



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

THE RIGHT LEADER FOR THE ORGANIZATION

By Clara Pon

Important Dates:

- May 11—11 a.m. Post monthly meeting
- May 12—Mother's Day
- May 18—Armed Forces Day
- May 24—National Poppy Day
- May 26—USS San Francisco Memorial at 11 a.m. & St. Mary's Square at 3 p.m.
- May 27—Memorial Day; Ceremony at Presidio at 11 a.m. & Korean War Memorial at 1 p.m.

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It is that time of year again, annual elections. Many posts and districts will be holding or have already held new officer elections for the 2019-2020 term. Elections can be interesting, exciting, hotly contentious, boring, or conducted as a matter of requirement. Some post and districts will have a ballot to cast his or her vote of the different candidates for the various officer positions, many have to scrounge up some Legionnaires to persuade to run or appoint for a position, while others just swap who will be the commander and who will be the adjutant.

Regardless of what type of election you are part of, you as a current paid member have a voice and a vote. It is up to you to show up and cast your vote. This is extremely important for those active posts/districts that have elections with more than one candidate running for the same position.

Typically, competition is a healthy part of any growing organization. Ideally, it should help motivate the candidates to bring his/her very best and for voters to see what each candidate brings that will successfully propel the organization forward. Unfortunately, that doesn't always happen. There are post/district officers who feel entitled or believe it is his or her right to run for a position because "it is my turn next." What does that mean? Not all positions are

suitable for all individuals. For example, if you aren't good with balancing a checkbook or good at numbers, you may want someone else to be the finance officer; or if you are an atheist, you probably shouldn't be the chaplain. Moreover, just because you ascended through the chairs, that you would be automatically a good fit for the coveted commander position, it may not be the right progression for you.

I'm sure you've heard the expression, "You are a natural born leader." Well, not everyone is. As they say, there are leaders and there are followers. Not everyone should be a leader nor has the ability to be a good one. Some enable and encourage others to run for a position that he/she is not qualified for just to fill the seat with guaranteed votes. It's vitally important to choose good leaders in your organization to succeed and thrive.

Some characteristics of good leaders are: effective communicator, acting strategically, visionary, accountable and responsible, knowledgeable, motivating, innovative, and agile. Many leaders also surround themselves with people who complement their weaknesses. So, think long and hard about your choices this voting season. Vote for qualified individuals who have the skills and knowledge to move the organization forward, not backwards.



APRIL 2019 MEMBERSHIP IMPACT REPORT

A Report from American Legion National Headquarters

 **\$48,600**

Amount in American Legion National Emergency Fund cash grants distributed to individuals through the first quarter of 2019, including four grants totaling \$12,000 in the month of March, to assist veterans affected by hurricane in North Carolina, flooding in Kentucky and fire in California.

 **695**

Number of Informal Hearing Presentations prepared by The American Legion for veterans disputing their VA benefits claims decisions in March.

 **382-0**

Final House vote in favor of the American Legion-supported Blue Water Navy Vietnam Veterans Act of 2018, which was blocked in the Senate in December. U.S. Rep. Phil Roe, R-Tenn., ranking member of the House Committee on Veterans Affairs, re-introduced the measure Jan. 3, with nearly identical language.

 **\$138,000**

Amount in scholarship money awarded to competitors in The American Legion National Oratorical Contest April 4-5.

 **12**

Number of American Legion district membership revitalization campaigns executed in March 2019, in the departments of Arkansas, California, Maine, Maryland, New Hampshire and Washington.

 **1,278**

Number of VA benefits decision appeals handled in March by American Legion staff experts, 459 of which were granted in favor of the veterans, with 522 remanded, or sent back for more documentation.

 **\$4.2 million**

Minimum amount in college scholarships awarded to students by American Legion posts in 2018, according to Consolidated Post Reports, representing about 65 percent of posts worldwide.



THE AMERICAN LEGION
Centennial celebration

COMMANDER NELSON LUM

April was a “fast” month for me since I packed a tremendous amount of activities into a very small span of time. The month went by so quick that I hardly had time to assess the magnitude of what has taken place. In my message to you last month, I mentioned I have decided to seek the position of Department of California Commander for 2020 to 2021. I had made numerous contacts with Legion leaders throughout the state to garner their support for my candidacy. I had attended many meetings and entered into numerous sidebar discussions regarding my vision as to how we can improve upon our current system of administration. As I went through this grueling yet, educational process, I learned a lot about what it will take in order to run a successful campaign.

The Committee to Elect, also known as C2E is an organization formed specifically to screen eligible candidates who seek officer positions at the state level. The committee consists of representatives from all 30 districts of the Department of California and they meet once a year to decide which candidates they would endorse. This year’s meeting was again held at Bakersfield

on April 13, 2019. There were two candidates for the position of Department of California commander, me and Department Judge Advocate Autrey James. We were each given time to address the representatives followed by a question and answer period of the candidates. The representatives were then allowed to caucus and vote for the candidate of their choice. After the final tally of the votes, Judge Advocate Autrey James came out ahead of me with the number of votes casted, thus, earned the endorsement of the committee.

