



# American Legion Cathay Post 384



## The Cathay Bulletin

### June 2019 (Volume 19-03) \*REVISED\*

Welcome to our bi-monthly Cathay Bulletin, which is intended to provide important and useful information for our veterans nestled between our bi-monthly national award-winning Cathay Dispatch (CD), edited by Ms. Clara Pon. This Bulletin is not intended to replace the CD, but supplements it between our special CD publications. All Cathay Post members are encouraged to submit reports for future Bulletins, of interest to our veterans. Your input submissions, feedback, and comments are requested, needed and always welcome.

### Important Imminent Dates to note:

**Saturday, June 8 - 1100 hours, our June post meeting at 1524 Powell St.**

**Saturday, June 15 – Post 88<sup>th</sup> Birthday Dinner, New Asia Restaurant, 5:30.**

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### From our Post Commander Nelson Lum:

Following our May membership meeting, we were visited by a delegation from our sister post from New York, Lt. B.R. Kimlau Post 1291, led by Past National Commander Fang Wong and his wife Barbara. While the visit was short due to the group’s very condensed travelling schedule, nonetheless, it was an enjoyable exchange of information and new friendships. Our post was represented by most of our executive officers, and our visitors were introduced to our soon to be new commander Helen Wong.

One of the topics that was discussed included the possibility of an official visit to New York by our members for Kimlau Post’s 75<sup>th</sup> anniversary celebration which will take place in about 18 months. Some of us were fortunate enough to have traveled to New York for Kimlau Post’s 70<sup>th</sup> anniversary (and Boston Chinatown’s installation the next evening) and were thoroughly impressed by the hospitality extended to us by the members of Kimlau Post. This will again, be a trip to look forward to for our members.



Towards the end of May, several important events took place to commemorate Memorial Day. On May 26, 2019 at 11:00 A.M., the USS San Francisco Memorial service was held with many participants at Lands End at Fort Miley. The weather cooperated and the anticipated rain fall held back during the entirety of the service. It is very important for services as these to continue so that the sacrifices of the sailors and Marines on board the USS San Francisco are always remembered. Our 1<sup>st</sup> Vice Commander Helen Wong, Adjutant Ernie Stanton, Sergeant-at-Arms CJ Reeves, Board of Director Aaron Low along with his lovely wife, and I attended this event.



**Hail, hail, the gang's all here.**

Later that afternoon at 3:00 p.m., another service to commemorate all those who gave the ultimate sacrifice was held at St. Mary's Square. This commemoration was jointly hosted by American Legion Cathay Post 384 and Veterans of Foreign Wars 91<sup>st</sup> Div/Chinatown Post 4618. This was a unique commemoration since it focused upon the sacrifice of those Bay Area Chinese Americans during WWI and WWII. We shall never forget these heroes who served and died while they were not recognized as an equal due to discrimination practices that were widely accepted by the masses at that time.

I should note that the service was chaired by our 1<sup>st</sup> Vice Commander Helen Wong. At the conclusion of the service, the group departed the square and met up at a local restaurant where they continued their fellowship. Cathay Post 384 members consisted of 1<sup>st</sup> Vice Commander Helen Wong, 2<sup>nd</sup> Vice Commander Chuck Paskerian, Adjutant Ernie Stanton, Sergeant-at-Arms CJ Reeves, Chaplain Richard Ow, Service Officer David Wong (Past Post Commander), Comrades Chee Yee, Raymond Wong, and our new WWII member Frank Tong along with me. Please forgive me if I missed recognizing any of you.

On Monday, May 27, 2019, Memorial Day, a large group of our members showed up at the San Francisco National Cemetery, Presidio for the annual commemoration. We were treated to the presence of the Speaker of the House Nancy Pelosi, Mayor London Breed, Assembly-member David Chiu, and many other distinguished guests and speakers. Two Chinese American WWII veterans were recognized and honored by Assemblyman David Chiu for their outstanding military services. Col. Ron Won who served in four military branches and with the distinction of having downed a "MiG" during aerial combat was joined by Sergeant First Class Edward Dair (U.S. Army Ret.), a Purple Heart award recipient along with many distinguish military awards. It was an honor for us to be amid these two distinguished gentlemen. Col. Won is a member of our post and we look forward to having SGT 1<sup>st</sup> Class Dair honor us by becoming our member.



