



CATHAY DISPATCH

SAN FRANCISCO, CA

DECEMBER 2021

VOL 12 - 12

HAPPY HOLIDAYS!



By Commander Helen Wong

Happy Holidays to All! It's hard to believe that the end of the year is almost here. I guess when you are busy, time flies. And have we ever been busy for the past month of November and now into December. Thank you everyone for participating in the different activities throughout the weeks.

We have some photos to show some of our November activities starting with participating in the Flag Disposal Ceremony at Cypress Lawn with District 26.

Photo credit: John Baumhackl photos



The next day, the Post participated in the San Francisco Veterans Day Parade with our Sgt-At-Arms CJ Reeves marching the group through Fisherman's Wharf and ending at McCormack's & Kuletos for lunch.



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CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Charles Paskerian
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
- Secretary:** Vacant
(Aaron Low to cover)
- 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

CONTACT US

- 1524 Powell St.
- San Francisco, CA 94133
- Phone: (415) 797-7384
- Email: CathayPost@gmail.com
- www.sfcahathaypost384.org



FROM THE OFFICE OF COMMANDER HELEN WONG

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Later in the week, some of the volunteers who had helped at the October Fleet Week luncheon and other events were treated to a meal at Mona Lisa's Restaurant in North Beach to thank them for all their hard work. We really appreciate them!



The Veterans Community Awards Gala on November 10 had several of our members attending and receiving awards. John Baumhack took photos there.

The Veterans Community Awards Gala 2021 November 10, 2021

Music & Entertainment

Blue Desert Cabaret
Alexandra Rieloff

Announcement

Courtney Ellington & Betty Yu, CBS News Anchor

Pledge of Allegiance

National Anthem

Soal Nias

Speakers

David Chu, San Francisco City Attorney
Ikram Mansoor, VP of Veterans Affairs Commission
Matt Haney, San Francisco Supervisor

Recognition of Elected Officials

Presentation of Awards
Charlie Cutler, Former MLB Player

Closing

Special Thanks To:

OneVet OneVoice

The Event Committee

Courtney Ellington, Chris Hernandez, Jason Chittavong,
Ron Lee, Chris McDonald, Bill Barnickel, Ivan Shwarts,
Hanley Chan, Francille Carlton

Daughters of the American Revolution

Presentation of Awards

Outstanding Individual Achievement Award

Fiona Ma
Scott Wiener
Gordon Mar
Catherine Stefani
Alan Wong
Gabriel Iturbe
Luis Lujan
Dan Lippel

Joseph La Rocca

CJ Reeves

Henry Rose, Jr.
John Gallagher (Virtual)
LTC Doug Bullard
Rhonda F Harris
Honorable Judge Michael Begert
Allyson West

Achievement Award Certificates

Sgt. Raymond Padroce SFPD

Helen Wong

Dominique McDaniels
Bill McQueen
Thor Hansen
Thomas Graves
John Baumhack
Leanna Louise
James McConchie



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FROM THE OFFICE OF COMMANDER HELEN WONG

Continued from Page 2...

The most interesting November event happened at the Chase Center with the Warriors Hoops for Troops basketball game when we had over 30 members, family & friends attend. But before the game started, there was the Veterans & Military Resource Fair and we set up an American Legion table manned by our Post and Post 510 Commander Phil DelaCruz (not pictured). The Warriors won the game against the Chicago Bulls!



Above: Nelson, Miguel, AG Rob Bonta, George, Assemblywoman Mia Bonta, & Post 510 Ray Cordoba



While 10 of our members were attending the Asian Peace Officers Foundation and ACICEC Toy Drive in Millbrae, junior past Commander Lum and myself with a surprise visit from past support member Clara Pon attended the District 26 meeting and the Evening with Friends dinner sponsored by our good friend District 26 Commander Romie Bassetto who stepped down from his position. He was presented with a beautiful eagle quilt from the Blue Star Moms.

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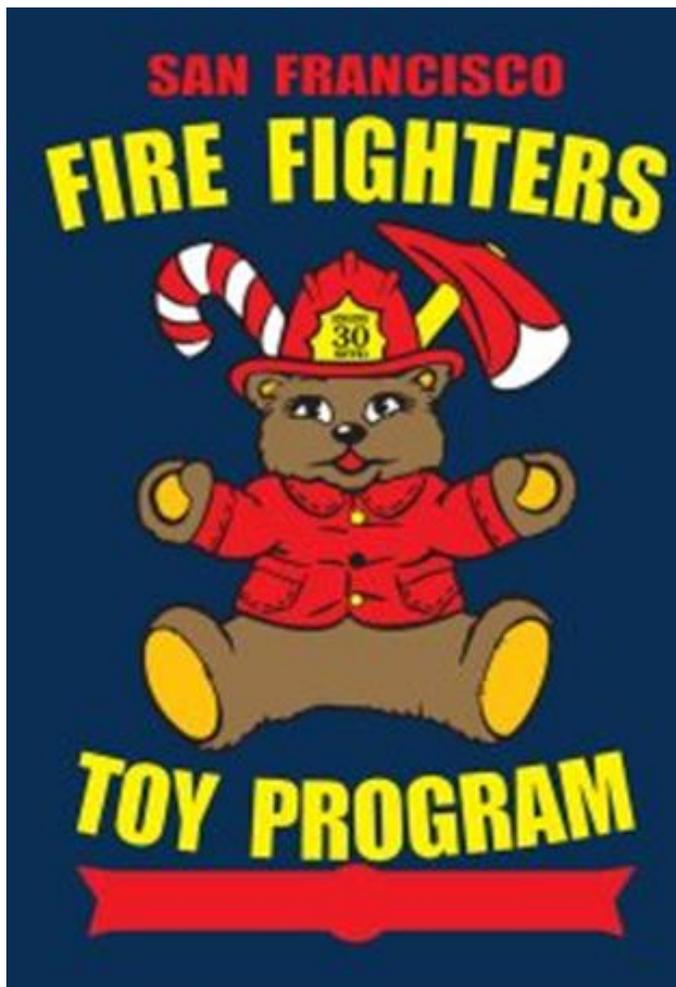
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December will be just as busy with a visit from National Commander Paul Dillard coming to our meeting on December 11. More will come about his visit to our Post for lunch, and to the War Memorial Veterans Building for a District 8 Reception.