I was left with the decision as to whether I should continue with my campaign for the commandership. While the vote of the committee does not mean there is no chance for a successful campaign, it does mean it will be an up-hill battle. The decision was not an easy one to make since I have invested an enormous amount of time and efforts into this process. The competitive instinct within me kept urging me to continue as I pondered. During the question and answer period, many of the answers given by the both of us were similar and we certainly saw eye to eye on many of the issues confronting the

department. Since the term for each commander is only one year, many projects or issues take more time than that to develop or implement. It would be very beneficial if two likeminded leaders can support the same avenue of approach to issues of interest in order to bring forth positive results that may not be possible in just one short year. Therefore, I have decided to withdraw my candidacy for the position of Department of California Commander for the year of 2020 to 2021 and will reassess the viability of restarting my campaign for the following year. I now ask all my supporters to support Judge Advocate Autrey James for the position of Department of CA Commander 2020 to 2021.

I went on a mini vacation following the committee meeting where I was able to relax and recoup, but time just did not seem to be willing to slow down at all. My vacation ended much earlier than what I had anticipated. Now it is back to work. I thought I was retired.

First Vice Commander informed me a second round of nominations has taken place at our last post membership meeting. The election for post officers will be

(Continued on page 6)



Nelson Lum

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(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

“As I went through this grueling yet, educational process, I learned a lot about what it will take in order to run a successful campaign.”



Helen Wong

wong_helen@sbcglobal.net

(415) 797-7384

Cathay Post Member since: 1990

Branch: Army

Final Rank: Lt. Col.

“I believe the most important event to veterans and civilians alike is the Memorial Day weekend where we pay homage to those who have paid the ultimate sacrifice in serving our country.”

1st VICE COMMANDER HELEN WONG

Memorial Day weekend remembrance matters! It is hard to believe that May is here and with that many activities associated with the month. But I believe the most important event to veterans and civilians alike is the Memorial Day weekend where we pay homage to those who have paid the ultimate sacrifice in serving our country.

In 1951, our past leaders of Cathay Post and of Veterans of Foreign Wars (VFW) Chinatown Post 4618 felt it was important enough to start planning a “Chinatown War Memorial” dedicated to WWI & WWII Chinese Americans killed in the line of duty. The *Chinese Press* newspapers of March, April, May, and June 1951 reported Cathay Post 384 Commander John C. Young appointed 1st Vice Commander Lim P. Lee to be the chairman of the planning committee, and committee members included Leland Kimlau, Dr. Edwin Owyang, Peter H. Wong, Dr. Stanley Louie, and Charles L. Leong. Commander Dale Yee of the VFW appointed a similar committee with their past Commander Roger Wong Dip as

chairman, and committee members included James Hall, Fook L. Lew, Yin Lee, Bill S. Lee, and Charles Hom.

The committee selected the design of the memorial conceived by the well known architect, Worley Wong. The names are cast on a bronze plaque set against a distinguished bronze lattice-work pattern out of historic Chinese art. A financial campaign to raise the funds was started and \$9,000 was collected for the monument. A public dedication of the bronze plaque monument was unveiled on May 30, 1951 with a crowd of 2,000 attend-

ing at St. Mary’s Square. The plaque rested against a wooden replica of the originally designed framework for which cooper was unavailable due to the national emergency at that time. The final work on a permanent copper monumental background was completed once the ban was lifted.

This year’s St. Mary’s Square Memorial dedication is on May 26 at 3 p.m. Our post will be reading the names of the Chinese American WWI & WWII Veterans who died in service to our country. Please participate if you can. (See page 6 for names.)



L to R: VFW CMDR James Hall, VFW Auxiliary member, Cathay Post May Gee, Cathay Post 1st Vice CMDR Lim P. Lee

Disclaimer: Opinions or articles expressed herein are those of the author or columnist and are not necessarily those of The American Legion. Publication of advertisements does not imply endorsement by The American Legion of the products, service, or offers advertised or profiled.

2nd VICE COMMANDER Charles Paskerian

Second Vice Commander Charles Paskerian was present at the 73rd annual SFUSD JROTC spring review & drill competition held at Abraham Lincoln High School on Saturday, April 27, 2019. He presented the Academic Scholarship award to Jan Tran of Balboa High School and the Athletic Scholarship award to Anna Yan of Lincoln High School. Both young cadets had achieved the highest degree of excellence in their respective fields.



Above: Vice Commander Paskerian greeting JROTC winners and panoramic of all drill teams.

Charles Paskerian
chuck@paskerian.com
(415) 749-1750
Cathay Post member since: 2011
Branch: USAF
Final Rank: Major





COMMANDER LUM, CONTINUED

(Continued from page 3)

held at this upcoming meeting in May. Your membership status must be in good standing in order to cast a ballot. Only those who are present at the meeting may vote. The newly elected officers will be installed at our annual banquet scheduled to be held on June 15, 2019.