**Commander Lum, Assemblyman David Chiu, Ed Dair & Mae Dair      Ed Dair, Mae Dair, Frank Wong**



**Comrade Ron Won**



**The final salute**

At 3 p.m. on Memorial Day, a “Rock” that signifies the location of the Heroes Grove in Golden Gate Park was dedicated by the Veterans’ Commemoration Committee, which I am a member. The Grove was originally dedicated to honor those San Franciscan soldiers who served and died in WWI almost a century ago. That land which contains a monument with over 700 names of those soldiers who perished in WWI is hardly even noticeable due to the growth of trees and bushes surrounding the monument which were rarely maintained over the years. Unless you knew of its existence, you will not see it as you walk by. The exact location of this grove is along the north side of John Kennedy Drive, almost adjacent to 10<sup>th</sup> Avenue if you enter the park on foot. If you drive into the park from 8<sup>th</sup> Avenue, it is located about ¼ mile to the west.

The committee successfully lobbied the Department Recreation and Parks for the placement of this "rock" to signify the location of the grove. I am proud to have taken part in this effort to increase the awareness of the monument. The simplistic, yet dignified ceremony was conducted by the members of the committee with the participation of the Color Detail from the 91<sup>st</sup> Division U.S. Army Reserve Unit. Taps was played by a member of the San Francisco Police Department, Officer Ivan Sequeira. A special note of thanks goes to Sergeant Raymond Padmore of San Francisco Police department for his assistance with this special ceremony.



**Our commander remembering our heroes**

Our 88<sup>th</sup> anniversary and the 16<sup>th</sup> First Responders and Community Hero awards will be held on Saturday, June 15, 2019. We are working feverishly to make this a memorable event for you, our members. We will have our traditional Legion protocols, the change of command, awards, and entertainment. The only thing left to do at this time is for all our members to assist with the selling of seats or tables. By the way, our mayor has responded, and she will honor us with her presence. I look forward to a full house.

Our June membership meeting will be held on Saturday, June 8, 2019 at 11:00 A.M. The board of director's meeting will take place at 9:30 as usual. A luncheon will follow at the conclusion of the meeting. The location of our meeting will be 1524 Powell Street, the headquarters building of our post. Hope to see you all at the meeting.

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**From our 1<sup>st</sup> Vice Commander Helen Wong:**

Empowerment Matters! Welcome to a new month and new beginnings. June typically brings up graduations, weddings, summer vacations, wonderful activities, and happy memories. For most veterans who are members of a service organization, June brings state conventions, election of new officers, farewell to the past officers, and installation of the incoming leaders.

Empowerment matters because if one does not have the sense of having some control over a situation, then one would not be motivated to invest time and energy into a project, into a relationship, or into any aspect of one's daily life. Empowerment can be in two areas: emotional and physical. My definition of emotional empowerment is not of having "power" over someone, i.e. by berating or attacking verbally to the point of injecting fear to the other person for making mistakes, but of feeling a sense of accomplishment. It also is of being able to handle situations competently, of making a difference in this life. Many Legion posts throughout the country have already had their installation meetings, dinners, etc. so, congratulations to all whether as returning officers or as new officers "empowered" by their fellow veterans to guide them into the new year with authority to go forward with making decisions for the good of all. That is an excellent feeling to have.

As I approach my own installation as the first female Commander of Post 384 in 88 years, the sense of accomplishment, of feeling like I make a difference is immense. Empowering me to take over and lead the members toward achieving goals of being resourceful to others, of educating others, of increasing membership, and of being in service to others is quite an honor. I thank all for having the confidence in me.



Physical empowerment can go hand in hand with emotional empowerment. When one is given the tools to know what to do when in physical danger, one can be proactive instead of reactive. In April, I was fortunate enough to take an Empowerment Self-Defense Training with VA Police at the Martinez Outpatient Clinic hosted by Dr. Catherine Novotny, Military Sexual Trauma Recovery Coordinator in honor of Sexual Assault Awareness and Prevention month. The class was taught by VA police officers Shannon Balhy and Charles Herron who showed participants what to do when attacked, and how practicing the moves would reduce injury or even keep one alive in some cases. This beginning level was the same training given to their police officers which left all the class members with feeling “empowered” to handle these situations if one gets into them unexpectedly. The hope is more individuals would be able to have the training. After all, an empowered individual is an accomplished and competent individual!