During the Commander's visit, we will still be doing the S.F. Firefighters Toy Drive so hope they can come to our building in their firetruck to pick up toys. Thank you to Post members: Philip Leung, Roger Dong, Frank Lem, Chee Yee, James Hong, George Tsang, and Chuck Paskerian for your generous donations so that we can purchase \$570 in toys to donate.



December 18 is National Wreaths Across America Day. Anyone who would like to participate will certainly be appreciated.



★ Sat, December 18, 2021 ★

National Wreaths Across America Day



Help the San Francisco Unified School District JROTC honor local heroes!

Sponsor a wreath today to be placed on a veteran's grave this December at the San Francisco National Cemetery at the Presidio of San Francisco.

Just scan the QR code to your right with your smart phone camera to make a donation online.



#LiveTheirLegacy2021



Blessings for a joyous December Holiday Season!





Some photos from the Veterans Day Parade



Above: Our 2nd Vice Chuck in Uniform; **Right:** Group photo of our veterans; **Below:** Chuck, in uniform and the first in line Saluting our Color Guard





The following is a play-by-play narrative of a week taken right out of the Post's SGT@ARMS playbook. It's an odyssey which begins with live Opera performances and culminates with tasty entrees atop lazy susans, with a red-carpet Gala, which rivaled the Oscar's, thrown in for good measure.



WEDNESDAY, OCTOBER 20TH AMERICAN LEGION WAR MEMORIAL OPERA HOUSE

Now that Opera is live once again, we should see more tickets to many of the Opera's productions. The American Legion was the lucky recipient of free tickets for Ludwig van Beethoven's Fidelio. I felt it was important to mention this cultural event. It was a true delight for me. Most of you know that I'm an opera aficionado. It's no secret that I enjoy the opera. In order to support the arts, I had season tickets to Opera San Francisco, South Florida Opera and the Liceu in Barcelona. I recently traveled to Barcelona in September, and again in October, for opera tours. So, I jump at the chance to see an opera, even multiple times. I appreciate that they sponsored tickets to our Veterans. How nice it was to see so many of the Veterans all dressed up. It's rare, indeed, to socialize in a different setting. How nice to relax and enjoy the performance of music and singing, as the curtain goes up. Sung in German, with Eng-

lish supertitles, Fidelio comes from the Latin root fidelis (yes, like the Marine Corps motto Semper Fidelis). We know that fidelis simply means faithful or loyal. I won't bore you with the intricate details, but the plot is quite simple. Fidelio is a woman who disguises herself as a man to save her lover. Not much has changed regarding love, since the opera was written over 200 years ago in 1805. The music of Fidelio appeals to all ages and is Beethoven's only opera. See if you can spot any Veterans and Support Members in their Sunday best.





VETERANS WEEK – SATURDAY, NOVEMBER 6TH FLAG RETIREMENT CEREMONY CO-SPONSORED BY DISTRICTS 8 AND 26



We are once again grateful to start up the annual Flag Retirement Ceremony with District 26. After a pandemic hiatus and after much uncertainty, we have officially begun holding our annual joint Flag Retirement Ceremony. On Saturday, November 6 at 11am, the ceremonies began with a District 26 Color Guard followed by District's 8 SGT@ARMS CJ honoring the POW/MIA empty chair in accordance with The American Legion's 67th National Convention Resolution 288.

Keep in mind that our post CDR Wong is also the Commander for District 8, which means we have obligations to fulfil. She was there playing a District role. I, too, had my role to play as the District 8 SGT@ARMS, which I gladly did with honor and pride.

The Gothic Noble Chapel at Cypress Lawn was again the locale for the ceremony. It's a beautifully renovated 1892 structure full of stained glass. It's designed after the St Giles Church in Stoke Poges, England. It was there at St Giles in 1751, that Thomas Gray wrote his famous poem, "Elegy Written In A Country Churchyard". I'm always struck by awe at this particular site. I particularly like the abandoned Gothic Portal sitting behind it. It's a photographer's, or any amateur shutterbug's, dream setting.

The morning started out very hectic, as I had a 10am funeral a short walk behind the chapel. Somehow, it all seems to come together at the end. Everyone pitches in to make it work. I know I needed help and COL McArdle came to the rescue. The bugle was still on TAPS from the funeral at 10AM. I needed to play, "To the Colors" at the end of the Flag Ceremony. Here's where the good COL stepped in to help. We were in the middle of a practice run of the ceremony on who says what and does what while standing where.

After a brief ceremony according to TAL's ceremonial manual, participants were escorted to the cremation room. If not mistaken, this was the first time we were able to actually witness the casket entering the inferno chamber by conveyor. It was quite impressive and at the same time very touching to bear witness. There was a numbing silence that echoed throughout the incinerator vault. You could see the WOW on the face of the young lad, who was being held by his father. In typical fashion, we were treated to a take-away lunch of hamburgers and hotdogs.

We were glad to welcome the HOGS Club this year. They joined the Post 105 Legion Riders this year. Their help and support are greatly appreciated. They even came down to the

Veterans Parade the following day to cheer us on at the finishing line.





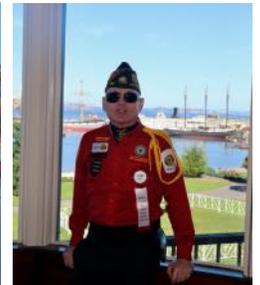
VETERANS WEEK – SUNDAY, NOVEMBER 7TH VETERANS DAY PARADE

Nothing says, “Vets, we love you”, better than an old-fashioned parade in the heart of the Wharf. This year the parade took place on Nov 7, and our post was there with banner in hand and Color Guard bringing up the rear. This is one of the shortest parades in our repertoire. It’s a straight shot down Jefferson Street. Thanks to the VFW Post 4618 Commander Ray Wong and Service Officer Nestor Tom for organizing this year’s parade. CDR Ray Wong was joined in the reviewing stand with our own 2nd Vice Commander Chuck Paskerian. We were deeply honored to “Present Arms” at the reviewing stand for our fellow members Ray and Chuck. The love and support from the smaller, but intimate, crowd makes this one of my favorite parades. We had about ten (10)

members come out to help, which is nearly doubled from past years. I wanted to personally thank the hands on the banner. They were CDR Wong, Finance Officer Tony Lyau and James Ensign, along with new support members Alice Matsu-moto and Larry Mah. A big round of applause to our Men in Black, but wearing Red, Color Guard. I say that since we were all in black sunglasses. I’m not kidding. You can see for yourself in the pictures. Kudos to the following, who marched with me – Members David Adams, Don Gorwky, new member Jordon Su, who just joined that morning. Rounding it out were support member Joel Yu and former Marine Brian. Thanks to Past Commander Jay Pon for driving his truck to and from the parade and with help

storing the colors. As usual, we want to thank our resident photographer and member John Baumhackl for joining us with his wife Cindy, who is a shutterbug in her own right.