Our annual installation and awards banquet will be held on Saturday, June 15, 2019 at 6:30 p.m., at New Asia Restaurant, 772 Pacific Avenue. I will need all our members to pitch in and help by selling seats or tables to this event. As has been in the past, this

event is our way of showcasing our post and to educate the community of our illustrious history. The cost is \$600 per table of 10 or \$65 per person. I am open to suggestions on ways to enhance the entertainment side of the program. Please don't be shy if you have some suggestions. We would love to hear them.

Our next post membership meeting will be on Saturday, May 11, 2019 at 11:00 a.m. at our post headquarters building located at 1524 Powell Street. The Executive Board meeting will be held at 9:30 a.m. on the same date. I look forward to seeing all your smiling faces.

Looking for Chinese American WWII Veterans

I received a call from State Assemblyman David Chiu's office. Assemblyman Chiu has nominated, "All Chinese American World War Two Veterans, living and deceased," as 2019 California Veteran of the Year. I am looking for all Chinese American WWII Veterans living in the city, their next of kin, or immediate relatives who may wish to participate in the ceremony that will take place on June 26, 2019 at 11:30 a.m. at the Sheraton Grand Hotel located at 1230 J Street, Sacramento, CA. 95814.

Please contact me so I can facilitate the arrangement (nelson1431@aol.com).

WWI & WWII ST. MARY'S DEDICATION—MAY 26

CHINESE PRESS
Friday, May 25, 1961

★ Memorial, 1951 ★

They Gave Their Lives for America

When Chinatown's monument to its war dead is unveiled in St. Mary's Square on Memorial Day the following heroes who gave their lives for their country will have their names perpetuated on a bronze plaque which will keep their memories forever alive:

Faye Love	Lew Hung Biew	Benjamin Ralph Kimlau
Mo S. Jee	Harry F. Lee	Samuel Chey Sin
Alvin Richard Wong	John J. Chan	Clinton J. Lok
James Q. Fong	George Lew	Chay Yung
Lloyd Quon	Bob Chan	Douglas C. Foo
Frank Wong	Yeung Yuan	Edward Dewey Quong
Sung Pa Ping	Tom Kwong	Alwyn G. Wong
Castro Yu Hing Owyang	Leo Sai	Tang Chu Den
Robert W. Chin	Bill Tom	James Sing
Charles J. Chan	Donald Ginn Chang	Yee Sing You
William J. Quan	Lincoln Mark	Edward Yin Ong
Thomas Yoke Jew Lai	Tung Ling Yee	Cheng Kee
Sam Wong	Harry Wong	Don Tung Sing
Taft Toy	Daniel Lim	Eddie See
Lee Tan	Clifford S. Low	Manuel K. See
Hon. Wing On	Ben Y. Lee	Harry Chew
Curtis C. Wong	John Wing Yee	William Chew
Sha Ling	Get G. Chung	Richard W. Chin
William L. Y. Gee	Harry Chey	Richard Chong
Hong S. Hoey	Collin S. Chong	Marshall K. Dong
Yee Yee Jiu	Alfred W. Chin	Albert P. Fong
Gene F. Lay	Leslie Y. Gee	Gong B. Fong
Jerry M. Lum	Ed Sam Fong	Lew B. Fong
Rudolph Lynn	Ah Fong	Wong G. Gin
Jeong Wing Jeen	Goon G. Lee	Lee Wong Gem
Harry Wong	Chin T. Tom	Howard Lee
Wesley Y. Chow	Yuen Hop	Harold W. Young
Fan Yee Wong	Walter Tom Lum	Hong Chew Lee
Jack Dai Sum Tim	Toy Jer	Percy Louis
Lein Quock Hing	Ging Gin	Yee Lam

CHINESE PRESS
America's English Language Chinese Newspaper
Published every Friday
by the Chinese Press Publishing Company (Incorporated)
835 Stockton St., San Francisco 8
Telephone TRON 2-8811

Established 1908
Subscription Rates: Payable in advance, One Year in United States, \$10.00; Single Copies, 10 Cents

Change of Address: Three weeks notice required for change of address. Please give both new and old address on change.

Member of California Newspaper Publishers' Association, National Editorial Association.

Entered as second-class matter July 1, 1960 at the post office at San Francisco, California, under the act of March 3, 1959.

CALIFORNIA BUILDERS HARDWARE CO.

First Vice Commander Wong's article on the importance of Memorial Day. This is from the *Chinese Press* May 25, 1961, a list of Chinese Veterans who lost their lives in WWI & WWII.

