



# CATHAY DISPATCH

Veterans - Sounding Off Since 1931

## NATIONAL COMMANDER BILL OXFORD, A FOUNDATION FOR THE FUTURE

By Clara Pon



Mountain in Caldwell County, North Carolina. He is an active volunteer in several athletic youth programs and as you might imagine, active in American Legion baseball. You may even hear him as the public address announcer for Post 29's American Legion baseball team.

Every commander chooses a fund raising project or two to promote during their year. Commander Oxford has chosen two: the American Legion's 100<sup>th</sup> anniversary U.S. Minted commemorative coin series for the remaining part of 2019 and American Legion Veterans and Children's Foundation beginning January 1, 2020. Your contributions will go directly to the Temporary Financial Assistance (TFA) program and Veteran Affairs & Rehabilitation (VA&R) services which will be used primarily towards training American Legion service officers to help you, your fellow veterans, and their families get the health care benefits you deserve as well as assist with education and employment opportunities you may need.

Remember, the proceeds from the commemorative limited coins help fund American Legion programs that support servicemembers, their families, and communities. Sales of these coins end on December 31 and will not be sold again.

We look forward to meeting Commander James "Bill" Oxford, showing him around our beautiful, renovated post, and the City by the Bay when he and his entourage visits California at the end of the year or the beginning of 2020.

James W. "Bill" Oxford from the Tar Heel State of North Carolina is a retired colonel with over 34 years of military service first serving in the Marine Corps during Vietnam and then in the Army Reserve having gone through officer's candidate school. He served as post commander of Pvt. Charles E. Dysart and Corp J.E. Kendall Post 29 in Lenoir. Commander Oxford worked his way up to department commander in 2010-2011. Bill Oxford is The American Legion's newest elected commander leading the largest veteran organization into its second century of service. Congratulations Commander Oxford!

Commander Oxford also served as mayor and city council of Cahaj's

### Important Dates:

- Sep 2—Labor Day
- Sep 11—Patriot Day
- Sep 14—11 a.m. Post monthly meeting
- Oct 8—Fleet Week luncheon
- Oct 13—Italian Heritage Day parade
- Oct 19—11 a.m. Post monthly meeting

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## A Bustling August, From Legacy Run to National Convention

By Clara Pon



Top: Lady Lake Post 347 parking lot on August 18, 2019 — Hundreds of American Legion Riders getting ready to begin the 14<sup>th</sup> annual Legacy Run.  
Bottom: A grand send off by Post 347 color guard.

I knew August was going to be a really busy Legion month for us. What I didn't expect was how really busy and packed our 17 day adventure was going to be. I remember the stories Ken George told me of the wet, humid, and long days from working his first Legacy Run and the early days of his new job at Legion headquarters while I was still in California. Being the newest employee in Internal Affairs, he was literally getting his feet wet with all the rain that was pouring down the skies during the 13<sup>th</sup> annual Legacy Run from Hutchinson, Kansas to Minneapolis, Minnesota.

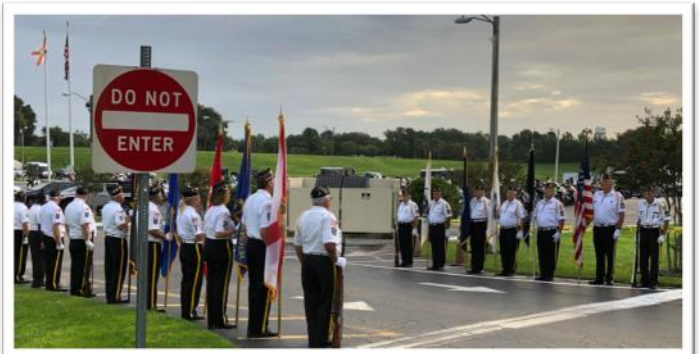
This year, I was part of the support team on the Legacy Run that raises

money for children who lost a parent while serving their country. The run started in Lady Lake, Florida on its way up to convention in Indianapolis, Indiana. We started our road trip hauling emblem sales merchandise down in the Legion trailer for them to set up shop a couple of days before the run registration began. Overnight, the Legion trailer emptied its merchandise to become a chase vehicle to haul unfortunate,

unsuspecting bikers and their bikes to Harley shops for service or to safe spots to call for a tow. I was told, this year had at least twice as many breakdowns than last year. Every day, we had a bike or four, have issues. Fortunately for the bikers, there were two extra chase vehicles with trailers to assist and they assisted in ways many of the riders will never know.

We all know how dangerous the roads can be in a car. I'm sure you can also imagine how much more dangerous it is for a biker, more so when it's raining. Driving chase vehicles, we not only picked up troubled riders and their bikes, but we also tried to protect them on the road as much as possible, and when permitted. The five chase vehicles in back took on the responsibility of slowing traffic around "our" bikers in open traffic or blocked traffic in some cases so

*(Continued on page 8)*



## COMMANDER HELEN WONG

Training matters! The one advantage of going to meetings is the information you can learn and use in your life, if you choose to do so. From the local post level when there are guest speakers on different topics to department meetings when a variety of subjects are presented, there are opportunities to learn and be educated.

One training that I felt was useful was “The 12 traits of world class posts” that was taught at last year’s national convention. The topic was brought back to California to be part of CA Legion College curriculum. The topic was taught at this year’s state convention by M. Clemons. These were traits identified by 55 departments and 56 posts.

It made me wonder whether our Cathay post hit a majority of the 12 or fell short. If we did fall short, on what areas could we improve?

#12: All-inclusive with having Sons, Riders, Auxiliary & Legionnaires so it would be easier to engage the entire family. *We use to have an Auxiliary unit and a Sons squadron. We will be looking into a Riders chapter.* We encourage family members to participate.

