



FROM THE COMMANDER'S DESK



Cathay Post's 79th Gala Dinner Celebration.

Greetings to all! I am so overwhelmed by the support that you have shown the Post throughout the years and in particular for our 79th Annual Gala dinner. We had over 600 guests, making it one of the most well-attended dinners we have ever had. I want to thank everyone who purchased tickets for the Mercedes raffle. The very lucky and happy winner is Sally Kinoshita. I also want to personally thank the staff and friends who helped sell the raffle tickets and worked so hard in making this a successful raf-

fle.

Of course, we continued our tradition of awarding our heroic police officers and firefighters for the 7th year. We need to show them our appreciation for their great work and outstanding heroic performance. I am also proud to report that Cathay Post achieved its goal of supporting scholarship programs for the ROTC and JROTC. Each of our heroes and future heroes (the cadets) re-

ceived cash awards. For more information about the names of the recipients, please read 1st Commander Wong's report.

As a reminder, our September 11th meeting will start at 9 a.m. Post members will be serving as color guards at the St. Francis Hotel at 11 a.m. for On Lok's tribute to Colonel (Retired) Richard Hum for his three generations of service with the United States Air Force.

**Ron Lee
Commander**

NEXT BOARD MEETING: Saturday, September 11, 2010 @ 0900 hours. All Cathay Post members and supporting friends are welcome.

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www.chineseamericanveterans.org

From the 1st Vice Commander

The **September meeting**, on Saturday, September 11, will start promptly at **9:00 a.m.** This one time change is due to a special event which will be held at the Westin St. Francis Hotel at Union Square where On Lok will be paying tribute to Cathay Post member Colonel (Retired) Richard Hum for his three generations of service with the United States Air Force. Post members will be the color guards. The Post's October 9th monthly meeting will resume at the usual time: 11:00 a.m.

Cathay Chronicle is now accepting ads! Rates are available upon request. Get in on the special low rates so that you can get your message out to a wide audience while helping this non-profit veteran's organization.

American Legion operates on a fiscal year period, July 1st thru June 30th. Please remit your 2011 membership dues now.

The Executive Board would like to thank all of the supporters, sellers and purchasers of the raffle tickets. The program was a success. You will find out more about the winner of the Mer-

cedes Benz raffle in other sections of this newsletter.

The 79th Anniversary gala dinner on August 14 at the New Asia Restaurant was

a huge success and was one of the greatest galas in the Post's history thanks to the sale of over 60 tables and the Post's many volunteers. During the dinner, the Post awarded \$1,000 scholarships to the following JROTC Cadets: Wayland Singh, Wing Yan Li, and ROTC Cadet Michelle Libel. The Post also gave awards to the Police, Fire, and Community Heroes Awards to the following heroes: \$500 award to SFPD Officer Lewis Fong; \$250 award to Officers John Murphy and Matthew Sullivan; and \$500 award each to Fire Department's Assistant Section Chief Sebastian Wong and to Fire Department Captain Ed Moy. The Post also awarded a

special Community Award to Post Member David Lang. You will often see David driving in his specially marked van "Ride 2 Recovery" - an organization that is supporting wounded veterans.

The Post is having a special celebration party on Saturday, September 18th from

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5:00 p.m. to 10:30 p.m. at the CACA Auditorium, 1044 Stockton St. Tickets for this smaller scale event is \$20.00 each and will feature dance performances, drawings, Shao Lin Kung Fu demonstrations, food & drinks, live music, and of course, dancing. The chairperson for this event is Ed Wong, the Vice Chair is Teresa Lai, and the Master of Ceremonies is Nancy Lee. Grand Master Henry Chang of US Shao Lin Kung Fu will perform some technique movements, and Cecilia Lin along with Andy Yeung will perform their Latin dance movements. The Planning Committee for this event is made up of the Post's Support Unit members: William Yu, Nancy Lee, Olivia Lam, Robert Wong, Helen Lum, Amy Qu, and Tina Mak. Sponsorship at the Diamond level, Gold level, Silver level, and Bronze level are available. Please contact Ed Wong or Teresa Lai for more details.

See you all at the meeting on Saturday, September 11th at 9 a.m.

David Y. Wong
1st Vice Commander



Ms. Asian America and friends showing their support at the Post's 79th Gala dinner.