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**From our 2<sup>nd</sup> Vice Commander Chuck Paskerian**

On May 26, 2019, American Legion Cathay Post 384, in conjunction with Veteran of Foreign Wars 91<sup>st</sup> Div/Chinatown Post 4618 held the annual Memorial Day service at St. Mary’s Square in San Francisco which honors those Chinese Americans from the Bay Area who served in WWI and WWII. There were many who were killed serving our country. May God bless them all.



**WWI & WWII Bronze plaque**



**Commander Elect Helen Wong recites names**



**Members of Cathay Post and VFW remembers**

All attending were treated to a hosted luncheon by both posts. If you missed this year, we hope you will attend next year. It is an important tribute to these veteran warriors.

Cathay Post, *Cathay Bulletin* June 2019

## Cathay Post 384 new 2019-2020 Officers

Congratulations to the new Cathay Post officers for this upcoming term:

- Commander Helen Wong
- 1<sup>st</sup> Vice George Tsang
- 2<sup>nd</sup> Vice Charles Paskerian
- Adjutant Ernest Stanton
- Finance Officer Randolph Toy
- Historian Roger Dong
- Sergeant-at-Arms CJ Reeves
- Chaplain Richard Ow
- Service Officer David Wong
- Quartermaster Phillip Leung
- Judge Advocate Stan Ellexson
- ALWMC Delegate Nelson Lum



- ❖ CAWWA election: Roger Dong, Charles Paskerian, and Nelson Lum

The change of command ceremony and the installation of new officers will be held at the annual banquet next Saturday, June 15 at New Asia Restaurant at 5:50 p.m.

Wishing all the new officers a successful and productive year.

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**Added, related, note from our Post Historian, Roger Dong:** We are reminded that in 1882, the Chinese Exclusion Act (CEA) was passed in Congress to prohibit American citizenship to all Chinese immigrants, and additionally, Chinese women were not authorized to immigrate to America. The intent of the Act was to shrink and eliminate all Chinese immigrants in America by attrition, and over time to insure that ultimately there would be no Chinese people in America.

The 12,000+ young Chinese men, representing almost all young Chinese men in America in 1942, joined our military, served and sacrificed for our Country, and Congress rewarded their service to America by terminating the CEA. Even more important, the 1945, 1946, and 1948 Congressional War Bride Acts, authorized our veterans to bring home brides and fiancés, thereby beginning the long road toward repopulation.

Today, there are approximately 4,500,000 Chinese Americans and Chinese immigrants in America. Several of our own Post members were the children born as the outcome of the War Bride Acts. And we can thank our Chinese American WWII veterans for this very positive outcome.

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In this issue, all the following articles of possible interest to our veterans were written, or selected, by our CB Editor/Post Historian, Roger S. Dong. If you have any gripes, you can email me (rsdong@sbcglobal.net). I have a very large round file. For now, let's roll with our first article.

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## A National Security Issue

Governments at all levels know of this “nuclear level” threat, so do most banks, utility companies, and transportation companies. *So should you and I.*

Many citizens are not aware that national, state and city governments globally have been under siege for several years with digital weapons capable of massive destruction to computers and computer networks. Destruction of computer networks is truly a national security threat.

In 2017, a destructive cyber-weapon was launched to destroy an entire nation, attacking an entire government at all levels, its utilities, its financial institutions, transportation hubs, and the media. Note that if utilities are disrupted for an extended period of time, modern life as we know it, would be endangered. People would be in dire straits if electricity is not restored within a few days. It is estimated that a few months without electricity, would cause the death of 50% and more of the population in any modern nation.

That Russian digital weapon called, NotPetya, was unleashed on Ukraine. That attack rendered around a million computers useless. The Ukrainian Security Forces capture the troublemakers and restored most of the attacked computers in about a week. Some of the attackers were criminals who squeezed banks and companies for ransom money paid in bit coin.

Today, governments at all levels, and data processing organizations are all aware of this potential existential threat to all of us. But no one dares to speak loudly to the public of this 21st Century THREAT. Everywhere, digital experts are scrambling for a defense.