One of our many traditions after the parade is to have lunch at McCormick’s, which is always a crowd pleaser. Most freebies for Veterans can be found on 11/11, but there are a few out there, if you have the time to look for them.



VETERANS WEEK – TUESDAY, NOVEMBER 9TH POST/SUPPORT MEMBERS APPRECIATION DINNER AT MONA LISA

In appreciation for our hard work supporting the Post’s many events and activities, such as the successful Fleet Week luncheon and the spectacular Italian Heritage Day parade, we were treated to a sit-down, a-la-carte dinner at the Mona Lisa restaurant, located a few blocks from the post in the heart of North Beach. We ordered very exotic seafood dishes, many of which were served with sterno fire. Desert at an authentic Italian locale is a must. The Tiramisu didn’t disappoint. Mona Lisa was chosen because of their

generous support. They always donate to the Fleet Week luncheon. For this continued support, we wanted to show them our appreciation to the cause. No need for a doggie bag, since I would have it again at the GALA. It was certainly a double treat for me, as Mona Lisa was also a donor to the Veterans Gala the very next day in the Green Room of the American Legion War Memorial building. It was so tutti bene, I had to go back for seconds. We certainly say molto grazie, for their tasty generosity.

Here is a snapshot from the appreciation dinner at MONA LISA.





VETERANS WEEK – WEDNESDAY, NOVEMBER 10TH VETERANS AWARDS AND GALA



The GALA took place at the spectacular Green Room, located within our architectural gem called the American Legion War Memorial Building. Exquisite vistas from City Hall are just a few steps away on the marble balconies. What a pleasure it is to be in the company of all this treasure. As the District SGT@ARMS, I played my part by posting the colors of the US Flag.

actual verb meaning to have a positive interaction or encounter with me. I was profoundly touched by this introduction. I accepted my beautiful crystal award and began by saying how honored I was to be the unofficial Mayor of the SFVA and to tout the praises of Cathay Post 384. I managed all this, despite the two-minute limit allocated to each recipient. Dinner was served following the presentation of Awards and Certificates. Our very own Commander Helen Wong and our newly designated Post photographer John Baumhackl were both awarded Certificates of Outstanding Achievement for the great job they do for Veterans. During dinner, I happened to run into our Second Vice Commander Chuck Paskerian accompanied by his ever-so-lovely wife, Diane. I was so pleased to see such a large turnout of Cathay Post Officers and members. Our Post photographer, John, didn't disappoint and took the following photos for your viewing pleasure as a pictorial document of our Post's involvement with the first annual Veterans Awards and Gala extravaganza.

there to demonstrate. Exhibits of every kind filled the bustling balcony of the Green Room. What a Party! What a night! It may very well have been the party of the decade. Kudos to those who made it happen. Extra kudos to those Awardees and participants. Enjoy this array of photos of the fun-filled event by Comrade/recipient John Baumhackl.



From the stage, I had to rush to the nearest phone booth to change from Honor Guard to Award Recipient. During this mad dash, awards were given to our CA Treasurer Fiona Ma for all her support with Veterans. We absolutely admire Fiona Ma and applaud her for her hard work and loyal support. Our Junior Past Commander, Nelson Lum, was Fiona Ma's invited guest. I was able to squeeze in a chair between Jr. Past Commander Lum and the delegation from Post 448. I wish to give a shout out to Joe LaRocca, who received his award just before me. Joe has been a long-time and valuable Volunteer at the SFVA for many years. I was truly honored to be in his company of Awardees. I was then introduced by the MC, CBS Anchor Betty Yu. She went on to say how being CJed was an



It truly was a red-carpet night, full of glamour and glitz. Tango dancers were





VETERANS WEEK – THURSDAY, NOVEMBER 11TH GUEST SPEAKER AT THE SF CHAPTER SONS OF THE AMERICAN REVOLUTION (SFSAR)



Never was there a more pleasant day. The sky was cerulean blue, and the sun was shining ever so brightly. I made my way to the Waterfront restaurant at Pier 7 to speak about Cathay Post 384. Our version of Big Ben, the bell tower atop the Port Authority chimed with eleven delightful tolls to announce the 11AM hour. For whom did the bells toll, you ask??? Why, it was for me. The bells tolled for me. I couldn't have asked for a better or fitting entrance. Due to such pleasant weather, it was decided to remain outside. I was given a lovely introduction by the Second Vice Commander of the SFSAR. I just dove right in, beginning with the presentation of Resolution 288 and the empty POW/MIA chair. I wanted them

to see first-hand what I do as the SGT@ARMS and what it means. The first poem I selected to read was my newest. It's called OTUS and OTY – An Affinity for Acronyms. It is the only poem, which requires a legend key to cipher the various acronyms. Indeed, it is a poem about our Cathay Post combined with tongue-in-cheek references of the White House. As many of you may now know, I have been looking into the SAR for some time in the hopes of sharing much of my ancestral heritage of the American Revolution



tasty lunch and a delightful audience.