From the 3rd Vice Commander

First and foremost, I would like to express my personal appreciation for all the members, support group members, and volunteers who worked tirelessly to assist Cathay Post with Raffle ticket sales. As of one month ago, we were still way behind our goal and were genuinely fearful of a deficit. Thankfully, due primarily to the herculean efforts made by you, we are able to proclaim a minor victory for this very difficult endeavor. I must also acknowledge the contributions of our partners, Chinese American Heroes and San Francisco Asian Peace Officers Association.

On August 18, 2010, I had the pleasure of meeting the lucky recipient of the grand prize, Ms. Sally Kinoshita of San Francisco. Commander Ron Lee and I handed her the key to the shiny Mercedes at the Topline Auto Dealership in Burlingame. Ms. Kinoshita stated she had pur-



One person, two personalities during the 79th Gala.



Mengjun He, Assist. to Betty Yee, State Bd of Equalization, Ann Yuey, MC David Louie, and Judge Lillian Sing at the 79th Gala.

chased three tickets after having her arm twisted by our editor, Galin Luk. Congratulations to Ms. Sally Kinoshita.

I will be leaving for Milwaukee during the last week of August to attend the National Convention of the American Legion. I will be the only delegate to represent District 8 of San Francisco. I am honored to be your representative and will do my best to represent your interests at the convention. I will report back to you about any issues of significance

from the convention at our next monthly meeting on September 11.

As has been noted by our Commander and First Vice Commander, on September 11, Cathay Post No. 384 will be participating in the On Lok fundraiser at the St. Francis Hotel by providing the presentation of colors. On Lok has been providing needed services to our seniors and is an organization that deserves our support!

The long sought-after summer cleaning at the War Memorial Veterans Building is finally over and I am happy to report that our room (No. 206), is completely cleared of all unwanted furniture and trash. We are now waiting for the painting and re-carpeting of that room. While that still may take some time, the long awaited move-in date is actually materializing. I know you've all heard that before...

Chairman Roger Dong of the Veterans War Memorial Commission and I having been very busy trying to put together a package of proposals on how the building should be utilized after the retrofit. The Board of Trustees has given us until September 1, 2010 to submit our proposal. We have been conducting private briefings to some of the Trustees to solicit their opinions and input before we complete our final draft. Chairman Roger Dong deserves a pat on the back for the great job that he is doing.

Nelson Lum
3rd Vice Commander



Chinese American Heroes

Saluting our Heroes
Noting their magnificent contributions

Please visit our heroes at:
ChineseAmericanHeroes.org



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Travel Service



Turn Your Vacations into Donations!
Click Here to Find Out How!

Dear Members and Cathay Post friends,

Please don't forget to use our new travel service. It is a very simple PC based application which our members have already used on-line. The website is available 24 hours a day, and you, your family or any of your

friends can log on and book flights, hotels, car rentals, round-trip airport to hotel ground transportation, and even FTD flower service. If you have any questions please call **Commander Lee**.

The web address is www.ytbtravel.com/home.aspx?



Eric Lau Photography

Cathay Post standing at the POA during the 79th Gala.

What did \$10.00 buy? Ask Sally Kinoshita the winner of the Post's Mercedes Raffle.



And the winner is....

Sally Kinoshita

I work for a nonprofit organization and I am the parent of two small children. This means I have often been on the selling side of raffles. As a result, I also know what important sources of support raffles can be for organizations, so I try to buy raffle tickets when I can. I had not heard of Cathay Post No. 384 when I received an email from my friend Galin Luk, asking our group of friends to support the Post's raffle. Nevertheless, I sent a check to Galin without giving much thought to either the prizes being awarded or the organization that the raffle supported – I was just happy to chip in for an organization Galin supported and with no expectation of winning.

As you know, someone does win – and this time it was me! When I claimed my Benz, there was something else I got – the opportunity to talk with Commander Lee and 3rd Vice Commander Lum about their military service, Cathay Post's long and proud history, the role of Chinese Americans in the U.S. military going as far back as the Civil War, and the obstacles, challenges, contributions and ultimate successes of Chinese Americans in the San Francisco Police Department. They were warm and welcoming like family. They even invited this clueless civilian to stay in touch and be a part of Cathay Post No. 384. I seem to be a bit of a free car magnet. Prior to this raffle, my family owned two cars that we happened to get for free under various circumstances. I wonder what free car could come next after the Mercedes Benz?