#11: Cross-generational mentorship. Each generation passing information down and up. *Our newsletters help with passing information to each other.*

#10: Programs such as a car club or service dog training. No post mentioned bars or gambling. More programs equals more members engaged. *Parades, Fleet Week, Veterans Success Center involvement, volunteering at the VA Hospital are some of the things we do.*

#9: Dedication to the 4 pillars by taking Basic Training or CA Legion College. *Members have been encouraged to take the online course.*

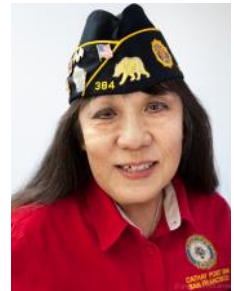
#8: Involvement with local schools. *We have Boys State delegates, ROTC and JROTC medals & scholarship awards.*

#7: Know your post history. Know what you want to project to the public. Go to town hall meetings, city council, or chamber of commerce. Be the color guard at events. *Cathay Post takes part in the flag raising for the Chinese Consolidated Benevolent Association annually on 4<sup>th</sup> of July, and other civic events, including Chinatown History Day on September 1.*

#6: Work as a Legion family and give respect to the Auxiliary and Sons. *We have family support members who help at the post serving lunches.*

#5: Recruit with a plan. Find what works and communicate with others. *Talk to veterans who belong to other service organizations and tell them what’s unique about the post.*

#4: Veteran-Veteran-Veterans. Help everyone, members and non-members alike. *We spend time giving out resources on shelters, jobs, food, etc.*



**Helen Wong**

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(415) 797-7384

Cathay Post Member  
since: 1990

Branch: Army

Final Rank: Lt. Col.

*“From the local post level when there are guest speakers on different topics to department meetings when a variety of subjects are presented, there are opportunities to learn and be educated.”*

(Continued on page 8)



**George Tsang**  
 gtsang1130@gmail.com  
 (415) 797-7384  
 Cathay Post Member  
 since: 2014  
 Branch: Army  
 Final Rank: SFC

*“As we are all getting older, Tai Chi is a great way to relieve stress, increase flexibility and balance.”*

**1st VICE COMMANDER GEORGE TSANG**

Have you renewed your 2020 membership yet? For those of you that have not, please consider doing so as soon as possible. It is a way to continue to serve your community and country. Last year Cathay Post reached over 100% in our membership quota and we are well in our way for 2020. Support members are encouraged to also renew their membership...we need you!

Although we have over 120 members, not all of us are active by coming to meetings and to the various events which require volunteers. I understand the timing may not be right for some of us, but I can definitely say you will leave with a sense of gratification if you choose to participate in any post event.

Our next major event is the Italian Heritage Day parade on Sunday, October 13, 2019. All interested Legionnaires, friends, and family who

want to march in the parade will meet at Cathay Post at 10:00 a.m. Make it a point to come to our monthly meetings and give your input as to how to better our post. Remember, Cathay Post is what we make of it.

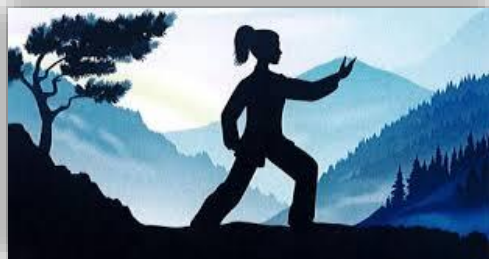
The operation of the post requires coordination with the various contractors for the various projects needed to maintain the building. We are almost finished with the requirements from the fire department in order to obtain our occupancy permit. We should be able to have the final walk through with the fire inspector within a couple of months. To get to this point, exit doors and locks had to be installed, emergency lighting and signs needed to be operational, an evacuation plan had to be drafted, extinguishers recharged and updated yearly, and last but not least, the back stairs are now being repaired to provide for a safe and second egress in case of

an emergency.

Luckily, the building has a sprinkler system and an upgraded electrical panel which is a big plus in obtaining any building permits. We are always looking for members that can volunteer and contribute their time to help with post operations. Any help will be greatly appreciated as there are only a few of us that are handling this area. Also, you can always stop by to introduce yourself and say hello to any of the activities group or community events held at the post to promote goodwill.

Finally, I have been teaching Tai Chi class on Saturdays from 9:30-11:00 a.m. for a few years now. As we are all getting older, Tai Chi is a great way to relieve stress, increase flexibility, and balance. The cost is \$5 per class to be donated to Cathay Post.

See you all at our next meeting!



Try Tai Chi to help relieve stress and bring harmony back into your body and mind. Balance. Meditation. Flexibility. Focus. Come to Cathay Post Saturday mornings at 9:30 a.m. The \$5 donation will be given to Cathay Post.

## 2<sup>nd</sup> VICE COMMANDER Charles Paskerian

I was privileged, as a Korean War Veteran to go on an Honor Flight to Washington, D.C., with my son, Michael, as my guardian. It was a life activity never to be forgotten. Not only did I spend three memorable days with my son, we were honored by everyone.

I will never forget this great honor bestowed on combat veterans, nor the great War Memorial sites, plus seeing the Marine Marching Regiments and the Changing of the Guard at the Tomb of the Unknown Soldier. This was an awe inspiring for the 23 combat veterans who were with me, who experienced war. All this was done with Federal Park Police motorcycle escorts who cleared the difficult Washington D.C. traffic on this trip and speeded things along, so we could see more places. If I were to try this alone, it would take over one week and I am not sure I could have covered all of the places.

The air conditioned buses were good and we were given prime seating and touring for all these visits. Also, we stayed at a fine Marriot hotel and food was first class. Now it is your turn to experience this honor. If you are a World War II, Korean, or Vietnam Veteran, it is FREE!

Honor Flight Network ([www.honorflight.org](http://www.honorflight.org)) recognizes American Veterans for their sacrifices and achievements by flying you to Washington, D.C. to see your war time memorial at no cost. Top priority is given to World War II and terminally ill veterans from all wars.

I will be bringing brochures to the next meeting and answers questions as best I can. I will also have contact information so that you can register for this trip. Veterans have to fill out an application as does the guardian that will accompany the veteran on the trip. Donations to the Honor Flight Network, a 501C3 non-profit organization makes these trips possible. For more information, you can visit the local Honor Flight Network hub at: [www.honorflightbayarea.org/home.html](http://www.honorflightbayarea.org/home.html)



L-R: My son Michael and I during our Honor Flight trip to Washington D.C. to see the Korean War monument.