It was Veterans Day, after all. It's when most restaurants offer freebies to us Veterans once a year. I hope that you were able to take part and enjoy a free breakfast at Denny's or IHOP. In the past, I have always enjoyed dinner at Olive Garden. Since it is no longer in the City, I decided to try Applebee's. What a treat it was. Leaving Applebee's, I stumbled upon a quaint ice cream shoppe. Surprisingly, I was then treated to my favorite cherry ice cream. It never hurts to ask anywhere or anytime if a Veteran discount is available. Our CFO Tony Lyau got the free pizza offer from the California Pizza Kitchen. Hope you were able to take advantage of all these offers on our truly special day. If not, remember, there's always next year!

with those of similar lineage. Due to the pandemic, however, I wasn't having much luck connecting with them. I even mentioned this to our heroine Commander when she was asking for someone to speak in her stead. I was more than willing to take on such an opportunity. She acquiesced and assigned me to be the guest speaker on her behalf. I went on about the Post being established during the Chinese Exclusion Act and how 90 years later, we are still going strong. I touched on the many facets of our partnerships within the community. In concluding, I highlighted our most recent five-year project from World War Two – The Congressional Gold Medal for Chinese American Veterans. I was treated to a





VETERANS WEEK – FRIDAY, NOVEMBER 12TH HOOPS4TROOPS WITH WARRIORS AT THE CHASE

The biggest small city of San Francisco is finally home to the Golden State Warriors. This year, post-pandemic, saw the first Hoops4Troops event with resource information and exhibit tables set up outside the Chase. Our CDR Helen Wong was among the representatives sitting at booths ahead of the evening's game against Da Bulls!

Hoops4Troops allows Veterans to attend a game at discounted prices. Our generous post members saw fit to match the Warriors discounted tickets and further subsidized the ticket price even further. A free military-themed T-shirt voucher was also included.

A few choice members were luckily invited to watch the game in a suite replen-

ished with unlimited food and drink at their fingertips.

Those of us less fortunate, had to contend with very expensive choices. Two BBQ sandwiches and two beverages set me back \$70 – and that's with a \$5 discount for a total over \$30 – available with only a (you guessed it) CHASE credit card. Parking was only \$40, which was surprisingly modest. The going rate for lots in North Beach during the Italian Heritage Day Parade was \$100.

It was my first time to our new Warriors Arena, which doubles as a concert stadium. There are no bad seats in the CHASE house, but it does come with a cost. The arena had a pleasant atmosphere with brand-spanking new lighting and acous-

tics. We've finally got a concert stadium. I was impressed by our fair city's new arena/stadium and would certainly attend another game or music concert there in the future. While there, check out the three-dimensional LED structure in the foyer.

Here are some pictures of both inside and out at the CHASE.



VETERANS WEEK – SATURDAY, NOVEMBER 13TH FUND-RAISER DINNER FOR HOLIDAY TOYS HOSTED BY APOF AND ACICEC

After a very productive monthly Post meeting, followed by a tasty turkey feast, featuring the musical talents of Liane and Doug, I headed out to explore Chinatown with David, Alice and Larry. We visited many of the iconic sites and ended the tour with house-made ice cream diced and sliced on a frozen block, topped with fresh strawberries, bananas and pineapple. Here's the city's oldest bar and a bank with Asian styling.

But the night was still young and alluring. I had to make my way back to the Post to

meet up with James Hong and Joey Yu to make the long trek to Tai Wu's in Millbrae. Tai Wu is a new and well-appointed spot in the culinary heart of Millbrae. We entered and made our way to the table accompanied by German oompah-pah music. The music was substantially loud, and certainly geared toward us hard-hearing types. After a relatively brief Awards presentation, we began to feast on entrees from a well procured menu. We schmoozed with the table of CACA members, who were a GOLD sponsor. Cathay Post 384 was

listed as a BRONZE sponsor. Party favors included Asian-themed bobble head figures. There was lots of dancing for the rest of the evening. It was truly a wonderful event and a great cause for the Post to support. A great time was had by all.





VETERANS MONTH – SATURDAY, NOVEMBER 20TH BIKES4VETS (10 YEARS AND NEARLY 1,000 BIKES)

By now, most of you are asking what is Bikes4Vets and what is its significance. I thought it was important to write about an event that has given away nearly 1,000 bikes to veterans in the community. It is ten (10) years old after all. That alone, is worthy of mentioning. In my last few articles, I talked about the hats we wear, or rather the number of hats we wear. Many post members are dual and multiple members of other VSOs. Our Post Judge Advocate, Ray Wong is also the Commander of VFW Post 4618. It's no secret that post members Ed Keile, Victor Rodionoff, Ray Wong, CDR Wong and I are also members of AMVETS. In addition to all of those VSOs, Ed, CDR Wong and I are also members of the SF Veterans Lions Club. This was the tenth year of the free bike giveaway. It's a wonderful Veteran event sponsored by a few of our post members, so this makes it worthy of inclusion. Normally in the past, we give out at least 100 restored bikes given to us by the SFPD. Due to the pandemic, we have fallen short of that number. If my math is correct 100 bikes times 10 years is 1,000. Now that's what I call doing some good for our Veterans. This is one of the major projects of our SF Veterans Lions Club. It's a project that keeps us very busy throughout the year. We have partnerships with the SOMA Rotary Club, and we get the bikes



from the SFPD. Walgreens is there to provide flu shots and a goodie bag, while the Warriors usually throw in a T-shirt. The bikes come with LED lights, a helmet and a lock. The Veterans are also treated to a BBQ luncheon when they pick up their bike at Atwater's Tavern. Again, we've had to be creative during the pandemic, so a take-away boxed lunch has been the norm. For branding and recruiting purposes, we were clad in our new shiny black and gold jackets featuring our SF Veterans Lions Club logo. It has

a very snazzy and swag look, which pops and is very pleasing to the eye. As Veterans, anyone at our post is eligible for a free bike. Each bike recipient is required to attend a brief safety class, in order to qualify for the free bike. Safety is our main concern. Look for us next year in November, if you are interested in receiving a bike of your own. It's a great workout. What a wonderful 10th annual celebration. Here are some scenes from Bikes4Vets for you to peruse.





WINTER EQUINOX PARADOX



December brings to mind the epic story of a Christmas Carol and Christmas nemesis the Scrooge. Charles Dickens most famous paradox is Tale of Two Cities. He begins with these are the best of times and the worst of times. How is that possible?? Can it be good times and bad times at the same time?? He goes on to say it's the season of Light and the season of Darkness. Again, how can the season be both light and dark at the same time?? December is the paradox month. The paradox is that it is the most violent month, yet we soften it with the joyous holiday spirit of the season. The fusion of both bad and good into one is the paradox. December 7, after all is the 80th anniversary of Pearl Harbor. That dreadful Sunday morning in 1941. Pearl harbor was attacked while many were on their way to church services around the island. December is also the anniversary of the Battle of the Bulge, one of the bloodiest battles the US Army ever encountered. On December 16, 1944, just when we thought the end of WW2 was near, it turns into a fire storm. December is also the month of the Somalia and Iraqi campaigns.