Sally Kinoshita



From the Editor

My OCS (Officer Candidate School) sergeant instructors had to have been straight out of a Hollywood casting call. They certainly looked the part. They were either tall and lean or all muscles and no neck with a commanding voice that spoke rapid mumbled words. Their uniforms were always sharply pressed, their boots always “spit shined” with a “glossy mirror” finish.

But what really set them apart [beyond their love for God, Corps and Country] was their intelligence and their sense of humor. These men were “top-notch” on every objective and subjective measure of intelligence.

Needless to say, this “combination” was not good news for the college educated candidates. The instructors took great pleasure in ridiculing, I mean training, the candidates.

Some of the funnier moments I recall involved a candidate who was also from California. I’ll call him Cal. As many of you know, the military draws most of their members from the rural South and mid-west [at least they tend to be overrepresented in proportion to their overall population]. So, candidates from “big city” California were not common. Our platoon had two: Cal and me.

The instructors caught on very early that Cal wasn’t going to make it [though they gave him every opportunity to prove his mettle]. By the third week, Cal had yet to “master” the most basic of close order drill [commonly heard from the instructors: “No, the other RIGHT

FOOT!”]. On every level, he was failing as an Officer candidate. Despite help from the platoon, he could not follow instructions, he did not know how to press his cammies or spit shine his boots. He did not pass his weapons safety test and so while the platoon was practicing with “blanks,” he had to yell “bang, bang” to simulate shooting. During one unforgettable chow hall scene, three or four sergeant instructors encircled the candidate as he was chowing down on breakfast and screamed “Candidate, you’d better shut your mouth while you’re chewing because right now YOU LOOK LIKE A HORSE EATING HAY!” As bad as we felt for Cal, we were in our own miserable world. We were all targets of constant screaming and yelling from the instructors. We were “unable” to complete impossible tasks *and somehow* this made us feel incompetent. In a nutshell, we didn’t have enough sleep nor enough energy. These facts, however, didn’t stop us from laughing. Hard!

It got so bad for Cal that as we marched towards the chow hall, another instructor ran up to him and screamed “it’s not personal, I don’t hate you. No, I don’t hate you. Everyday, I wake up and realize it’s not you, it’s your Officer Selection Officer [recruiter] that I hate. How and why did he ever let your through?”

With his fate already sealed, the entire company made its way onto the PT [physical training] field one cold, snowy Quantico morning. One by one, the candidates marched pass the instruc-

tors who had their eyeballs on the candidates to make sure they were wearing the PT uniform of the day. Then it happened. To no one’s surprise, they were yelling at Cal “Candidate, where are your black gloves?” “Sergeant Instructor, this candidate couldn’t find his gloves this morning.” “Well, candidate, the next time you are out in formation, you’d better have your black gloves.” We wrapped up our PT without further incident [in other words, we had all of the typical yelling and screaming].

The next formation was a short march, in our cammies, black gloves and M-16, from the barracks to one of the classrooms for uniform fitting. Again, the instructors were eyeballing the candidates as they made their way in to the classroom. There was nothing unusual about the first several minutes as our platoon made its way in [good morning SERGEANT INSTRUCTOR!] But then it started and every candidate in the classroom FROZE. “Candidate, what do you have in your hands?” “Sergeant Instructor, this candidate was told to wear gloves for the next formation but this candidate couldn’t find any gloves. So this candidate used his socks instead.” I don’t recall what was said next and by whom. I do recall every candidate rolling on the ground laughing at the thought that a Marine Officer candidate thought he’d get into “less trouble” by marching across the parade deck, wearing black socks as gloves, holding onto the M-16 than admitting he couldn’t find his black gloves.

Needless to say, Cal didn’t make it.

Galin Luk
Editor

Seeking Mandarin speaking investigators for the DOL

The Department of Labor **is seeking Mandarin speaking investigators for its San Francisco office.**

JOB SUMMARY: Opportunities are Open! Begin a challenging career with the U.S. Department of Labor (DOL), and you will help shape the workforce of tomorrow. DOL offers rewarding opportunities to contribute to a noble mission; to serve and protect American workers, prepare them for new and better jobs, and to ensure the safety and fairness of American workplaces.