What exactly is this threat? The really bad news is that these modern weapons of mass destruction do not cost a lot of money or years develop. Nor does it take large teams of scientists to work in coordination to jointly design a war plan. It just takes a few shrewd and devious minds with good computer software programming skills (maybe just a smart programmer using a laptop in his bedroom) to send out software bombs that can cause nuclear level destruction to attack and disable computers (of all sizes) and the connected networks to freeze up or shut down a computer system, or a large network of computers.

Most of us are not fully aware that computers now control virtually everything in modern life. Our utilities (electricity and water), our bank accounts (ATMS), local governments, especially our emergency services (police, fire, 911), transportation hubs (both ground and air), the media (hardcopy print, and CNN, Fox News), (food supply [our grocery store sources], restaurants, gas stations, hotels), healthcare (hospitals and medical facilities), and even retirement homes depend on computers to manage all activities.

Many citizens are not aware that national, state and city governments have been under siege for several years with digital weapons capable of massive destruction to computers and computer networks.

The attack on computers is mainly conducted by cyber criminals who can safely attack computers from almost anywhere to targets anywhere. Such is one of the major vulnerabilities of the internet linking up the whole world. Connectivity is great, but exposes everyone on the internet to criminals who attack organizations or individuals using computers, and demand ransom money to give us access to our computers and our data. Ransom demanded can be a few hundred dollars to over a million dollars. The good news is that once ransom is paid, the payer quickly gets keywords that returns control to the organization or individuals. Criminals do not wish to get a bad reputation, or risk not getting the bit coin ransom payments in the future. Some victims are attacked more than once.

SOURCING: Multiple sources including the following:

[https://en.m.wikipedia.org/wiki/2017\\_cyberattacks\\_on\\_aUkraine](https://en.m.wikipedia.org/wiki/2017_cyberattacks_on_aUkraine)

[https://beta.washingtonpost.com/world/national-security/russian-military-was-behind-notpetya-cyberattack-in-ukraine-cia-concludes/2018/01/12/048d8506-f7ca-11e7-b34a-b85626af34ef\\_story.html?outputType=amp](https://beta.washingtonpost.com/world/national-security/russian-military-was-behind-notpetya-cyberattack-in-ukraine-cia-concludes/2018/01/12/048d8506-f7ca-11e7-b34a-b85626af34ef_story.html?outputType=amp)

<https://www.wired.com/story/notpetya-cyberattack-ukraine-russia-code-crashed-the-world/>

Cathay Post, *Cathay Bulletin* June 2019

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### **The Cyber Attack on Commerce and our Cities, The Global Shipping firm Maersk**

Our previous story about the digital assault on Ukraine only described part of the digital devastation. Because of networking (the Internet), the NotPetya virus was spread beyond Ukraine as international companies with offices in Ukraine were also infected. The largest victim was Maersk, the international shipping company. As an international firm, Maersk's computers were linked everywhere there is a port that services global shipping. Once Maersk's computers were infected, all her terminals globally were attacked. This firm had operations in 76 ports internationally. All were paralyzed. When a global shipper loses control of inbound and outbound freight, work is disrupted globally. Global freight under Maersk became unmanageable as all of the firm's pickups and deliveries were out of control. Trucks moving freight for all of Maersk's customers globally were useless as there were no exchanges of goods at the hundreds of ports that serviced this global firm's inbound and outbound freight. This was actually a global nightmare that most people missed. A lot of crises can happen without most people know about. The total tally for financial losses with the Maersk invasion was over \$100,000,000.

This is not intended to scare anyone, but many American cities have already been attacked and ransoms demanded. Cleveland, Newark, Atlanta and Sarasota were hit, and also the San Francisco's transit authority; the Colorado Department of Transportation and the Port of San Diego. Today, 26 percent of cities and counties say they fend off an attack on their networks every hour. The city of Atlanta played tough and did not pay the \$1,000,000 ransom demand.

Atlanta refused to cave to cyber criminals, and spent \$20,000,000 and a month of down time. The word is now out that it is much cheaper to pay the ransom than spend much more money and deal with thousands of customer distress calls. Lives are also endangered when 911 is down and hospitals emergency power back up is exhausted.