Charles Paskerian

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Cathay Post member since: 2011

Branch: USAF

Final Rank: Major

*“I will never forget this great honor bestowed on combat veterans, nor the great War Memorial sites, plus seeing the Marine Marching Regiments and the Changing of the Guard at the Tomb of the Unknown Soldier.”*



**THANKS** to Joe Chan for referring Ron Chan to our last meeting to brief us on Honor Flight. Since that briefing, several of our post members have signed up to participate in this very meaningful trip for our deserving veterans.



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American Legion history on display

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Please contact Merc Martinelli at (415) 861-4920 or  
email: [alwmcfsf@gmail.com](mailto:alwmcfsf@gmail.com) for questions on gallery hours.  
401 Van Ness Ave., San Francisco

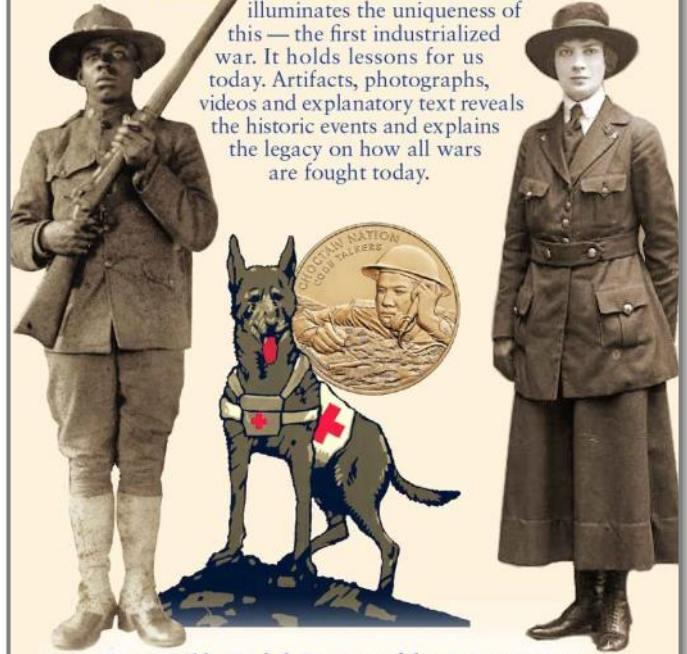
**The GREAT WAR | WORLD WAR I**  
**The American Experience**



Veterans Gallery, Free adm.  
 Mon-Fri, 1-6pm  
 Through-December 26  
 & visit 1914-1918 WW1 History, 2nd Floor  
 Veterans Building, 401 Van Ness Ave., San Francisco

**The GREAT WAR | WORLD WAR I**  
**The American Experience**

Americans in *The War To End All Wars*  
 World War One shapes our lives even 100 years  
 after its end. The Veterans Gallery's exhibit  
 illuminates the uniqueness of  
 this — the first industrialized  
 war. It holds lessons for us  
 today. Artifacts, photographs,  
 videos and explanatory text reveals  
 the historic events and explains  
 the legacy on how all wars  
 are fought today.



Presented by Eighth District of the American Legion  
 and the Veterans Commemoration Committee

**2019 AMERICAN  
 LEGION 100<sup>TH</sup>  
 ANNIVERSARY  
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Don't forget to buy your American Legion U.S. Minted coins. The sale of these coins will help fund American Legion programs that support servicemembers, their families, and their communities.

Coin **sales end December 31, 2019.** The U.S. Mint will no longer sell them after the end of the year, so order yours today.



### COMMANDER WONG, CONTINUED

*(Continued from page 3)*

#3: Community. If the post shut down, would the community notice? *We would say yes, as we have police & fire first responders who use the post's meeting halls; we give awards to them, to a community hero of the year; we have the Miss Asian Global pageant contestants rehearse in the hall; we have Boy Scout Troop 3 meetings on the first 3 Thursdays of the month in the hall; dance lessons and tai chi lessons.*

#2: Clearly defined Leadership Roles—they should know their jobs. *Job duties are reviewed and assigned if not defined.*

#1: Must have a web presence. *We have a website, Facebook page, and are in the process of updating everything. Our newsletters are sent out electronically.*

My conclusion is that while we have addressed quite a few traits, there is definitely room for improvement. It takes everyone helping out to achieve being a World Class Post and it is certainly attainable. We can work on two to start: #7 and #9. LET'S DO IT!

### Legacy Run to Convention, Continued

*(Continued from page 2)*

they didn't have to worry about cars and semi-trucks zooming by them at twice the speed.

We didn't always have police or law enforcement escorts. Even when we did, there would always be a couple of idiotic drivers who would try to snake through and pretend they didn't see the flashing lights on police vehicles. I mean seriously. Drivers couldn't miss us. They could certainly hear us. Hundreds and hundreds of loud roaring bikes, spanning at times anywhere from four to five miles with four big trucks hauling trailers in the rear with our own flashing lights should

instinctively tell drivers to get out of the way... at least you would think.



There were many times on the road that our chase vehicles seamlessly choreographed our own convoy tactics to prevent a reckless car or two that tried to leap frog in between us on narrow or dangerous strips of road to get in front of our motorcade. We put a stop to that several times over the course of five days. I

think because half of us in the chase vehicles are riders ourselves, we felt a need to protect our brothers and sisters riding from moronic and oblivious drivers who weren't paying attention. We saw one too many near misses the first day that we got more and more protective of our riders throughout the ride.

Throughout the five-day ride, oncoming traffic on one and two lane highways would stop and video the motorcade going by. Once the last motorcycle drove by, you can see them putting away their phones and start driving again. Well, on day four, we had a special vehicle join us.

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## Legacy Run to Convention, Continued

(Continued from page 8)

Freightliner had a stunningly decked out cab that rode up with us to Indianapolis. Oncoming cars from then on kept their phones recording when they saw this beauty rolling up behind us.



With four large body size coolers in the truck beds, we handed out free water at fuel stops. We did the best we could to keep everyone hydrated. It was important to keep hydrated on hot and muggy rides even when

it was raining. Many were grateful for the free ice cold water, while I was amazed at how others thought it was an obligatory perk and got upset when we ran out of water or didn't walk around passing them out. Many of our fuel stops were at large grocery retailers such as Super Walmart or at large trucks tops with mini marts that carried plenty of beverage options.