The Department of Labor does not recognize academic degrees from schools that are not accredited by an accrediting institution recognized by the Department of Education. Any applicant falsely claiming an academic degree from an accredited school will be subject to actions ranging from disqualification from federal employment to removal from federal service.

KEY REQUIREMENTS: 1) U.S. Citizenship; 2) Subject to frequent travel; 3) Requires a valid drivers license.

Appointment to this position may require a background investigation.

How will you be evaluated?

Applicants will be scored on a scale of 70 to 100 or ranked based on quality groups. They may or may not receive individual scores. Based on your answers to the Vacancy Specific Questions, an automated scoring system will be used to rate and rank your applications. Your self-determined rating, narrative responses, resume and supporting documentation will then be reviewed. If upon review it is determined that your application package does not support your answer choices, we may amend your submission to reflect the final rating based on all the information provided in your application. Ultimately, the Human Resources Office is responsible for determining an applicant's final rating. Please ensure that your resume and narrative responses provide enough detail to support your answers to the Vacancy Specific Questions. Also, one or more additional assessment tools may also be applied (e.g., a structured interview, panel review, written test, work sample, etc).

The vacancy questionnaire is designed to assess your experience and/or education as they relate to the competencies below:

Customer Service: Works with clients and customers to assess their needs, provide information or assistance, resolve their problems, or satisfy their expectations; knows about available services; is committed to providing quality service.

Interpersonal Skills: Shows understanding, professionalism, courtesy, tact, empathy, concern, and politeness to others; develops and maintains effective relationships with others; may include effectively dealing with individuals who are difficult, hostile, or distresses; relates well to people from varied backgrounds and different situations; is sensitive to cultural diversity, race, gender, disabilities, and other individual differences.

Influencing/Negotiating: Persuades others to accept recommendations, cooperate, or change their behavior; works with others towards an agreement; when appropriate, negotiates to find mutually acceptable solutions.

Decision Making: Makes sound, well-informed, and objective decisions; perceives the impact and implications of decisions; commits to action, even in uncertain situations, to accomplish organizational goals.

Self Management: Sets well-defined and realistic personal goals; displays a high level of initiative, effort, and commitment towards completing assignments in a timely manner; works with minimal supervision; is motivated to achieve; demonstrates responsible behavior.

Writing: Recognizes or uses correct English grammar, punctuation, and spelling; communicates information (for example, facts, ideas, or messages) in a succinct and organized manner; produces written information, which may include technical material, that is appropriate for the intended audience.

Educating the Public: Application of the principles, practices, and techniques of compliance assistance, education and outreach, and technical assistance related to Wage and Hour programs.

Investigation: Application of principles, practices, and techniques for conducting Wage and Hour investigations and documenting findings and conclusions in an efficient, accurate, and timely manner.

Interested applicants should submit their resume addressing the elements in the "HOW WILL YOU BE EVALUATED" section to Mr. Paul Chang at Chang.Paul@dol.gov.

Cathay Post's 79th Gala Celebration



Cathay Post's 79th Gala Celebration



Where in the World is David Lang?

Cathay Post member David Lang is participating in the Third Memorial Challenge presented by United Health Care. The following is edited and reprinted from David's newsletter as he updates us on his "Ride 2 Recovery" bike ride journey supporting wounded veterans. To learn more about the "R2R", check out www.ride2recovery.com.

The Rocky Mountain Challenge presented by United Healthcare.

Wednesday's ride started with the Governor of Colorado singing the praises of R2R *and* a short ride with Lance Armstrong and UHC pro cycling team members Chris Baldwin and Eric Baralev. The group headed to Colorado Springs and a ride through the Air Force Academy. Fortunately, the riders were able to enjoy a short reception at the North Gate B-52 display before the arrival of a late summer thunderstorm.

A civilian, Brady Allen was driving on Interstate 25 when he saw our cyclists in their R2R kits heading toward the Air Force Academy in Colorado Springs. He wondered for a second and then quickly turned around to follow.

Allen wasn't sure, but he thought a cyclist he saw just might be one of his buddies from the war in Iraq -- Nate Hunt.

"It was weird," Allen, who knew his old pal was riding in events like R2R, said. "There was no freaking way."

