensely, and they are well aware of the attitudes of our national government and most of our American citizens. This makes China very uncomfortable as they do not need a major enemy like the U.S. to be in a cold war which will threaten her economy. Their successful economy facilitates their capability to fund their growing military, especially their navy and rocket forces. Also funds the building of more nuclear weapons.

With their perception of threat from us, growing for at least several years, their nuclear strategists and senior military officers have changed their minds that their previous nuclear strategy and have decided to increase her nuclear arsenal and strategies to be able to deter Americans from threatening her.

Sources: See **CHINA** at this link: <https://www.sfcathaypost384.org/rc.html>



FOR STROKE VICTIMS, UCLA HEALTH JOURNAL, AUGUST 2022 RECOMMENDS TAI CHI

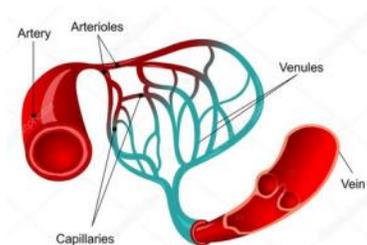
At our September 2022 Post meeting, our Historian Roger S. Dong will be given a lecture "My Recovery from Stroke," His special recovery from stroke 5 years ago is considered among the top 10% of all stroke victims, and his story, cautioning that he is not a doctor, is still worth your time, as stroke is a major killer, and most people will know family, friends, or neighbors who have had a stroke, or will be having one. His lessons learned should be valuable to anyone who wants to hear his recovery story.



Seated Tai Chi Exercises Improve Post-Stroke Outcomes
Stroke survivors who practiced a seated form of tai chi had equal or greater improvement in hand and arm strength, shoulder range of motion, balance control, symptoms of depression and activities of daily living after three months, compared with those who participated in a standard stroke rehabilitation exercise program, according to research published in the April 2022 issue of *Stroke*. The American Heart Association recommends beginning stroke rehabilitation within seven days and to continue for up to six months after a stroke. However, many survivors opt out of the program. An additional finding of this study showed that about half the participants continued to practice tai chi after the 12-week trial ended. Study participants included 160 adults (average age of 63 years; 81 men and 79 women) who had suffered their first ischemic stroke and retained their use of at least one arm. Half of the participants were randomly assigned to the seated tai chi program, and the other half were part of the control group that practiced a standard stroke rehabilitation exercise program. One of the limitations is that the study was conducted at only two centers in China. In addition, the physicians and health-care professionals were trained in traditional Chinese medicine and are supportive of the study, so the results may not be representative of the rehab available to stroke survivors who receive care at other hospitals.

THE IMPORTANCE OF CAPILLARIES

Capillaries deliver oxygen to every cell in the body. Without oxygen, every cell in our bodies will die.



How many capillaries are in a human body?

- 10 million
- 50 million
- 500 million
- 10 billion
- 40 billion

If you haven't been to medical school lately, you will not know the answer. The correct answer is forty billion!!!

Every cell is connected to a blood vessel, because every cell needs oxygen. In our lungs, which take in oxygen from our breathing, these blood vessels are called capillaries. These blood vessels get really small to deliver oxygen to each cell in your, and my body.

During normal breathing, some cells do not get oxygen. How do we fix this!

The answer is deep breathing, which will maximize our intake of oxygen and provide oxygen for all our capillaries, so that all our cells will get oxygen. Our brains need a lot of oxygen, so deep breathing helps our brains. Sorry that there is no evidence that deep breathing will make us smarter, but delivering lots of oxygen to our brains will make us more alert. It is suspected that maximizing oxygen to the brains slows down dementia and maybe even delay Alzheimers. Do you need more information to convince you to deep breath? More good news, we do not need to spend money to deep breath. Just learn more about taking deep breathes and do it.

If you want to be healthy and mentally sharp, you (and I) need to breathe deeply as often as possible to make sure we provide all the cells in our body with oxygen and then then the exhaling of all the carbon dioxide, and then you (and I) can take another deep breath to continually providing oxygen to all our cells. Here is one YouTube lecture to help you. There are many YouTube lectures on deep breathing so search YouTube to get additional data. You won't be sorry.

<https://youtu.be/4Lb5L-VEm34>

READ MORE: See **CAPILLARIES** at this link: <https://www.sfcathaypost384.org/rc.html>



SOLUTIONS TO JULY'S PUZZLES

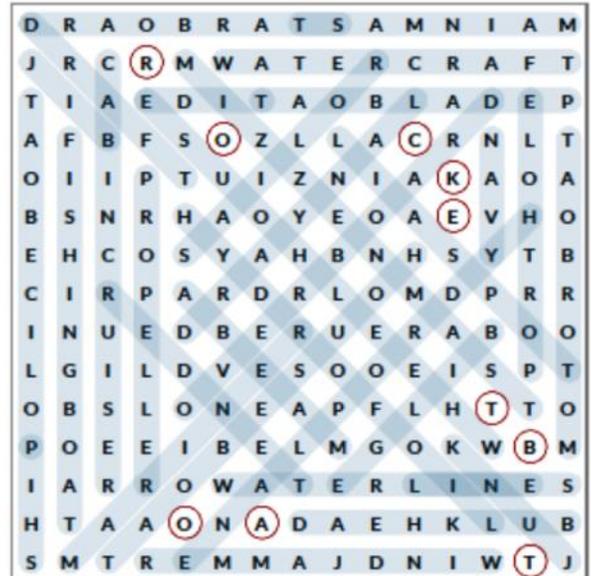
Did you solve everything?