However, let's not harp on the bad, when there is so much good to talk about. Instead of talking about the history of Christmas, I thought it would be nice to talk about the different ways Christmas is celebrated around the world. Being that Mr. International is my middle name, I thought it only appropriate to shed some light on those far to reach places. For myself, growing up, I know my family's holiday season just wouldn't be the same if we didn't hang the Christmas pickle ornament on the tree, stringing popcorn and setting up the locomotives under the tree. This was all done with Oma's handmade butter cookies. In some countries, people can say the same about a visit from the Krampus, eating KFC



or pulling a Christmas cracker.

In Japan, celebrating Christmas is still new.



Many Japanese consume KFC for Christmas dinner.

Christmas Eve in Poland begins with sharing the Oplatek – a paper-thin square wafer made of flour and water with an image of the Nativity on it. Everyone at the table breaks of a piece and shares a holiday greeting before passing it along.

St. Lucia's Day is a special part of the Christmas season in Sweden, Finland and Norway. Celebrations involve candlelit processions, with the eldest girl in each family dressed up like St. Lucia in white gowns wearing a wreath with candles on it.

Seafaring nations, such as Greece, decorate Christmas trees and boats. The first known Christmas tree was put up by King Otto in 1833 next to a decorated boat. The boats are erected to celebrate the return from sea voyages.

Did you know that people in Ethiopia celebrate Christmas called Ganna on January 7, in accordance with the Ethiopian Orthodox Calendar. Mass often begins with a special candlelit procession, in which participants wear a thin white shawl called a Netela and process around the church three times before the service begins.

The Germans do their Christmas shopping with a mug of hot mulled wine in one hand and a bratwurst in the other at festive outdoor markets.

Filipinos take the season seriously with big Nochebuena parties on Christmas Eve. Many attend Mass, called Misa de Riso. Decorations include a PAROL, a lighted star lantern.

In Austria and Bavaria, St. Nicholas gives children gifts, while KRAMPUS, the half-man, half-goat comes around to drag the bad children away. In some places, men dress up as the scary character for a Krampuslauf or run, in which they parade through the streets to blow off steam and scare children back into line.

Singapore's Orchard Road shopping district buzzes with activity all year, but during the holidays, it twinkles with some of the most impressive decorations in the world. Tourists also visit Gardens on the Bay for a jaw-dropping Christmas village display.



Advent Calendars are especially big in Switzerland. The calendars have 25 doors with goodies behind each door. Children open a new little treat every day, with the biggest one arriving on Christmas Eve.

Because Christmas falls during the summer heat in Australia, most residents hit the beach for a barbecue. They also play cricket and grill up fresh seafood. Despite the heat, they still manage to sing White Christmas.

May all your Christmases be merry and bright and may all your Christmases be white. Merry Christmas to all and a very prosperous New Year 2022.



PREAMBLE

ON BEHALF OF DISTRICT 8 AND CATHAY POST 384, COMMANDER HELEN WONG IS HONORED TO WELCOME NATIONAL COMMANDER DILLARD

WRITTEN BY OUR RESIDENT POET, THIS POEM IS HEREBY DEDICATED TO COMMEMORATE COMMANDER DILLARD'S AUSPICIOUS VISIT TO SAN FRANCISCO, CALIFORNIA



Infinite Infinitives Of The American Legion Preamble

*To uphold
To defend
To maintain
To foster
To perpetuate
To preserve
To inculcate
To combat
To make right
To promote
To safeguard
To transmit
To consecrate
To sanctify*



This poem is written and submitted to commemorate the visit of The American Legion National Commander Dillard to Cathay Post 384 on Saturday, December 11, 2011.

The action verbs within the Preamble speak to the heart of the Legion's mission and are the driving force behind the American Legion's mandate.



Cathay Post 384

By CJ Reeves

VA Medical Center—San Francisco, CA

Nestled in San Francisco's Chinatown is an American Legion post with a unique distinction. Historic Cathay Post 384 is the city's only post that owns the building it occupies. But its distinctions don't stop there.

The building in the 1500 block of Powell Street belongs to the 89-year-old Cathay Post 384 and has housed it for over 70 years. In that time, it has become a bulwark of the community.

The post rents out the first floor to an art gallery. The basement is leased to a club. Additional outreach to the community is done by renting the space out to a church on Sundays. Supporting the neighborhood is key, so the Boy Scouts use the meeting hall for free. Cathay Post also holds tai chi classes the mornings before the monthly meetings.

As a Chinatown icon, Cathay Post 384 is the face of the American Legion in San Francisco. When the Chinese Historical Society needs a veteran's point of view, they look to Cathay Post for solutions. Both the Chinese American Citizens Alliance and the Chinese Consolidated Benevolent Association value the integrity and mission of Cathay Post and regularly partner in community events and celebrations. The city calls on Cathay Post for many civic functions and parades. Cathay Post 384 has long been a staple in the Italian Heritage Parade, Memorial Day Parade and Veterans Day Parade. This kind of positive exposure is effective in



drawing people to the post and thus may be considered a recruitment tool.

Having your own space automatically creates a homey and welcoming environment. This is a singular advantage to owning your building. It's local, it's historic, and therefore many people find this comforting. This atmosphere is another useful recruitment tool. People yearn for a sense of belonging. Cathay Post accomplishes this by having a lunch buffet at every meeting. Good food plus good conversation equals a comfortable and inviting setting. People feel safe and secure.

It is in this setting that people are open to joining the American Legion. This is nothing short of a winning combination, not a magical formula for recruiting. There is a strong sense of comradery, commitment and belonging as a result of simply blending great folks with good food in an attractive facility. As a result, people want to become a member of the post. This itself is a successful tool for recruiting. It is during these luncheons

when relationships are forged. Guests are welcomed and invited to attend. Members who prepare the food are called support members, because the post has no auxiliary.

The members of Cathay Post 384 are ultimately what make the American Legion appealing. It is only on a personal level where a profound connection is made. This can only happen when there is mutual admiration and a high degree of respect.