At the end of nearly every long day, we had to clean out the back of our truck beds from all the bottles, cans, and wrappers people threw in there. There were plenty of trash cans at our fuel stops to discard them in the appropriate receptacles. We certainly appreciated those bikers that threw away their own trash, helped collect their fellow riders' trash, or thanked us for collecting them when we could.

We also replenished the coolers nearly every morning prior to arriving at the rendezvous spot, got ourselves squared away, and was ready for the morning send off.

So any of you Legacy Run riders who read this or those who plan on going on a Legacy Run, remember, we aren't simply drivers and passengers in an air conditioned vehicle just waiting to pick one of you up on the side of the road, or expect us to walk around handing out bottles of water, or even collect your garbage. Our responsibility is to see to your safety if you're not feeling well enough to ride, check on you when your bike breaks down, as well as to protect you on the road from the rear as best we can with the limitations we have. We are part of the Legion family, too. We're on this run with you.

(Continued on page 10)



Legacy Run videos to watch:

2019 Legacy Run Wrap Up, <https://vimeo.com/357206977>

Kick off: <https://vimeo.com/355002209>; Day 1: <https://vimeo.com/355002011>;

Day 2: <https://vimeo.com/355002140> ; Day 3: <https://vimeo.com/357199106>

Day 4: <https://vimeo.com/357199398> Day 5: <https://vimeo.com/357199817>



## Legacy Run to Convention, Continued

(Continued from page 9)

Crossing the border into Indiana from Kentucky on Thursday, August 22 was a welcoming feeling after being on the road for eight days. The end was in sight, as was the beginning of another hectic seven days. It was time to switch from a rider 'helmet' to a 'convention' hat, and for Ken, his Legion cap.



Sons of The American Legion was just starting to check in and register for their annual convention. Ken being the national SAL liaison, he and I quickly transferred our stuff from the rental truck to our car, dropped off the Legion trailer at the Geiger Ops Center, returned the rental truck, headed home to dump our riding clothes, repack our bags for convention clothes, and onward to the hotel for him to see to his SAL duties.

I, too, had to get ready for convention. As the

chief-of-staff for the National American Legion Press Association (NALPA), the executive director and I were preparing for the annual business meeting on Sun., August 25, getting information and items delivered to the awesome ladies at the booth, and the office set up in the administration hall. I got my convention badge so I could get onto the exhibition floor. Once I had that, I dropped off the new lanyards with card holders and pins to Julie and Chris (Media & Comm. staff) that worked the National American Legion Media Association, NALMA booth. I also told them that members can pay their membership online now. We were able to get the payment processing working for the online membership page set up right as the exhibit halls opened up before convention started. (Thanks Byron!)

I dropped in and out of the NALMA booth daily to check in on the ladies and to help if needed. The upheaval and bedlam that was instigated by an individual seeking a leadership role was full of acrimonious and rancorous intent was further spurred on by a few members at the annual NALPA meeting. His diatribe was full of incorrect statements and mis-

information. As a person who aspires to take on a leadership role, one would think that he would demonstrate the necessary amount of professionalism for the position he was seeking. Nonetheless, members were led into a direction of no return. Best of luck to them.

We did attend the last preseason game between the Colts and the Bears with friends and family on Saturday. I walked the parade on Sunday with the Department of France. Afterwards, Ken and I attended the NALCAA dinner at the NCAA Hall of Champions.

Monday was the annual NALPA awards luncheon. Nearly a hundred guests attended this rewarding event. This year, we won four plaques, three for articles, and one for overall publication. Congrats to Nelson Lum for another great article and to the guest that accompanied him that his winning article was written about. Sarah Lee from Tennessee rode her bicycle across the country to deal with depression and suicide. More congrats goes to Helen Wong for her first win! I didn't tell her I was submitting one of her articles. She now has a plaque to put on the post wall with the

(Continued on page 11)



## Legacy Run to Convention, Continued

(Continued from page 10)

other NALPA awards. I included the winning articles in this edition so you can read them again. Overall, California took 14 awards this year out of 62 placements. Fourteen departments participated again this year and, hopefully, a few more departments will enter next year's contest.

The SAL convention was over Sunday and Ken transitioned again to another roll as sergeant-at-arms staff liaison. He was in charge of all the sergeant-at-arms that worked the convention floor. He was getting them prepped and ready to work when convention officially opens. Once the convention was called to order, Ken was back stage all day, every day of convention ensuring people were where they were supposed to be and doing what they were assigned to do.

The national command-

er's gala was Tuesday evening. It was another great evening shared with friends we hadn't seen in a while and listened to a great Beatles cover band. Everyone left when the music stopped playing. Before we all scattered, we took our annual group photo with our sister post in New York, Lt. B.R. Kimlau Post 1291. This year, we dragged a couple of national convention virgins. Some refer to her as my evil twin or my dragon sister, because you know, we all look alike. Kokoe and Tim Dusina now live in San Diego. We use to all belong to the same rider chapter in Midway City, CA. Soon, they'll be China Post 1 Dragon riders with us.

The convention center had long lines snaking all around the hallways to get into the convention due to the appearance of Vice President Michael Pence, a native Hoosier on Wednesday. A win-

ner of the Dept. of Indiana Oratorical contest back in 1977, his speech was delivered with conviction and sincerity. He received much applause and shots of support. We also heard from U.S. Secretary of State Mike Pompeo the day before. A U.S. Army Veteran and Legionnaire of Post 4 in Wichita, Kansas gave a great speech on Americanism and praised what The American Legion has done as an organization in its 100 years of existence.

The convention concluded on Thursday with the nomination and election of 2019-2020 American Legion National Commander, James W. "Bill" Oxford from North Carolina. The campaign parade on the convention floor for Bill Oxford brought people out of their chairs, flags and signs waving in the air to singing and dancing, waking up a few convention goers. Congratulations commander.