An amazing thing happened when we got to the B-52, under



David Lang, during the 79th Gala dinner, receiving the Community Hero Award for his participation in the Road to Recovery.

the shadow of the old bomber on the academy grounds, there was Nate Hunt, grinning.

Nate Hunt was talking to a man who helped save his life in Iraq on May 10, 2008. That's when the Buffalo Heavy Armored vehicle that Hunt commanded was hit by a particularly nasty sort of improvised-explosive device -- an explosively-formed penetrator, or EFP -- during a late-night patrol not far from his forward-operating base in Baghdad.

"We just didn't see them and two blew up and hit the truck," says Hunt, who retired as an Army staff sergeant.

It used to be tougher for Hunt to talk about what happened in Iraq -- the story of how he became a double-above-the-knee amputee. He says he's become more comfortable telling his

story since joining Ride 2 Recovery, a cycling program for injured active duty and retired troops on the mend. He adds that he feels telling his story has helped other riders share what happened to them.



District 10 Supervisor Candidate Teresa Duque.

Cathay Post award recipients



1st Vice Commander David Wong, Commander Ron Lee, Firefighters Ed Moy and Sebastian Wong, 3rd Vice Commander Nelson Lum, Battallon Chief Al Lee.



Commander Ron Lee presenting the ROTC Award to Cadet Michelle Libel.



2nd Vice Commander Jay Pon, 1st Vice Commander David Wong, Officer Murphy, Commander Ron Lee, Officer Sullivan, Officer Fong, 3rd Vice Commander Nelson Lum and Captain Anna Brown.

Thanks to the Ladies of Cathay Post!



Eric Lau Photography

Ms. Cathay Post No. 384 Em Zhu.



Eric Lau Photography

Rose Chung, Commander Lee and Suzie Lee, Amy Qu.



Eric Lau Photography

Teresa Lai



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Janice Quan working the bar.

Nobel Laureate Dr. Baruch Blumberg To Be Honored By San Francisco's Hepatitis B Community

SAN FRANCISCO (August 30, 2010) –Nobel Laureate **Dr. Baruch Blumberg** who discovered the Hepatitis B Virus and developed the Hepatitis Vaccine will be honored by the **Chinese Hospital** and San Francisco's Hepatitis B community. The honor will take place at the **Hep B Free Coast to Coast** dinner on **September 16** at the **Regency Grand Ballroom**. For ticket or sponsorship information, please go to sfhepbfree.org/gala/.

San Francisco's Hep B Free has created an innovative ecosystem which includes over 50 private and public organizations whose goal is to turn San Francisco into the first hepatitis B city nationwide. The 37th Annual Award will be bestowed by the Chinese Hospital in recognition of Dr. Blumberg's contribution to improving the health of Asians. The night's event is presented by **SF Hep B Free** and Chinese Hospital, and produced by the **AsianWeek Foundation**. Past notable awardees include **Dr. Samuel So**, Director, Asian Liver Center at Stanford University, **Dr. David Ho**, Director of the Aaron Diamond AIDS Research Center and **Dr. James Y. Suen**, Professor and Chairman of the Department of Otolaryngology, University of Arkansas & President Bill Clinton's personal physician.

"As one of the first institutions in the U.S. to provide community screenings for Hepatitis B, honoring Dr. Blumberg is particularly meaningful for us," said **Dr. Joseph Woo**, Chief of Staff, Chinese Hospital. "Without Dr. Blumberg's extraordinary discovery, we would not have been able to help our community and save lives."

Blumberg received the 1976 Nobel Prize in medicine for his discovery of the Hepatitis B Virus, and in the development of the first vaccine to fight Hepatitis B. His research has had a major impact on worldwide public health. Blumberg is a professor of medicine and anthropology at the University of Pennsylvania and Distinguished Scientist at the Fox Chase Cancer Center in Philadelphia. More recently, he has been involved in research at the National Aeronautics and Space Administration, where he is director of the NASA Astrobiology Institute, which studies the origin, evolution, distribution and future of life in the universe.

"The means are available to prevent and treat Hepatitis B Virus infection," said **Blumberg**. "These good outcomes can only be fully achieved if the public, and particularly populations with a high rate of infection, including those of Asian origin, are educated about the virus and take part in the program of vaccination, detection, and treatment. The Chinese Hospital, Hep B Free Campaign in San Francisco, along with others such as those of the Hepatitis B Foundation in Pennsylvania and other Hep B free initiatives across the nation are making the public aware of the problem and leading the efforts to solve it." Recently, the World Health Organization passed a resolution to mark World Hepatitis Day on July 28, Blumberg's birthday.