WORD SEARCH SOLUTION

Were you able to find all the words?

Hidden word: ROCKETBOAT

- | | | |
|---------------|-------------|------------|
| ABEAM | LANYARD | PROPELLER |
| BILGE | LINES | SAILOR |
| BULKHEAD | MAINMAST | SHIP |
| CABIN CRUISER | MARINER | STARBOARD |
| DRAFT | MIZZENMAST | TENDER |
| FISHING BOAT | MOTORBOAT | TIDE |
| HOUSEBOAT | NAVY | TOPSAIL |
| HYDROFOIL | OVERBOARD | WATERCRAFT |
| HYDROPLANE | PEDAL BOAT | WATERLINE |
| JIB | POLICE BOAT | WHEELHOUSE |
| JUNK | PORTRHOLE | WINDJAMMER |



SUDOKU SOLUTION

9	3	2	4	1	7	5	8	6
7	4	8	5	9	6	3	1	2
5	1	6	3	8	2	7	9	4
8	7	3	1	4	9	2	6	5
6	5	9	2	7	8	4	3	1
1	2	4	6	5	3	9	7	8
4	6	5	7	3	1	8	2	9
3	9	1	8	2	4	6	5	7
2	8	7	9	6	5	1	4	3

3	4	9	6	7	2	1	8	5
7	2	1	8	5	4	9	6	3
8	6	5	9	1	3	2	7	4
6	1	2	3	9	8	4	5	7
4	3	8	7	2	5	6	9	1
5	9	7	1	4	6	8	3	2
1	8	4	5	3	9	7	2	6
2	5	6	4	8	7	3	1	9
9	7	3	2	6	1	5	4	8



WORD SEARCH

*Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item!*

J	U	N	E	S	T	S	S	S	S	Y	K	S	E	U	L	B	M
U	S	M	E	A	U	Y	E	O	U	H	I	K	I	N	G	S	A
S	M	W	E	E	A	N	L	U	B	N	W	A	S	E	Y	R	E
U	T	W	I	R	R	S	G	I	C	A	B	L	N	A	R	E	R
N	S	H	V	M	T	C	C	L	T	E	A	U	D	T	V	L	C
T	Y	U	G	I	M	Y	S	E	A	D	B	I	R	S	S	K	E
A	G	L	C	I	C	I	R	N	N	S	L	R	R	N	D	N	C
N	R	E	U	L	F	M	N	A	U	O	S	E	A	R	G	I	I
O	E	A	E	J	E	R	S	G	H	S	W	E	A	B	N	R	C
S	E	D	A	L	B	R	E	L	L	O	R	O	S	R	I	P	R
C	N	A	O	F	L	O	G	T	L	T	B	T	E	E	T	S	E
H	G	N	I	H	S	I	F	F	A	E	O	A	E	E	A	H	C
O	R	C	A	M	P	I	N	G	T	W	T	H	B	Z	O	C	C
O	A	C	I	N	C	I	P	A	W	A	S	P	S	E	B	A	O
L	S	F	L	I	E	S	K	M	O	S	Q	U	I	T	O	E	S
T	S	U	G	U	A	S	I	L	L	A	B	E	S	A	B	B	O
G	N	I	N	E	D	R	A	G	S	U	N	S	H	I	N	E	N

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING
FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM
JULY

JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS
SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

CAN YOU SUDOKU?

SURE YOU CAN! How do I play Sudoku?

Sudoku is a logic game so you just need to use your brain to play it! The goal is to fill the grid, so that each row, each column and each region of 3x3 boxes contains all the numbers from 1 to 9. Good Luck!

WORK SPACE

5		4						6
					2	8		9
9	7	8		6	4	2		
				1	6		7	3
		1	2		7	5		
7	6		5	3				
		6	9	7		3	2	4
1		2	8					
4						1		5

		6		5	4			
8	3	9	7		1			
	5			3		7	1	
	8	5	4	2		1	7	
	4	7		9	8	5	3	
	6	8		1			5	
			9		6	8	2	1
			5	8		4		



AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 AIR FORCE DAY	2 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	3	4 COAST GUARD DAY	5 	6
7 PURPLE HEART DAY	8	9	10 	11	12	13 POST MEETING 11:00 AM
14 NAVAJO CODE TALKERS DAY	15	16 NATIONAL AIRBORNE DAY	17 	18	19	20
21	22 	23	24	25	26 	27
28 	29 MARINE CORPS RESERVE BIRTHDAY	30	31 			

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2 VJ DAY	3
4 	5 LABOR DAY	6 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 EXECUTIVE BOARD MEETING 7:00 PM	8	9	10 POST MEETING 11:00 AM
11 PATRIOT DAY	12	13	14	15	16 NATIONAL POW/MIA RECOGNITION DAY	17 CONSTITUTION WEEK 9/17-9/23
18 		20	21	22 	23	24
25 		27 	28	29	30	