After 88 years, the post elected the first female commander, Helen Wong. She has volunteered tirelessly for the interests of all veterans. She is actively involved with six veterans' organizations. She ran the Veterans' Success Center for more than a decade as a volunteer. She is only interested in helping veterans. This has earned her much respect as a model Legionnaire. She strives to get veterans involved by encouraging them. What's important is that she leads by example. She constantly listens without judgment as they tell her their story.

Finally, the Cathay Post is comprised of many Legionnaires who are kind, caring and compassionate. It is this temperament, coupled with an inviting, iconic neighborhood home, which allows new members to feel welcomed and honored to participate. Other posts are encouraged to borrow these best practices of Cathay Post 384. It would go a long way to maintaining members and bolstering member rosters of all posts of the American Legion.





A LOOK BACK AT CAWVA



Most of the members of American Legion Cathay Post 384 have known the existence of an entity named Chinese American War Veterans Association (CAWVA) that manages its headquarters building, but an overwhelming number of the members do not have any or very limited knowledge of how this entity was formed. In this article, I will try to provide you with a brief report of CAWVA's historical development. While this report is not meant to be construed in a persnickety manner, the purpose of this article is to enlighten the members of the foresights of our former comrades who formed and managed our post between its inceptions from 1930 to 1948.

My sources for this article are meeting minutes of Cathy Post 384 between October, 1947 to August 1948 during which time the decision to purchase our current headquarters building was made and brought into fruition. Those minutes documented the election of the Post Building Committee, the committee that later morphed and evolved into CAWVA, took place on October, 1947. That committee consisted of 11 members, Commander Theo C. Lee, who called a joint meeting of the old and new Post Building Committee to acquaint themselves with their Bylaws to facilitate a smooth transition. The newly elected committee was assigned the task of locating a building to be used as the post's headquarters. The newly elected committee gave its first report to the membership on December 1947, at the post's regular membership meeting; the report gave the members two locations that were available for purchase. One was located at Jackson Street, between Stockton Street and Tai Wo Lung Alley for \$83,000, and the other was located at Grant Avenue near Sacramento Street for \$150,000. A lengthy discussion followed, the members agreed that neither building were adequate to facilitate the needs of the post. At one point, an idea floated that the post should purchase both buildings and use one of the buildings as rental property while continuing the quest for a

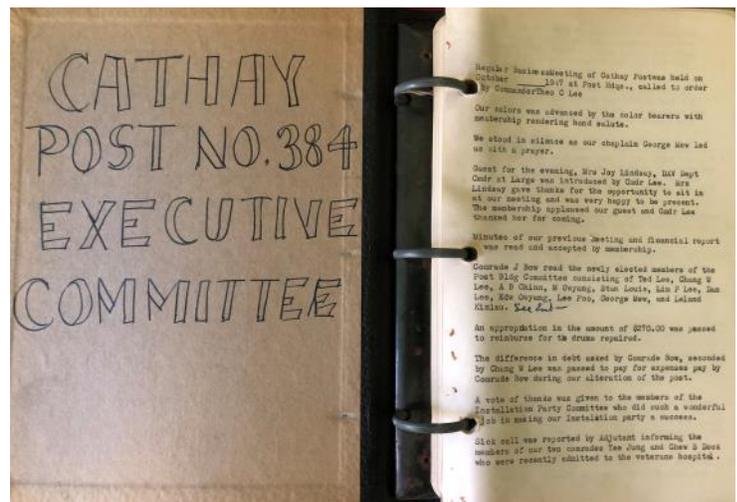
headquarters building. The members decided to direct the real estate agents to scout the neighborhood for a building that is more compendious to the needs of the membership.

The next significant event took place on January, 1948, the committee reported to the members that it has located and inspected a building listed for sale at 1524 Powell Street; the building was named Roma Hall Building. The committee further reported the asking price for the building was \$47,500 which included two bars, liquor license, and the building was completely furnished with furniture and fixtures. The committee notified the members that if they approve of the purchase, a 1% down payment must be made immediately since there were other potential buyers. The assembled members passed the motion to engage in the purchase with an additional authorization of \$2,000 above the asking price in case there were unexpected cost increases with the sale. During the subsequent membership meeting on February, 1948, the committee asked for an additional \$3,000 to finalize the purchase which was approved. The total purchase price for the property which included the above listed amenities was \$52,500. The completion of that transaction resulted in the Roma Hall Building at 1524 Powell Street to become the property and Headquarters of American Legion Cathay Post 384.

As far as I can tell by reading those minutes, the "Open House" of the newly acquired building took place on September 25, 1948. The Post Building Committee was later changed to CAWVA with the number of its directors increased to the

total of 21. CAWVA was created to be the title holding entity of the building and chartered as a 501 (c) (2) organization under the regulations of the IRS code.

Currently, CAWVA continues to function as the title holding and managing entity with American Legion Cathay Post 384 as its parent company. There are four elected members on its board, each one serves a two year term. The post commander also sits on the board but is not eligible to serve as its chairperson. It manages the facility by handling rentals and dealing with issues stemming from building maintenance and tenancy. All rentals collected minus necessary expenditures are transferred to its parent company every two months. The financial viability of our post and our ability to support veteran issues has been greatly enhanced and impacted by the good judgment and commitment rendered by those former comrades. We are forever indebted to them and will pledge to do our best to maintain our headquarters for the benefits of our next generation of veterans.





OUR NSA PUSHES BACK AND ITS OFFENSIVE CYBER OPERATIONS HAVE COUNTERED THE MANY HACKERS AND DIGITAL SPIES WITH APPARENT EFFECTIVENESS

NSA Director, General Paul Nakasone reports that NSA has, since 2018, executed offensive digital operations that have been successful in deterring the many digital criminals and digital spy operations. However the threat is intensive and constant, and our offensive operations are only partially successful. Our counter efforts will be continuing indefinitely.

General Paul Nakasone, the Director of the National Security Agency and Commander of our Cyber Command quietly announce in early November that we are now fully focused on "persistent engagement," needed to counter the many attacks on our government and civilian computer networks. Fighting fire with fire, persistent engagements have made the enemy pay for their offensive operations. One thing to note about digital warfare, it is conducted in the "grey area," which means the digital attacks

are painful, costly and harmful, but do not cross the threshold that justifies kinetic response.