About Hepatitis B (source: Centers for Disease Control and Prevention)

There are more than 43,000 new Hepatitis B cases in United States each year, with the greatest incidence among adults between ages 19–49 years old. Hepatitis B is one of the leading health disparities between Asians and non-Hispanic whites. Among the Asian population the predominant mode of transmission is from infected mother to child during the birthing process. Hepatitis B can also be spread through unprotected sex and shared needles. There is a safe and effective vaccine to protect against infection from Hepatitis B.

About Chinese Hospital

Chinese Hospital, a community-owned, not-for-profit organization, exists primarily to deliver quality health care in a cost effective way, responsive to the community's ethnic and cultural uniqueness. The hospital provides access to health care and acceptability to all socioeconomic levels. Chinese Hospital is governed by a voluntary Board of Trustees, broadly representative of the community, and strives to assume a leadership role in all health matters. For more info, go to chinesehospital-sf.org.

About AsianWeek Foundation

AsianWeek Foundation is a 501(c)(3) nonprofit organization whose mission is to promote and develop Asian Pacific American identity, community and diversity. AWF does this by bringing people together through cultural events, media campaigns, consulting and innovative programs. AWF encourages the sharing of differences and appreciation of diversity, and works to strengthen relations between all Asian and Pacific Islander cultures, newer and older generations of Asian Pacific Americans, and Asians and non-Asians.

About San Francisco Hep B Free

San Francisco Hep B Free is a first-of-its-kind collaboration between city government, private healthcare community organizations and businesses. The campaign's goal is to make San Francisco Hepatitis B-free by (1) creating public and healthcare provider awareness about the importance of testing & vaccinating Asian and Pacific Islanders for Hepatitis B; (2) promoting routine Hepatitis B screenings and vaccinations within the primary care medical community; and (3) facilitating access to treatment for chronically infected individuals. The SF Hep B Free Steering Committee is made up of the San Francisco Department of Public Health, the Asian Liver Center at Stanford University and the Asian Week Foundation. For more info, please go to sfhepbfree.org.

Media Contact: Grace Niwa, Niwa Public Relations (617) 299-9848, grace@niwapr.com

Cathay Post No. 384 Celebration & Fundraiser

Come Join Cathay Post No. 384 for a night of live music, dancing, dance performances, drawings, and a Shao Lin Kung Fu demonstration. Nancy Lee will be your master of ceremonies for this evening, while you will be entertained by Cecilia Lin and Andy Yeung as they perform their "Latin Dance" and Grand Master Henry Chang (U.S. Shao Lin Kung Fu) as he demonstrates Shao Lin Kung Fu.

Tickets: \$20.00 per person **Date:** 9/18/2010 **Time:** 5:00 p.m.—10:30 p.m. **Place:** CACA, 1044 Stockton St., S.F.

Sponsorship: Diamond: \$500.00 **Gold:** \$300.00 **Silver:** \$200.00 **Bronze:** \$100.00

Contact: David Wong: 415.420.7906, Chair Edward Wong 415.386.6846,

Vice Chai Teresa Lai 415.990.1091

Amy Qu: 650.438.9868

It's the Countdown to the 5K Fun Run/Walk for SAFETY!

You have 5 weeks until the 5K for SAFETY. Sometimes it's hard to get motivated... that's why we need our friends for support and encouragement. Get 5 friends in the next 5 weeks to form a team - The team with the most participants wins a prize! Remember, SAFE is encouraging participant's to raise \$100 to help maintain our services - as a team you can raise the money together. Our success is largely due to your continued support. All proceeds benefit SAFE and its important crime prevention and public safety services. Your participation will help support a safer San Francisco.

Register for the 5K Fun Run/Walk for SAFETY

Grab your family, friends, co-workers and neighbors, and join SAFE, the SFPD and other community members in Golden Gate Park on Sunday, September 26th! It's your chance to showcase your Neighborhood Watch group, join other community members throughout the city, and enjoy an active day in the park. All participants receive event t-shirts and will have a blast at the post-race party - which includes a BBQ, music, and prizes for the top male & female runners and the biggest fundraiser!