MAY—Mark Your Calendars / Save The Date

~ Asian Heritage Month & Poppy Program ~

- May 1 APA Heritage Awards and reception, Herbst Theatre at 5:30 p.m.
- May 11 Cathay Post No. 384 meeting and election of new 2018-19 post officers.
- May 13 Mother's Day
- May 18 Armed Forces Day
- May 24 National Poppy Day
- May 26 USS San Francisco Memorial, Ft. Miley @ 11:30—1:30 p.m. 
St. Mary's Square WWI & WWII Memorial @ 3 p.m.
- May 27 Memorial Day—San Francisco National Cemetery, Presidio
Memorial Day Parade and Ceremony @ 11 a.m.
Korean War ceremony at the Korean War Memorial @ 1 p.m. (see flyer on next page)
- Jun 15 Cathay Post 88th Anniversary Banquet & Honoring First Responders at New Asia
Restaurant beginning at 6:30 p.m. (See flyer on page 9.)



THE AMERICAN LEGION
and
this Publication

remember that

**FREEDOM
IS NOT FREE.**

MEMORIAL DAY

THE AMERICAN LEGION - VETERANS STILL SERVING AMERICA



WWW.LEGION.ORG



**KOREAN WAR
MEMORIAL FOUNDATION**

**An Invitation
to our
Memorial Day Commemoration**



Photo by Charity Vargas, Presidio Trust

Monday, May 27, 2019, 1:00 pm

(immediately following the ceremony at the National Cemetery)

Korean War Memorial

Lincoln Boulevard at Sheridan Avenue

The Presidio of San Francisco

*You are cordially invited to join us for this
Special Ceremony.*

Korean War Memorial Foundation 415 817 1858 info@kwmf.org www.kwmf.org

Social Security, here today, where tomorrow By Roger Dong

Don't panic yet. All of us who are currently receiving Social Security (SS) checks will continue receiving our checks each month for the next decade. And we deserve those checks because that money was deducted from our paychecks for many years. In theory, that is our money being returned to us so that we could retire and live for less. However, by 2020, all the money deducted from your/my paychecks and stored in the social security trust accounts will be exhausted.

Yikes, does that mean there might not be social security checks next year (2020)?

No, we are told that there is a reserve, \$3 trillion trust account that can be used until that is exhausted. How long will that last? The best guesstimate is that we have sufficient funds to pay 100% of our SS checks until 2034. What happens in 2035? Do not fear we are told. Our SS checks will not stop, but plan on receiving roughly 25% less each month. For planning purposes, anyone who plans to live until 2035 and beyond, needs be ready to receive at least 25% less from SS because you/I must also assume that inflation will continue in the future.

You/I will need to live on a smaller budget, unless you find a new stream of income (like a second job). Most seniors will not be able to find a job as age discrimination, while illegal, is a real issue for most people eligible for Medicare today.

The huge block of voters currently on SS (approximately 70 million retirees and disabled citizens), and the millions more in the future will ensure that Congress will do everything possible to protect SS. But it will most likely shrink over time. The threat to SS is also due to the decline in the size of the population of workers whose contributions are needed to fund those of us currently receiving our monthly retirement checks. For those depending on future SS retirement funds, we will need to find additional sources of funds to ensure current contributors will have SS payments when they retire. This is one of several significant economic challenges for our American society. Funding healthcare and defense are two other great issues that must be addressed soon.

Multiple sources, including: "Red Ink Seen for Social Security by 2020," Kate Davison, WSJ, April 23, 2019, A2



On sale NOW at www.legion.org/coin

Don't forget to buy your American Legion US Minted coins. They won't last long. The sale of these coins will help fund American Legion programs that support servicemembers, their families, and their communities.

Big Brother is tracking, not just watching By Roger Dong

Note that no one ever told us what we do on the internet is private. But the lack of privacy is alarming and very disturbing.

You may, or may not, know that virtually every key stroke that you enter to send data away from your computer (or cell phone or tablet), is stored somewhere, likely "in a service provider's cloud," or saved in the Google cloud. BTW, the cloud is just an acronym for millions/billions of mini-disks that store all the data captured on the Internet. We now know that Google is not just a searching and downloading data on the internet for us, it is also tracking us - for profit. Even if you are not concerned that Google, or other businesses know everything you have purchased, or just browsed, may harm you, you do not want strangers to know more about you, than you can recall about your own behavior on the Internet. Note that unlike most humans, neither the Cloud, or Google, has memory problems. We do many things routinely that may be innocuous, but if someone, or some organization knows everything you do on your computer, is that in your and/or my best interest?

Today, not just every-

thing we buy on the internet, but all your online investment decisions and financial transactions are recorded somewhere in a cloud somewhere, and/or in Google cloud. In some cases, even though our data may be protected by our passwords, but clever hackers who target you, can access "secure" data on me/you. In this 21st century, anything we do on the Internet is only slightly private, and once data leaves our computer, very likely is accessible to hackers and scammers. Few of us encrypt our data transmissions.