The enemy, which includes both foreign governments and criminal entities has penetrated our government and civilian computers networks and pilfered a huge amounts of valuable data. Our civilian computers attacked include major software companies, including Microsoft, power networks our hospital networks, and even food production plants. A major offensive against all these targets can easily cripple a nation.

Nakasone stated that our persistent engagement (offensive operations) are impacting our enemy's, key institutions, and are effective, but noted that only the enemy can reveal that effectiveness of our persistent engagements.

While the need for nuclear deterrence



has not gone away, cyber operations now takes center stage in national security planning.

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

LABOR SHORTAGE - THIS IS AN IMPORTANT TREND AFFECTING ALL OF US, INCLUDING SOME VETERANS



LABOR SHORTAGE BOOSTS SALES OF ROBOTS

The total sales of robotics in the first 9 months of 2021 was \$1.48 billion - a new record. With a surprising and continue shortage of labor, especially in manufacturing, logistics, and many industries, robotics has been a major solution to productivity and competitiveness. Federal Express, now uses robots to sort packages.

The warehousing operations of many major corporations have robotic solutions that can handle surges, and also, when necessary, be productive 24 hours a day. Not too many humans can work 24 hours a day. Many factory workers may need to seek new employment soon. If we accumulate too many unemployed blue collar, non-technical workers, it could lead to social

unrest as the unemployed are vulnerable to rabble rousers who can exploit their grievances.

[SOURCE: "Sales of Robotics Increase With U.S. Labor Shortage,' Allison Prang, WSJ, Nov 12, 2021, B1, B4]



OMG, THIS IS A SHAME

MANY OF OUR ENLISTED PERSONNEL DO NOT MAKE ENOUGH SALARY TO BUY FOOD FOR THEIR FAMILIES

I am shocked to read that many of our enlisted personnel, in all our military services, do not earn enough to buy food for their families. This is essential for the health of our military personnel and their family members, and also important is that starving people cannot do their jobs well. If our military people can't do their jobs because they are hungry and likely very worried about their hungry family members, their work performance will be impaired, and that will impact our national security. They could be targets of espionage agents seeking candidates for spying.



There is no excuse for our nation not to care for our essential and survival needs of our troops and their families. We should write our Congress representative, the Secretary of Defense, and the President.

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



HAVE YOU EVER BEEN SCAMMED?

IF YOU HAVE, DON'T FEEL BAD, THE WIZARD OF INVESTING, WARREN BUFFET WAS RECENTLY SCAMMED FOR \$341 MILLION BY A SAN FRANCISCO BUSINESSMAN IN A MARKETING FEDERAL TAX BENEFITS RELATED TO NON-EXISTENT SOLAR GENERATORS

A San Francisco Bay Area businessman has been sentenced to 30 years in federal prison for running a solar energy Ponzi scheme that defrauded investors of \$1bn, the biggest criminal fraud scheme in Bay Area.

If you have been scammed, maybe you feel a lot better now that you know that even the best and brightest have been scammed.

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

Billionaire investor Warren Buffet, who is a legend for successful investments, and his brilliant colleagues in Berkshire Hathaway, were victims to the largest scam in the history of the Bay Area. Berkshire Hathaway lost \$349 million investing in a tax scheme involving non-existent solar generators that promised a huge federal tax benefit.





WE LOST A GREAT PUBLIC SERVANT - WILMA CHAN



The entire Bay Area was shocked on November 16th to hear about the tragic accident that killed one of our major public servants, Assembly woman, Wilma Chan. She was killed when struck by an automobile while walking her dog at an intersection in Alameda. The driv-

er did not leave the scene of the accident and there has not been a public report of the accident.

Crossing intersections anywhere now requires every pedestrian's full attention. Be sure to teach your young family members this reality. Cross walks are very dangerous!

No one should assume that intersections, even with traffic lights and stop signs will assure that anyone driving an automobile is fully alert, not under the influence of drugs or alcohol, or distracted (for any number of reasons).

It is sad to note that one of the major distractions for many drivers is the use of cell phones. It only takes a few sec-

onds of distraction to miss stop signs, traffic lights, other automobiles or a pedestrian. I believe that the use of cell phones, is a major contributor to auto accidents.

I confess that i have used my cellphone, primarily to use Google Map or Wize traffic software to locate my destination. And less frequently, I have received and answered cell phone calls while driving. In honor and respect for Wilma Chan, I have stopped this dangerous behavior. Maybe the rest of us should too!

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

WE ARE NOW SHOOTING AT THE STARS WELL, NOT STARS, BUT ASTEROIDS

Before December, the National Aeronautics and Space Administration (NASA) will be shooting at an asteroid, to see if we can deflect the path of an asteroid. Why?

Recall that our Earth was struck by an asteroid millions of years ago, that affected our whole planet and resulted in initiating an ice age that eliminated most of life, including dinosaurs and plants. We don't want that to happen again, as we already have enough problems with climate change, and an errant asteroid could really accelerate the changes that are disrupting life on our planet.



The target asteroid is not projected to threaten Earth, but we need to learn how to deflect a future asteroid we detect heading our way.

The project is managed for NASA by the Johns Hopkins University's Applied Physics Laboratory in Laurel, Md. Our

scientists John Hopkins are trying to be missile men in space. Let's hope they are successful, or at least learn enough to be successful in the future.

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





FOCUS ON HEALTH

DECEMBER 2021 NOTES FROM HARVARD HEALTH LETTER

Five things to handle in December. Hopefully, you have already begun, so the list may be shorter for you.

1. Check your medications. Some can raise blood pressure without you knowing it.
2. Exercise at least five (5) times a week. This not only is good for your heart, but also reduces stress.
3. Get a 2022 calendar with large number and space to list your appointments and errands.
4. (This one is fun.) Eat more strawberries and blueberries. They are rich in flavonoids which are related to improved cognition. (If you have forgotten, this means MEMORY.)
5. Track how long you sleep. We all need at least 6 hours a night, but do over do it. More than 9 hours can negatively affect our memories.

As always, our diets impact our lives. Eating healthy is something we must all do. A healthy diet can even reduced the risk of COVID-19. We should not be surprised that people who

digest lots of fruits and vegetables and legumes had a 9% lower risk of getting the Virun and 41% lower risk of developing severe Covid.