## The next 100 years—101<sup>st</sup> American Legion National Convention

By Nelson Lum



The opening show of the 101<sup>st</sup> national convention performed by Legionnaires across the country and Theodore Roosevelt Jr., portrayed by a Troupe America re-enactor. Photo by Ben Mikesell (HQ)

The 101<sup>st</sup> National Convention of the American Legion was held on August 23 to 29, 2019 at Indiana Convention Center in Indianapolis, Indiana. California had a large contingent of delegates and guests (about 95) who attended this event. Cathay Post 384 was represented by Commander Helen Wong, 1st Vice Commander George Tsang, and me along with the special participation of our Cathay Dispatch Editor-in-Chief Clara Pon. Thanks to meeting the 100% membership goal for 2018-2019, the Department of California was seated in the front of the convention directly adjacent to the stage. During the past several years, we were seated in the nosebleed section due to our poor membership performance.

The weather was hot and

we were rained upon most of the time. Luckily, most of the building structures in downtown Indianapolis are connected by skywalks. We were able to go from place to place without getting too wet. I attended several meetings at convention. One of those meetings was the annual National American Legion Press Association (NALPA) membership meeting.

At this meeting, we were informed that the necessary annual tax filings by the organization were not filed for several years. In addition, the incorporation of NALPA was filed in New York, not in Indianapolis, Indiana as stated in the last version of the bylaws. With the assistance of national American Legion officers, a new legal entity was incorporated in Indianapolis, Indiana named National American Legion

Media Association Inc., (NALMA). NALMA is a 501(c)3 non-profit public charitable entity that is separate from The American Legion. It has a signed written authorization to use the trademarked name. In an attempt to bring members over to the new legal entity, some members of NALPA chose to disregard the precarious situation NALPA is in. Those members proceeded with officer elections and continued to mislead members of its viability. So essentially, there are two entities; NALPA and NALMA.

The annual parade on Sunday was met with sunshine and the temperature stayed somewhat mild along Indiana's World War Memorial Plaza Historic District. (Indy has the second highest number of war memorials and monuments in the U.S. with D.C. having the most.) We were able to walk the route without sweating too much. The only major drawback were the

*(Continued on page 13)*



## 101<sup>st</sup> National Convention, continued

*(Continued from page 12)*

buses that were supposed to pick us up at the end of the parade did not show up. It was rumored later that the buses did show up, just not for us. Our department accepted the offer to share another department's bus because they had room. I guess the agreement whether it would take us back were not communicated and most of us were forced to walk or Uber back to the hotel. There was an after party at the American Legion Mall along the parade route that was filled with parade goers. We visited the Indianapolis Speed Way that evening for the annual Jim Hackney department party. We had a great time looking at the race cars, new and old.

On Monday, we attended the NALPA Award luncheon. There were about 100 attendees from all over the country. Cathay Post 384 took four (4) awards ranging from best newsletter, thanks to Ms. Clara Pon, to 2<sup>nd</sup> and 3<sup>rd</sup> place winners of original and guest editorials. Army Sergeant Sarah Lee, the subject of my article, attended the luncheon as my guest. She spoke to the attendees about the dark times that triggered her

journey and by the time she finished, most if not all, were misty eyed. By the way, Sarah is featured in the September issue of the Legion magazine. Please read her story. (See also p. 18 & 20.)

The Tuesday opening show of the 101<sup>st</sup> convention was just as good as the 100<sup>th</sup> I witnessed last year. Past National Commander Denise Rohan took part in the opening show and did a phenomenal job. She may have a future career in acting. Two members of Hollywood Post 43, Jeric Wilhelmson and Lorna Duyn and a dozen or so other Legionnaires across the country spent many hours practicing for the big show. I will show it after our November meeting.

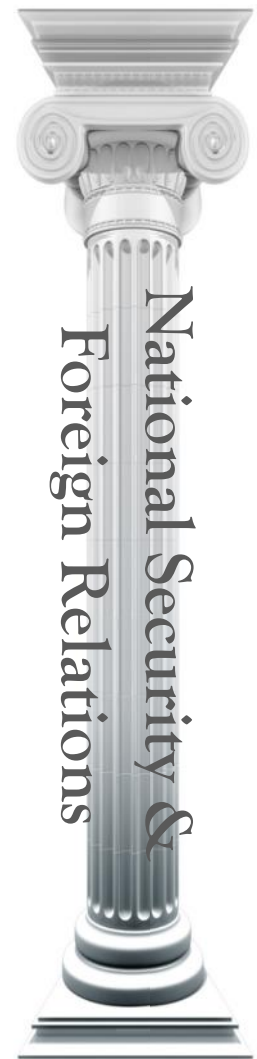
Following the opening show, awards were presented to winners of the various American Legion Americanism programs; Boys Nation, oratorical, Eagle Scout of the Year, air rifle, and baseball. These awardees were followed by the Spirit of Service Awards, recognizing an outstanding member from every branch of our military service. The featured speaker of the first day was United States Secretary of State Mike R. Pompeo. As a veteran and a Legionnaire, he

delivered the message that most of us agree with.

The annual commander's ball was held that evening. The food was adequate, but the music performed by "The Fab Four" was fantastic. The attendees danced the night away to all the familiar Beatles songs. Many of the VIPS on the daises stayed to the very end as well.

The following day, Wednesday was hectic due to the arrival of Vice President Pence as our keynote speaker. All attendees had to go through the extra security procedures required and enforced by the Secret Service. Vice President Pence touted the policy accomplishments of the Trump Administration that benefited the veterans. There were many cheers, applause, and standing ovations throughout his speech.

On Thursday, the delegates of the convention nominated and elected the new national commander Bill Oxford of North Carolina. Congratulations Commander Oxford. We look forward to your visit to San Francisco in December. I look forward to the 102<sup>nd</sup> convention in Louisville, Kentucky. Hope to see you there to sample the whiskey.



**2018-2019 NALPA AWARD CONTEST WINNING ARTICLES  
— REPUBLISHED (3 articles)**

**2<sup>nd</sup> Place Editor—Republished**

**100 Years of American Legion Volunteerism—Altruism or  
Egoism? Are you a servant leader?** By Clara Pon (Mar 2019)

Every Legionnaire at some point is asked, “Why did you join The American Legion?” It could have been at a membership roundtable discussing ways on how to recruit new members or it could have been during a leadership training session. It doesn’t really matter the where or the when, but the answer to the question that is most important.