Banks and credit card issuers track our accumulated credit card debt and may contact you to offer you a loan to pay off your credit card debt, or an alternate credit card with a limited time, lower interest charge to get your business. If your credit is not so good, the good news is that you will probably not be contacted for better deals.

Let's talk about what Google records about us. First, you should already know that every search you have EVER conducted with Google search is stored forever. That was done without notification or your acquiescence. Even when you are browsing, before you make a final decision,

your browsed pages are recorded. That's why we get solicitations from sellers of products we just took a glance at. And, even when we are not shopping, but doing research, for whatever reason, each search string of characters and the actual websites we visit is a matter of Google record. Now you tell me, you say. Well, now you know.

Google is the mother of YouTube, so every video we have selected for viewing is known to Google and those businesses that pay Google for information about each of our YouTube viewing sessions. Are you mad yet?

All our photos and videos we have ever taken are a matter of record in the Google data files. Never take a picture you don't want others to see and save it on your cell phone. Never visit a website, you don't want your future boss or the law enforcement to know that you did.

The Google cloud is so huge that we are talking about quadrillions of storage bytes. For the record, AI (Artificial Intelligence) software is needed to locate, retrieve, and collate from the millions/billions of

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Google, Continued

(Continued from page 10)

minidisks that comprise the Google cloud. Without AI software, all the data would not be accessible and retrievable in a timely and effective manner.

Google mail users and users of all the range of Google products that have data, including our photos and videos, are neatly tucked away and accessible to Google's business clients, who are in the Google cloud constantly seeking data that reveals our habits and proclivities, so that they can sell us products we may not even know exists, but may pique our interest. Really mad now?

I must also tell you that Google uses your personal profile and internet behavior to sell ads, not only on their search engine, but also on over three million other websites and apps. Every time you visit one of these sites or apps, Google's business clients can follow us around with targeted ads based on our behavior online. Using other search engines just means someone else is watching and tracking what

you are doing. Welcome to the 21st Century where there are no real secrets on the internet.

We have not even mentioned all our opinions, delusions, and angry blurts in social media are stored by other vendors. Are you a Facebook user? Background investigators and potential employers may check out your comments in social media. That can poison or lose you a job interview! I suspect the government uses information we have posted on the internet to evaluate you, correctly, or incorrectly. Anyone who wants a security clearance should be very careful about political statements. These days with so many reasons to be mad at the government or politicians, any angry comments you make on the internet could deny you a job opportunity! How mad are you now?

Source: "What does Google know about me?" Gabriel Weinberg, Updated Sep 12 2018 · Upvoted by Cole Duncan, A Google Staff Manager at Google (2015-present) and Yongzhen Chen, former Student Ambassador at Google (2014)

Track No More, Google By Roger Dong

For Androids

When you upgrade to the latest version of Google Maps and check out your Timeline (Hamburger icon > Your timeline), Google asks you to turn on Location History. You can then check out where you've been. I signed in on a borrowed Galaxy Note 4, so the only thing it had tracked was my location at the office.

If you'd rather *not* have your Android phone tracking your location, go back to Your timeline and tap on the three dots on the upper-right corner.

- Select Settings
- Scroll down to Location Settings.
- Tap "Location History is on."

A new window will appear; toggle the switch to turn off for your specific device or all Location History across your entire Google account.

(Alternatively, you can navigate to Hamburger icon > Settings > Google Location Settings > Location and toggle off Google's location settings.)

To delete all your location data, scroll down to Location Settings and tap

(Continued on page 14)





AMERICAN LEGION CATHAY POST 384



88TH ANNIVERSARY OFFICERS INSTALLATION & FIRST RESPONDER'S AWARDS BANQUET

SATURDAY, JUNE 15, 2019

No host cocktails 5:30 p.m. / Dinner 6:30 p.m.

New Asia Restaurant

772 Pacific Avenue, San Francisco

\$600 per table of 10 or \$65 per person

RSVP: NO LATER THAN JUNE, 4, 2019

FOR TICKETS AND RESERVATIONS

NELSON LUM: (415) 205-0120

GEORGE TSANG: (415) 608-6312

HELEN WONG: (650) 576-7875

American Legion Cathay Post 384, 1524 Powel Street, SF 94133 | (415) 797-7384

U.S. COAST GUARD BAY AREA

Asian American Pacific Islander Heritage Month Unite Our Mission By



Engaging Each Other

DATE: 23 May 2019

WHERE: Coast Guard Island
(Gazebo Picnic Area)

TIME: 1030-1300

POC: LTR. Sadowitz (510) 437-3801

Cultural Booths

Performances

Cultural Food



Track No More, continued

(Continued from page 11)

"Delete all Location History." A pop-up will warn you that everything is about to be deleted, which might affect how Google Now and other apps that use Location History work. If that's okay with you, check the box next to "I understand and want to delete" and then Delete.