- Sunday, September 26, 2010
- Golden Gate Park, Peacock Meadow
- Check-in begins at 10:00 a.m.; Race at 11:00 a.m.
- Participant BBQ & After-Party: 11:30 a.m til 2:30 p.m.
- Registration fee is \$20 per person. Children under 10 are free. Get friends or family to pledge or sponsor your run.
- Visit the 5k Fun Run/Walk for SAFETY website to register and for more information: safe5k.dojiggy.com
- Information: 5kfunrun@sfsafe.org
- Volunteers also needed. Email elly@sfsafe.org

Sponsor the 5K Run/Walk!

Looking for a way for your company to be involved in the community? By Sponsoring the **5K Fun Run/Walk for SAFETY**, your company will be highlighted on event t-shirts and the website (to name a few), and will allow your employees to join the race! It's a great way to support safety where your employees live and work! View the event website for more information or email .

SAFE is a non-profit 501(c)(3) corporation. You can help us to provide essential crime prevention and public safety services by making a tax-deductible donation, either by check or going to justgive.org . Please check out our website, for updates and information! Thank you for helping us to create safer neighborhoods.

Thank you for supporting Cathay Post's 79th Gala

On August 14, 2010, Cathay Post held its 79th Anniversary Gala Celebration at the New Asia Restaurant. It was a huge and smashing success.

The turnout was outstanding with 60 tables sold. The program was fantastic - there was glamour, excitement and glee. The Post honored firefighting and law enforcement heroes and a Post member for a local and national award, awarded JROTC and ROTC scholarships, and selected the winner of the Mercedes raffle contest.

No successful event is possible without key people making things happen. The following key people should be recognized:

Commander Ron Lee for his leadership and aggressive invitations to many VIPs and guests.

Vice Commander Nelson Lum for his extensive planning and organizing of the entire program and maintaining control of the program throughout the evening.

Vice Commander Jigg Pon for his skills and talents in managing much of the logistics and his solo of "Twinkle, twinkle, little star" [a performance rarely heard in evening shows].

Vice Commander David



Wong for his calming presence during the event and dedicated financial management of the event and the raffle ticket sales effort.

The **ladies of our Support Unit** for selling a large number of our raffle tickets that made the great event, not only celebratory, but also a financial success. A big Thank You to the ladies\$\$\$. Who were selling raffle tickets on the USS Hornet on two different occasions, at the Asian Heritage Month Street Fair, and at our fabulous July Fashion Show produced by Em. They also sold over 280 tickets at the Gala – which represented about 50% of our profit margin and truly made the entire raffle season worth the effort.

More Thanks ...

Thanks to Ms. San Francisco and Ms. Asian America Beauty Queen and her entourage of Princesses who added to the joy of buying a raffle ticket.

Thanks to **Suzie Lee, Amy Lum** and **Christy Dong** for managing the very busy reception for this event.

Our volunteer bartenders, especially, the ladies, deserve a thank you.

Another big **thank you** goes to the man who is no longer here with us but who made this Gala possible:

our most beloved Commander Emeritus Bok Pon, the man who rejuvenated Cathay Post and left his legacy for everyone in **Cathay Post** to enjoy and to extend the camaraderie at this American Legion Post for this generation and future generations of **Cathay Post** veterans.

The 79th Gala was great fun and a great tribute to our Community and many of our public servants in the SFPD and the SFFD. Next year, it's going to be the 80th Birthday for **Cathay Post**, and that's going to be a big event for 2011.

Happy Birthday to **Cathay Post**, and I look forward to seeing more of you after the Post moves its operational headquarters into the Veterans Memorial Building.

With best regards,

Roger S. Dong, Chairman,
American Legion War Memorial



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The editor welcomes article or letter submissions but reserves the right to publish, republish or not publish any submission and to edit articles or letters as appropriate. Submissions must include your name, address, and phone number. The Editor will call to verify authenticity. All submissions should be emailed to the Editor at galinluk@hotmail.com by the 25th day of the month preceding the next month's Newsletter.

Thanks to all our Post Commanders for contributing to this edition of our Cathay Chronicle, to photographer Eric Lau, and to technical adviser Mr. Michael Young Louie.

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