Why did you join The American Legion, a veteran membership driven volunteer organization lead by volunteer leaders? Was it the opportunity to help support your veteran and their families in your communities? Was it the prospect of helping out high school students in activities that would develop discipline, teamwork, sportsmanship, leadership, or communication skills?

Maybe you joined the Legion to educate others why voting matters, or how to fly and fold the flag correctly, or to smartly march in parades to demonstrate your patriotism. Perhaps The American

Legion presented an avenue you needed to continue to serve your fellow veterans by relentlessly pursuing legislation to ensure your comrades are afforded the rights and benefits they deserve. For whatever reasons you joined The American Legion, it may not be why you are still a member today.

If you’ve been an active member, then you may have noticed and encountered in your experience at any of the hierarchal levels of this organization different types of volunteer Legionnaires. They are members wearing blue caps all the way up to the red national officer Legion cap. You’ve probably seen those that are go-getters, many that feel entitled, some don’t know what they’re supposed to do and accept the position regardless, more that fill a role intentionally don’t do anything, and several that didn’t want the role and got it anyway.

Furthermore, there are those that are outspoken, passionate visionaries who boasts about having solutions

to everything, but yet solve nothing. Then there are those less boisterous members that are always relied upon who are diligently getting the work done. We also understand these members give varying levels of participation due to many reasons such as personal and family obligations, work, health, transportation, and or amount of time they choose to dedicate. Regardless of the amount of time one is able to dedicate to the Legion for the benefit of others, those should be appreciated, applauded, and respected.

What is volunteering? Volunteering is generally considered an altruistic activity where an individual or group provides services for no financial or social gain "to benefit another person, group or organization." (Wikipedia)

As a volunteer, are you volunteering for altruistic, ‘the belief in or practice of disinterested and selfless concern for the well-being of others;’ or egoistic, ‘the practice of talking and thinking about oneself excessively

*(Continued on page 15)*



## Volunteerism, Continued

*(Continued from page 14)*

because of an undue sense of self-importance' reasons?

And what do you mean by being a servant leader? "A servant-leader focuses primarily on the growth and well-being of people and the communities to which they belong. While traditional leadership generally involves the accumulation and exercise of power by one at the "top of the pyramid," servant leadership is different. The servant-leader shares power, puts the needs of others first and helps people develop and perform as highly as possible." ([www.Greenleaf.org](http://www.Greenleaf.org))

So, whatever type of volunteer listed here that may apply to you, what type of volunteer are you really? What is your motivation to be a volunteer member of The American Legion? Moreover, if you were asked or chosen to take on a leadership role, what were your reason(s) for taking it and why? Were they altruistic or egoistic reasons?

So, you're likely asking yourself, "What does any of this have to do with being a member of The American Legion?" The answer to that solely depends on your own knowledge, beliefs, and perceptions of what being a volunteer member of the largest volunteer led war time veterans organization means to you. Your organization is led by volunteers, not paid employees, Legionnaire or not.

Your elected volunteer leaders are tasked with making intelligent, strategic, and educated legally binding decisions based on verifiable facts and supporting documentation on your behalf for the successful operation of this non-profit corporation. You, as a member have a voice and a vote. What

you do or do not do in an elected or appointed position affects the future of this organization. Collectively, all your voices and votes determine the direction the organization heads.

Here is an excerpt from the 'Mission' page on the Legion's website that addresses what The American Legion is. "The American Legion is a nonpartisan, not-for-profit organization with great political influence perpetuated by its grass-roots involvement in the legislation process from local districts to Capitol Hill. Legionnaires' sense of obligation to community, state and nation drives an honest advocacy for veterans in Washington. The Legion stands behind the issues most important to the nation's veterans community, backed by resolutions passed by volunteer leadership.

The American Legion's success depends entirely on active membership, participation and volunteerism. The organization belongs to the people it serves and the communities in which it thrives."

Now that you are reminded on what it is, let us remember why veterans started and joined The American Legion 100 years ago.

For God and country, we associate ourselves together for the following purposes:

- To uphold and defend the Constitution of the United States of America;
- To maintain law and order;
- To foster and perpetuate a one hundred percent Americanism;
- To preserve the memories and incidents of our associations in the Great Wars;

*(Continued on page 18)*



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



HONORING



**OFFICER KEVIN ENDO  
OFFICER TESS CASEY**

SAN FRANCISCO POLICE DEPARTMENT  
OFFICERS OF THE YEAR FOR VALOR

**OFFICER JOHN CATHEY**  
SAN FRANCISCO POLICE DEPARTMENT  
OFFICER OF THE YEAR FOR COMMUNITY SERVICE

**BATTALION CHIEF FRANK CERCOS, IV  
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FIREFIGHTER JOSHUA EDELMAN**  
SAN FRANCISCO FIRE DEPARTMENT  
FIREFIGHTERS OF THE YEAR FOR VALOR

**FIREFIGHTER KIRK FORBES**  
SAN FRANCISCO FIRE DEPARTMENT  
FIREFIGHTER OF THE YEAR FOR COMMUNITY SERVICE

**Thursday, November 21, 2019**  
Patio Español, 2850 Alemany Boulevard, San Francisco

**Registration & No-Host Cocktails 6 PM / Dinner 7 PM**  
**\$80 Per Person**

**Entrée Choices:**  
New York Steak, Breast of Chicken, or Vegetarian Pasta

*Make checks payable to American Legion Post 456 and include entrée choice(s).*

*Mail checks to Greg Corrales, 2634-18th Avenue, SF 94116.*

*Any questions, email Greg at [gc1207@comcast.net](mailto:gc1207@comcast.net).*

SPECIAL LECTURE – Saturday, October 19, War Memorial Veterans Building lecture Roger Dong on “The Clash of Civilizations - America and China.” A \$20 donation will go to the Veterans Success Center.

**Time & Room—TBA**





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8/19

## Volunteerism, Continued

*(Continued from page 15)*

To inculcate a sense of individual obligation to the community, state and nation;

To combat the autocracy of both the classes and the masses;

To make right the master of might;

To promote peace and goodwill on earth;

To safeguard and transmit to posterity the principles of justice, freedom and democracy;

To consecrate and sanctify our comradeship by our devotion to

mutual helpfulness.