Sources: "How cybercriminals hold data hostage... and why the best solution is often paying a ransom Targets have included hospitals and municipalities, but the FBI says anyone on the internet should expect to be attacked by cybercriminals" 60 Minutes, Scott Pelley, May 05, 2019

Ransom ware Keeps Baltimore Locked Up," Scott Calvert, Jon Kamp, WSJ, May 22, 2019, A3

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### **The Stealthy F-35 is our premier fighter, but the F-15 is not going away soon. For offense, it's the F-35. For Defense, the latest F-15E is still very capable to defend America**





**An Advanced F-15 during system and flight control testing in Palmdale, Calif. Photo: Boeing**

The Air Force must make practical decisions. While the AF wants to have the most capable and advanced jet fighters for offensive and defensive operations, delivery timing and other practical factors will keep the production line for F-15Es in service for several more decades. As our AF F-15C/Ds age and are dispatched to Air Force aircraft bone yard at Davis Monthan AFB, AZ, new F-35s cannot be built fast enough to replace the elderly F-15C/Ds who are defending our homeland.



**AIM 120 AAMRAM (Wikipedia)**

The F-15C and F-15Ds, armed with the AIM 120 AAMRAM have been the world's premier air superiority fighter for many years, and therefore, the Pentagon has decided to build additional numbers of the upgraded F-15E for air defense of our Homeland. This fighter has upward of 70% parts commonality with the F-15C/Ds already in USAF service and can use almost all the same ground equipment, hangars, simulators and other support gear as the F-15's now in service.

The F-15Es will be dedicated to homeland security, this air defense mission does not require a stealthy capability to accomplish its mission. F-35s with an offensive mission need the cloak of invisibility to circumvent current enemy air defenses.

Source: "Two jets from different eras, with different missions, strengths, and weaknesses, face off in a battle for today's funds." Air Force Magazine May 2019

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**We must all find a way to save for retirement.**

*Failure to save for retirement will mean misery in our senior years.*

Booming stock markets are not a salve for many middle-class Americans. 1/4 of all working families have no retirement savings at all. This is a potential time bomb that challenges our government, democracy and capitalism. The generations following the boomer generation earn less than the generations they succeeded, and the general forecast is that many people do not earn enough to save for retirement, and the many workers will need to work past 65, because of low pay which results in low savings, and a retirement date much later than 65.

As difficult as it may be, today's young people must save as much as they can. The routine expenditure for \$5.00 freshly brewed coffee must stop, and eating out must be curtailed. \$25 a week at a coffee house is \$1,300 a year. Dinner out twice a week @ \$25-30 each is \$2,600 -3,120 a year. Total cost for coffee and dinners out is around \$4,000 annually. Over 30 years, excluding inflation, the total is at least: \$120,000. This must be done, regardless of income.

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The "income inequality" in our society is seriously impacting the middle class. Seniors who must work, do not find employers eager to hire the elders. What does a senior do, if they need money, and are willing to work? But no one will hire them due to age discrimination.

Statistically, 52% of U.S. households ages 55+ have no retirement savings in an IRA type of savings program. The median net worth of US households 56-64 years old is just \$21,000.00. Most do not have retirement savings. When Social Security is forecasted to drop by 25% in 2035, the suffering and misery of middle-class seniors will be extremely painful. Some will become homeless, many will suffer without family assistance.

Sources: "States try to save retirement while Washington waits," Penelope Wang, Time Magazine, October 10, 2016, p14, p16.

"Quarter of U.S. Has No Retirement Savings," David Harrison, WSJ, May 24, 2019 A2

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### **Yes, A Regular Exercise regime can prevent Cancer!**

**We know that a regular exercise regime is good for prevention of many aging ailments, now it includes dreaded Cancer.**

You have heard from many sources, including our Cathay Bulletin, that regular/daily exercise enhances blood circulation which is beneficial to all parts of our body. It is good for all our muscles and organs, especially our heart and brain. It helps us sleep and keeps us mentally sharp.

Recently, a new study at the University of Queensland in Australia has discovered that changes in the bloodstream after exercise slows down the growth of cancer cells in cancer patients.

What was revealed was after exercise, the body increases molecules in inflammation. Inflammation slows cell growth which helps disrupt the proliferation of tumor cells. This phenomenon is potent, but temporary, therefore a regular exercise program is needed. While these results still need further testing and validating of long term effects, it is recommended that everyone, in coordination with our doctors, participate in a regular exercise program. Subjects in this test conducted a strenuous exercise routine three times a week.