To ensure that Google no longer stores any location data, you'll have to play around with your phone's settings. Under your phone's main settings menu, you can find your device's location settings. You have the ability to disable location services for specific apps or to disable all location services for the entire phone. Be advised that many of your phone's apps and services will be unusable at this point.

Instead of disabling half the services on your phone, you may prefer to install a virtual private network (VPN) in order to keep your activity and data private. There are plenty of services to choose from [for your Android device](#).

For Apple iOS

Like on Android, select the hamburger menu, and tap Your timeline to see recent locations. To wipe a location out of your history, tap the three dots on the top-right and tap "Delete the day." You can also navigate to Settings > Maps History and tap the "X" next to a location you want to delete.

To get rid of absolutely everything, go to Settings > Personal Content > Delete All Location History, acknowledge this is what you want to do, and click Delete.

Google typically tracks your location whether you are using an app like Google Maps or not. But you can set your phone so that this happens only when you're actually using the app. Go to Settings > Privacy > Location Services, then select Google Maps or another app, to adjust location settings to "While Using." This can be helpful when you want the phone to remember where you've been for future searches but not to constantly track you.

If you typically use Google as your search engine, it might be a good idea to switch to [Bing](#) or DuckDuckGo. If you'd prefer to keep using Google, you can turn off location data collection in Settings > Privacy > Location Services > Safari Websites, and then switch tracking off.

Like on Android, you can turn Location Services off completely by navigating Settings > Privacy > Location Services. This will disable Google Maps and Apple Maps from giving you proper directions on your phone.

If you'd prefer not to disable all these features on your phone, installing a VPN is a great way to keep your activity and data private. There is a great selection of VPN services [available for iPhone](#).

Now that you know how to avoid the FBI, you are on your own. LoL.

SOURCE: [How to Get Google to Quit Tracking You | News & Opinion | PCMag.com](#) <https://www.pcmag.com/article/345340/how-to-get-google-to-quit-tracking-you> Aug 14, 2018 ...

2019 Department of California annual convention will be held at the Ontario Convention Center on June 28-30, 2019

Men—Allergic to Doctors By Roger Dong

Recent research has disclosed that 40% of guys (of all adult ages), do not see a doctor for annual check-ups. Fifty-three percent say their health isn't something they talk about. Thirty five percent say that they, (we) are comfortable talking with our friends about injuries from sports or other guy activities.

What's the reason for guys avoiding a doctor visit? Are we chicken? Afraid to find out that we are not perfectly healthy?

Compared to women, guys avoid doctors, skip recommended screenings, and do more risky things. And when we die five years earlier than our wives and other females in our age group, it is too late to complain.

Statistically, guys first seek medical attention when we have problems with sexual capabilities or problems with our wee wees (prostate issues). This is confirmed because many men visit urologists before their family doctors.

Generally speaking, ladies visit doctors much earlier and regularly in life than guys. No wonder ladies outlive us guys. In many cases, after childhood visits to

a pediatrician, many guys don't see doctors until our late middle age. And the reasons that have been revealed relates to masculinity and the corollary symbols of weakness. It's the Macho syndrome guys.

Medicine is coming to the rescue. Because many guys don't visit a doctor until there is an ED problem, or painful urination, urologists are directing guys to the other doctors who can help us stay healthy and attempt to have us live as long as our spouses, other females in our age group.

Some hospitals are creating inviting environments such as sport themes in doctor's offices to make a doctor's office more friendly and manly. Sports themes are used. Hospitals are redecorated to look more like offices. Coffee bars are omnipresent. Programs centering on the theme of Men's Health is getting omnipresent.

Guys can now meet, and/or prepare for doctors meetings using our smart phones. Systems utilizing Artificial Intelligence can respond with appropriate questions to elicit answers that will help the doctor quickly understand and diagnose solutions for their

patients. Acquired relevant information can save a lot of time and assist the physician to quickly get to the patient's health issues.

Wives are being educated to encourage their spouse to live longer by seeing a doctor. With many programs initiated to get men to seek medical health attention, many guys with high blood pressure or abnormal blood sugar levels and advised to get early treatment.

Over 100,000,000 Americans have diabetes problems with a higher number not even aware they have a diabetic problem. It can be a precursor to more serious problem such as heart attacks, serious liver or kidney problems, stroke, and even cancer.

Ok, guys. Have we got your attention? Make an appointment to see your doctor soon, or your spouse or companion may out live you more than five years. It's up to us to close the gap.

Source: "Men, the Doctor would like to see you Now." Laura Landro, WSJ, April 30, 2019 R1, R2





The Great War | World War One
**THE AMERICAN
EXPERIENCE**

American Legion District Eight and the
World War One Armistice Commemoration Committee
invite you to an historical exhibition:

The Great War/World War One: The American Experience

An intensely researched and curated exhibit of the American involvement in The Great War. World War One, for both better and worse, shapes our lives even 100 years after its end in 1918. The first industrialized war holds lessons for today, yet is poorly understood. Through artifacts, photographs, videos and explanatory text, this exhibition illuminates the unique historical event.