Since these questions are being posed, will The American Legion be around for another 100 years with your type and level of involvement? Are you or do you subscribe to the traits of a servant leader looking to further the causes and missions of The American Legion that were founded 100 years ago; or are you one of those other types of Legionnaires that just want the titles and the recognition that goes along with those titles without really doing or understanding the purpose of the job? What kind of volunteer member do you want to be recognized and known as being?

### 2<sup>nd</sup> Place, Guest Editorial—Republished

#### A Special Journey—A Vicious Cycle By Nelson Lum (Sep 18)



**A** *Vicious Cycle*, a journey named by Army Sergeant and Operation Iraqi Freedom combat veteran Sarah Lee. She journeyed over 4,000 miles on her bicycle in a span of four months, a journey that took her from the Atlantic Ocean to the Pacific Ocean. She chose this form to dramatize the need for post war

healing, to honor our fallen heroes and their family members, bring awareness to veterans' issues, and bring forth the tragic phenomenon of the high rate of veteran suicides taking place daily in our land of opportunities.

At 9:30 a.m. on September 3, 2018, a typical foggy day at the north Vista Point of the Golden Gate Bridge, a small group of veterans began to gather around the parking lot among hundreds of tourists. With the Legion Riders attired in their "biker" uniforms (ALR beret and vest) and the rest of us in our Legion caps, it soon became noticeable to some of the tourists that we were not there to

admire the magnificent bridge; we were there for another purpose that was unknown to the tourists. By the time Sergeant Sarah Lee rode into the parking lot on her bicycle along with her support vehicles, these tourists realized there was something unusual taking place and they wanted to witness the event.

When some of the tourists overcame their curiosity and inquired what we were doing, upon receiving the information, it soon spread quickly throughout the large group of tourists that had gathered. Many of these tourists wanted to have their picture taken with Sarah

*(Continued on page 19)*



## Vicious Cycle, Continued

*(Continued from page 18)*

which she was happy to accommodate. Channel 7, the local ABC television affiliate arrived to cover the completion of her special journey. Reporter Dion Lim seemed genuinely surprised by the large presence of veterans to support Sarah's journey.

Sarah finally pushed off around 10:45 a.m. from the parking lot being escorted by five members of the Legion Riders on four bikes. The rest of us went ahead to Ocean Beach to await

her arrival. She paddled her cycle along the west edge of the bridge as the riders rode on the nearest traffic lane. As soon as she cleared the toll booths, the procession exited at the Merchant Lane, onto Lincoln Blvd, turned at 25<sup>th</sup> Avenue, and turned again onto Geary Street. The Legion Riders took care to keep Sarah's presence safe from all vehicular traffic along the road. As we neared the beach, Sarah's bicycle picked up speed as she glided past the Cliff House and into the parking area next to Ocean Beach.

We waited for the television crew to set up their equipment before ushering Sarah onto the sandy beach as she pushed her cycle into the waves of the Pacific Ocean. Four thousand plus miles and five flat tires later, she completed her journey and delivered the message – that we shall never forget those who sacrificed for our freedom.

Congratulations Sergeant Sarah Lee! Mission accomplished. We salute you.

*(Continued on page 20)*



Top: Sarah Lee, Army sergeant who served in OIF arrives at the Golden Gate Bridge on Sept. 3, 2018.  
Above: Legion family members greeted Sarah and her uncle at the north end of Golden Gate Bridge Vista Point.

Front L-R: George Smith, ALR DoC service officer & D26 commander, Gary Shweid, Chapter 82 Sergeant-at-Arms, Liz Lerman (Sarah's aunt).

Back L-R: Stan Ellaxson, Post 384, Nelson Lum, Commander Post 384, Paul Cox, AL War Memorial Commission chair, Tim Keefe, uncle, Sarah Lee, Cory Waddingham, Chapter 82 president, wife Monique Waddingham, and Denny Riley, Commander Post 315. Photo courtesy of Sarah Lee's team.

## Vicious Cycle, Continued

(Continued from page 19)

To watch the Channel 7 ABC story, click the link: <https://abc7news.com/society/1-iraq-war-veteran-1-bike-1-remarkable-journey-of-healing/4137861/>



Top left: L-R: Clara Pon, Helen Wong, Sarah Lee, Nelson Lum, and George Tsang with Nelson's award winning article on Sarah's journey, *A Vicious Cycle*.

Right: Nelson introducing Sarah and her story in Legion magazine.

Center: September issue of Legion magazine featuring her story, *Out of the Darkness*.

Read the latest story on Sarah Lee online at: [www.legion.org/magazine/246812/iraq-veteran-reawakens-during-her-cross-country-cycling-quest](http://www.legion.org/magazine/246812/iraq-veteran-reawakens-during-her-cross-country-cycling-quest)

### 3<sup>rd</sup> Place, Guest Editorial—Republished

#### Membership Matters By Helen Wong (Aug 18)

**M**embership Matters! As we start a new 2019 membership year, and most of you will be receiving renewal notices in the mail, not only do we want to keep our membership numbers up, but think of what we can do to spread the news about The American Legion. It seems like as fast as we

recruit new members into the post, we are also are losing members to Post Everlasting, our greatest generation of veterans. It wasn't very long ago that The Legion had up to 3 million members, but now, has gone down to less than 2 million members which is still the largest veterans service organization

in the country.

Founded in 1919, The American Legion family now includes The American Legion Auxiliary which numbers around 800,000, Sons of The American Legion which numbers about 355,000, and Legion Riders with over 2000 chapters in

(Continued on page 22)



## A Vicious Cycle—Army Sergeant Sarah Lee’s Journey of healing comes to a finish at Ocean Beach in San Francisco



Top left—Commander Lum, Sarah, and District 26 Commander George Smith.  
Top right—ALR Chapter 82 greets and escorts Sarah Lee down to Ocean Beach.  
Left—Channel 7 Reporter Dion Lim.  
Right—Sarah heading down to the beach to dip her bike in the water.  
Bottom right—ALR Riders Chapter 82 representing area 2.