SOURCE: "Why Does Exercise Guard Against Cancer? Inflammation May Play a Role" By Gretchen Reynolds, New York Times, April 22, 2019

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### **What is FTD? No, this FTD has nothing to do with flower deliveries. In gerontology (elder care) it is Frontotemporal Degeneration?**

FTD is the most common form of dementia for people under age 60. If you/I are over 60, that doesn't mean that we are safe. FTD represents a group of brain [disorders](#) caused by degeneration of the frontal and/or temporal lobes of the brain. FTD is also frequently referred to as frontotemporal dementia, or frontotemporal lobar degeneration (FTLD), or Pick's disease.

How does FTD differ from Alzheimer's disease?

The symptoms are different. FTD brings a gradual, progressive decline in behavior, language or movement, with memory usually relatively preserved.

It typically strikes people earlier in life.

Although age of onset ranges from 21 to 80, the majority of FTD cases occur between 45 and 64. Therefore, FTD has a substantially greater impact on work, family, and the economic burden faced by families than Alzheimer's.

It is less common and still far less known.

FTD's estimated U.S. prevalence is around 60,000 cases (Knopman 2011, CurePSP), and many in the medical community remain unfamiliar with it. FTD is frequently misdiagnosed as Alzheimer's, depression, Parkinson's disease, or a psychiatric condition. On average, it currently takes 3.6 years to get an accurate diagnosis.

How does FTD progress?

The progression of symptoms – in behavior, language, and/or movement – varies by individual, but FTD brings an inevitable decline in functioning. The length of progression varies from 2 to over 20 years.

As the disease progresses, the person affected may experience increasing difficulty in planning or organizing activities; behaving appropriately in social or work settings, communicating with others, or relating to loved ones.

Over time, FTD predisposes an individual to other physical complications such as pneumonia, infection, or injury from a fall. Average life expectancy is 7 to 13 years after the start of symptoms (Onyike and Diehl-Schmid, 2013). The most common cause of death is pneumonia.

Are there options for treatment?

Today, there is no cure for FTD. Unfortunately, no current treatments slow or stop the progression of the disease. However, if you or a family member or loved one are affected, there are important steps that you can take to preserve and maximize quality of life. A growing number of interventions– not limited to medication – can help with [managing FTD symptoms](#).

It is important for you and your care partner to identify a team of experts who can help with [coordinating care](#) and with the legal, financial and emotional challenges brought on by this disease.

The organization, AFTD, is here to help.

Don't face an FTD journey alone. AFTD offers information, resources and ways to connect to others who understand.

If you have questions that it would be easier to discuss, please contact our Help Line at [866-507-7222](tel:866-507-7222), or by email at [info@theaftd.org](mailto:info@theaftd.org). Find out more by [subscribing to email updates](#). Both in-person and online support groups for [people with FTD](#) and [their care partners](#), and a variety of [resources and publications](#) can also offer crucial help for every stage of the FTD journey.

Source: <https://www.theaftd.org/what-is-ftd/disease-overview/>

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### **Cathay Post celebrates API diversity at Coast Guard Island.**

Each year our US Coast Guard recognizes the participation of our American citizens of many ethnic groups in the Homeland Security. The public is invited to share in this celebration of diversity in our Coast Guard and Cathay Post has joined in the celebration of many years. This year our Post's participants included, our Commander-Elect Helen Wong, W.T. Jeanpierre, and our historian Roger.

One memorable moment each year is the delivery of a fresh cream strawberry shortcake served to over 100 event participants.



Next year join the festivities and enjoy truly delicious fresh cream strawberry cake. We have received zero complaints about the joy of our post's gift of cake.

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**Special briefing from our historian:**

**After lunch around 1:15, our Historian Roger has a very special Power Point briefing on one of the smartest Chinese females in the world, who may be a candidate to be the President of China in a decade or so. Do you know who she is? She left China when she was 14 years old and earned her B.A., M.A. and PhD from Harvard University.**

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Until our next issue, see you at our next post meeting the coming Saturday, June 8, 2019. Same Bat time, Same Bat place at 1524 Powell Street. As a Post member, you will get a free lunch.





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