Eating healthy keeps our immune systems strong and is helpful for resisting many health issues. While no one can guarantee that a healthy diet can prevent Covid, or any serious disease, it is common sense that the healthy bodies can help resist any potential invasions of our bodies. Regarding Covid, vaccinations are essential, and face masking are needed to defend against infection, AND also unintended spread of the virus to people vulnerable to the virus, especially seniors.



DO YOU WANT TO HAVE A STROKE?

Not everyone is aware that strokes are very common. In fact, an informal survey I took at a Post Board meeting two years ago that included 20 attendees, six (6) people had previously suffered strokes. A stroke occurs when blood flow is disrupted in the brain and a blood vessel bursts or a blood clot is formed. Both bad consequences!

The good news is that everyone was still alive and were not suffering too much negative consequences. But the bad news is, once you have had a stroke, the odds are you will have another, which may be more damaging, and strokes can kill. Here are some alarming facts. 37% of stroke victims die within 3 weeks, 64% did not survive more than a year, and 77% past away in 7 years.

Other studies have had less alarming results, but I don't think anyone wants a stroke, because strokes result from damage to the brain.

One more fact, stroke is among the three leading causes of death. Thus, we should all do our best to avoid a stroke. Need we say more?

So here is valuable information that will reduce our chances of getting a stroke.

Do not use artificial sweeteners. If you must, do not use this ingredient more than once a day.

If you like to sweeten your coffee, use honey, which if not used in excess, has good health benefits. We should all know that too much of anything will harm you. More than 2-3 teaspoons of honey in one day is not recommended. So please be warned that if you want to avoid a stroke or heart attack, stay away from fake sugar.

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





SOLUTIONS TO NOVEMBER'S PUZZLES

Did you solve everything?



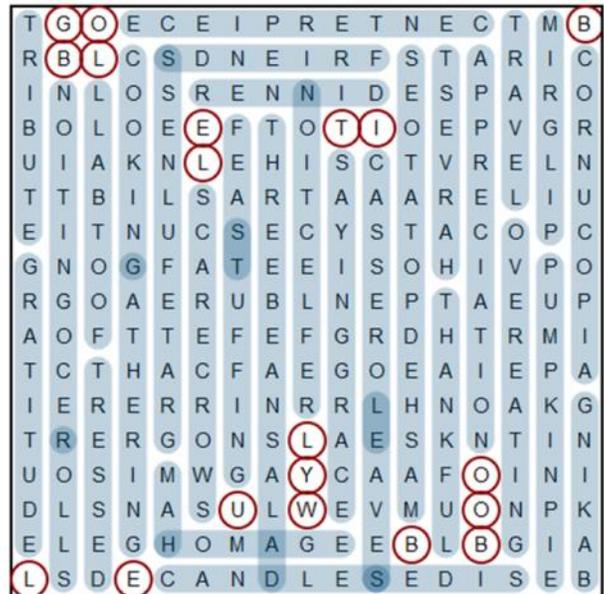
WORD SEARCH SOLUTION

HAPPY THANKSGIVING!

Did you figure out the famous 4th Thursday acicity?

Answer: **GOBBLE TILL YOU WOBBLE**

- | | | |
|--------------|----------------|----------------|
| APPRECIATION | GRATITUDE | SIDES |
| BAKING | HAM | STUFFING |
| CANDLES | HARVEST | THANKFUL |
| CASSEROLE | HOMAGE | THREEBEANSALAD |
| CENTERPIECE | LEAVES | TRAVEL |
| COOKING | MASHEDPOTATOES | TRIBUTE |
| CORNUCOPIA | OVEREATING | |
| DESSERT | PILGRIM | |
| DINNER | PUMPKIN PIE | |
| FEAST | RECOGNITION | |
| FOOTBALL | REFLECTION | |
| FRIENDS | ROLLS | |
| GATHERING | SAYING GRACE | |
| GRATEFULNESS | SCARECROWS | |



SUDOKU SOLUTION

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

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



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>



WORD SEARCH

MERRY CHRISTMAS!

December is here, and what better way to celebrate the holidays with some favorite Christmas songs, decorations, and Santa! Find all the words to reveal a favorite traditional item that dates all the way back to the 1800's.

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

- BETHLEHEM
- BLITZEN
- CELEBRATE
- CEREMONIES
- CHESTNUTS
- CHOCOLATES
- CHRISTMAS
- DECORATIONS
- FIREPLACE
- FRANKINCENSE
- GINGERBREAD
- MITTENS
- MYRRH
- NICE
- NUTCRACKER
- PIES
- POINSETTIA
- SNOWFLAKE
- STAR

- SUGARPLUM
- TOGETHERNESS
- TRADITIONS
- WINTERTIME



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!

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

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

WORK SPACE





DECEMBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>DECEMBER IS: MADE IN AMERICA MONTH WORLD AIDS AWARENESS MONTH LEARN A FOREIGN LANGUAGE MONTH</p>			1 USAF AUXILIARY BIRTHDAY	2	3	4
5 	6 HANUKKAH ENDS	7 PEARL HARBOR DAY ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8	9 	10 POST MEETING 10:30 AM NATIONAL COMMANDER VISIT 12 NOON	11
12 	13 NATIONAL GUARD BIRTHDAY	14 	15	16	17	18 WREATHS ACROSS AMERICA
19 	20 	21	22 	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY
26 	27 	28	29 	30	31 NEW YEARS EVE	1 Happy New Year

CHRISTMAS FACTS

- The tallest Christmas tree ever displayed was in Seattle, WA, at 221 feet tall!
- The candy cane was invented in Germany. It was made into a J shape, for Jesus, and the red stripes symbolize his blood.
- The busiest shopping days of the year are December 23rd and 24th, and not Black Friday.
- Toys For Tots was founded in Los Angeles, CA. 5,000 toys were collected during the first toy drive in 1947.
- It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance!
- The abbreviation X in X-mas, is the Greek letter X [Chi]. X [Chi] is the first letter in Χριστός, or Christos, aka Christ. X-mas is a shortened version of Christmas.
- Bing Crosby's "White Christmas" is the highest selling Christmas tune of all time.
- Americans purchase 1.6 billion greeting cards every year.
- Jingle Bells was original a song about Thanksgiving in 1857.
- Christmas used to be illegal! Oklahoma was the last US state to declare Christmas a legal holiday in 1907.