VETERANS GALLERY
War Memorial Veterans Building
401 Van Ness, San Francisco
March 6 — June 30, 2019
1 pm — 8 pm
Wednesday — Sunday



For more information: alwmcsf.org/gallery/ww1_exhibit2



American Legion Auxiliary

In Flanders Fields

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

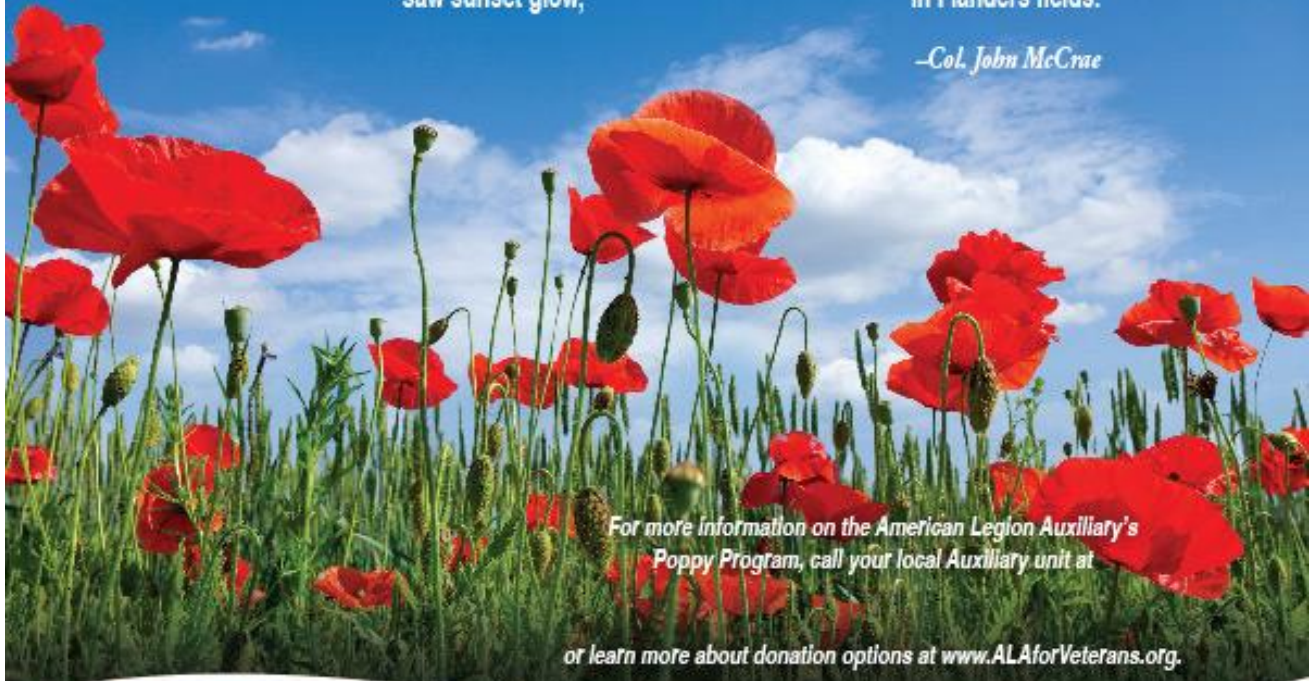
We are the Dead. Short days ago
We lived, felt dawn,
saw sunset glow,

Loved and were loved and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

—Col. John McCrae



*For more information on the American Legion Auxiliary's
Poppy Program, call your local Auxiliary unit at*

or learn more about donation options at www.AL4forVeterans.org.

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Candida Auris, Deadly Superbug By Roger Dong

Candida Auris is a deadly superbug fungus posing a "serious global health threat" Candida Auris (C Auris) is a drug-resistant superbug fungus. Hundreds in America have already contracted this disease. Like many health threats, C Auris preys on the weak, specifically those of us with weakened immune systems.

Several hundred cases have been reported in the following states: New York, Illinois, and New Jersey. Globally, it has been reported in 20 countries. Like pneumonia, it strikes in hospitals and senior homes, people who are sick are most vulnerable.

What kind of infections does C Auris cause? C Auris can cause different types of infections, including bloodstream infection, wound infection, and ear infection. The fungus has also been detected in respiratory and urine samples, but the CDC says it's unclear if it causes lung or bladder infections.

Some strains of C Auris can be controlled with anti-fungal medications, but some strains are highly resistant to our three major types of anti-fungal drugs.

Because many infected with C Auris are already very weak and ill, whether fatalities are due primarily to C Auris is often difficult to determine.

But C Auris must be considered a very serious health hazard. While statistics are currently limited, it is guesstimated that between 30-60% of C Auris infected people die. Do I have your attention yet?

We need to keep a close eye on this virus. We must learn much more about this threat.

Sources: "Candida Auris: What do know about the deadly superbug fungus posing a 'serious global health threat'" From the Center for Disease Control (CDC) Candida Auris



2018-2019 NATIONAL MEMBERSHIP TARGET DATES

EARLY BIRD/NEF KICKOFF	SEPTEMBER 12, 2018	50%
FALL MEETINGS	OCTOBER 11, 2018	55%
VETERANS DAY	NOVEMBER 15, 2018	65%
PEARL HARBOR DAY	DECEMBER 12, 2018	75%
MID-WINTER	JANUARY 17, 2019	80%
PRESIDENTS DAY	FEBRUARY 13, 2019	85%
LEGION BIRTHDAY	MARCH 13, 2019	90%
CHILDREN & YOUTH	APRIL 10, 2019	95%
ARMED FORCES DAY	MAY 8, 2019	100%

DELEGATE STRENGTH 30 DAYS PRIOR TO NATIONAL CONVENTION

Target dates are the second Wednesday of the month unless a holiday falls on that day or at the beginning of that week. The November target date will be on the third Thursday due to Veterans Day falling on the previous Sunday. To maximize the December renewal notice, the January target date will be the third Thursday of the month.



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2019 Legacy Run Route Set

The route for the 2019 American Legion Legacy Run is set.

The ride, which raises money for [The American Legion Legacy Scholarship Fund](#), will depart American Legion Post 347 in Lady Lake, Fla., on Aug. 18, and arrive in Indianapolis, Ind., on Aug. 22 for the 2019 American Legion National Convention.

Along the way, the ride will make stops in Georgia, North Carolina, South Carolina, Virginia, and Kentucky, before ending up at Kenneth N. Dowden Wayne Post 64 in Indianapolis.

Day-by-day route highlights:

- **Aug. 18** – Depart American Legion Post 347, Lady Lake, Fla.; stops at Post 57, Lake City, Fla., and Post 13, Valdosta, Ga.; wreath-laying in Waycross, Ga.
- **Aug. 19** – Lunch and wreath laying at Georgia War Veterans Home, Milledgeville, Ga.; dinner at Post 7, Gainesville, Ga.
- **Aug. 20** – Stops at Post 28, Spartanburg, S.C.; afternoon parade and stop at American Legion World Series in Shelby, N.C.
- **Aug. 21** – Wreath laying in Jonesville, Va., and dinner at Wildcat Harley Davidson, London, Ky.
- **Aug. 22** – Lunch at Post 9, Madison, Ind., and finish at Kenneth N. Dowden Wayne Post 64 in Indianapolis.

The 2018 Legacy Run raised a record \$1,300,804 for the Legacy Fund, the fifth-straight year the ride has raised more than \$1 million. The fund provides college assistance for the children of U.S. military personnel killed on active duty on or after Sept. 11, 2001, as well as children of post-9/11 veterans with a combined VA disability rating of 50 percent or higher.

Registration information will be shared once it becomes available.

May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7 ALWMC Meeting, 6 pm	8	9 Dist. 8 Meeting 6 pm	10	11 Post Meeting 11 am
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day
19	20	21	22	23	24 National Poppy Day	25
26 USS SF & St. Mary's	27 Memorial Day Presidio	28	29	30	31	

June 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 ALWMC Meeting, 6 pm	5	6 Dist. 8 Meeting 6 pm	7	8 Post Meeting 11 am
9	10	11	12	13	14	15 Post Installation Banquet
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28 Dept. Convention	29 Dept. Convention
30 Dept. Convention						

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We welcome article or letter submissions but reserve the right to publish, republish or not publish any submission and to edit articles or letters as appropriate. Submissions must include your name and an email address or phone number. All submissions should be emailed to cathaypost384events@gmail.com.

Cathay Dispatch is a proud member of the *National American Legion Press Association* (NALPA) & *California American Legion Press Association* (CALPA).



2014, 2015, 2016, 2017, 2018



2014, 2015, 2016, 2017, 2018



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Join Cathay Post No. 384 in San Francisco, one of the oldest and most active posts in San Francisco. We welcome all qualified retired or active men and women.

Our veterans are courageous wartime military men and women who proudly served or are currently serving.

Gulf War/War On Terrorism
Desert Shield/Desert Storm/OEF/OIF
8/2/1990 to present

Panama—*Operation Just Cause*
12/20/1989 – 1/31/1990

Lebanon/Grenada
Lebanon War/Operation Urgent Fury
8/24/1982 – 7/31/1984

Vietnam War
2/28/1961 – 5/7/1975

Korean War
6/25/1950 – 1/31/1955

World War II
12/7/1941 – 12/31/1946

World War I
4/6/1917 – 11/11/1918

CATHAY POST 384 American Legion

2018-2019 Officers

Commander: Nelson Lum

1st Vice Commander: Helen Wong

2nd Vice Commander:
Charles Paskerian

Adjutant: Ernie Stanton

Finance Officer: George Tsang

Historian: Roger Dong

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