## Membership Matters, Continued

(Continued from page 20)

the country. Riders must be members of The Legion, Auxiliary, or Sons. Early in the Cathay Post history, there was an auxiliary unit that was active. They talked about increasing the membership and encouraging mothers, wives, daughters or sisters of ex-service men to join.

From the same Cathay Chronical newsletter Vol. 2 (1954) No. 1, 1<sup>st</sup> Vice Commander Lim P. Lee wrote an article titled "Membership Drive is Now On." He talks about membership being the backbone of any organization, and that the officers are elected to carry out the mandate of the membership. "This is fundamental in a democracy, and you give us your mandate first by paying your dues, and second by attending the regular meetings of the post." The reasons that he makes for joining are still sound to this day.

I like reason #2 as a selling pitch to other veterans. "You cannot buy your way into this organization. You have to serve your country in time of war, and it is your right to belong. There is no honorary or associate member-

ship, there is no rank, everyone is equal."

So, members of Cathay Post 384, what do you think you can do or say to others to help with membership recruitment? I think each one of us can think of one veteran who doesn't belong to The Legion yet. How about trying this reason to encourage someone to join? If it was good 54 years ago, it still holds true now. Keep in mind that there are many materials available to members to give out when in the community. We have the brochures titled "The American Legion Why You Should Belong." We have "The American Legion Family Join the American Legion Family" brochures also on hand. While our post

(Continued on page 23)



### COMMANDER MESSAGE

Comrades, I would like to take this opportunity to express my sincere thanks for your confidence in electing me commander of this post. I will do my best to justify your confidence by faithful performance to the obligation as commander. With this able group of officers and your overwhelming support, I am confident that we will have another outstanding year.

On the shoulders of the veterans of this community lies its future. The G.I.'s of yesterday are the leaders of today and tomorrow. We must assume this responsibility to insure a better future for our children. We are one of the largest posts in San Francisco and as such we must lead the way!

ART CHIN  
Commander

### MEMBERSHIP DRIVE IS NOW ON

By LIM P. LEE, 1st Vice Commander  
First of all may I take the privilege to say a word to my old friends as well as to the new ones, comrades one and all, to thank you for re-electing me to 1st Vice Commander again. As a retreat in the Legion, I feel like an old firehorse answering the signals, and I shall do my best, as Service is my motto.

Membership is the backbone of any organization. Your officers are elected only to carry out the mandate of the membership. This is fundamental in a democracy, and you give us your mandate first by paying your dues, and second by attending the regular meetings of the post. Your 1953 membership dues are payable now, so will you please send them in without any reminder from the Adjutant. I am listing a few good reasons why you should pay your dues and join the American Legion.

1. You belong to the largest veterans' organization in the world with 3,500,000 members.
2. You cannot buy your way into this organization. You have to serve your country in time of war, and it is your right to belong. There is no honorary or associate membership, there is no rank, everyone is equal.
3. You elect delegates to District, County Council and State Convention.
4. You are entitled to attend twelve monthly meetings at the Post, with refreshments and entertainment; social gatherings, including Thanksgiving Dinner and Xmas Party, the entire family is cordially invited; monthly dances for younger vets; and this year your social chairman, Jimmy Hall is planning a Picnic, all for \$6.50.
5. We have a Service Officer that visits every comrade of the Post if he is sick or disabled; we have a rehabilitation fund for the use of the disabled vets in need.
6. We have a Judge Advocate and Legal Adviser in case you need legal assistance to protect your rights, and this year in addition to Charles F. Wong, we have Robert K. Fong as an additional lawyer in the Post.
7. The Adjutant is available at the Post nightly from 8 p.m. until 10 p.m. except Saturdays, Sundays and Holidays.
8. You belong to an organization of 700 members in Chinatown. Our Post is respected in the Chinese community as well as in the city of San Francisco. We believe in deeds and not in words.
9. When you finish reading this article, sit down and write us your check for \$6.50, you will have a grand feeling that you are one of us, and we are your elected officers and stand ready to serve you as one of our comrades.

### C A L E N D A R

- VOL. 2 (1954) No. 1
- September 7—Regular Business Meeting at Post Headquarters, 8:30 p.m. Election of delegates to District and County Council. Refreshments after meeting.
- September 10—Seventh District Meeting in Room No. 223, Veterans Building.
- September 18—Get-acquainted Dance in Post Auditorium. Your friends are cordially invited to attend.
- September 26—Full length Chinese movie. Members and family are cordially invited to attend. Admission by membership card. Sunday at 2:30 p.m.

P. S. After you send us your check, don't throw this Chronicle away, pass it on to another buddy and get him to join too.

### POST ACTIVITIES

#### CATHAY POST INSTALLATION

The new officers of Cathay Post and the Auxiliary were formally installed at Post Headquarters on Saturday evening, August 14th. The Hall was packed to the rafters when Mrs. Lena Chew was sworn in as president of the Auxiliary, and her group of officers were never more lovelier to look at. When Arthur Chin and his crop of officers were installed by our friends, "Andy" Anderson from George Washington Post, there was not even a standing room. Cathay Post has never witnessed such palmy of brass hats in 24 years. When a District Commander comes to our meeting, we are honored; when an Area Commander comes, we are highly honored; when the Department Commander comes, we are speechless for words.

#### SPECIAL IMMIGRATION COMMITTEE

In view of the gravity of the problem, Commander Arthur Chin has appointed a special committee on immigration and naturalization at the Executive Committee on August 17, 1954. The chairman of the committee is Junior Past Commander Joseph S. Quan, and others are Past Judge Advocate Charles F. Wong, Attorney Robert Fong, Lim P. Lee and Thomas Gee. With the exception of Commissioner Quan, the other four members have a law degree. Point of order, Mr. Chairman!

#### NATIONAL CITATION AWARDED TO COMRADE LI

A National membership citation was awarded to comrade Chester Li by the Department Commander for outstanding achievement. Comrade Li secured more than 70 new and reinstated members. Congratulations, Chester! We hope you can get one every year.

#### DELEGATE TO NATIONAL CONVENTION

Although Cathay Post do not directly elect any delegate to a National Convention, for this is done by the District at the State Convention, Cathay Post is nevertheless represented at the National Convention in Washington, D. C. which opened on August 30, 1954, by Lynn Shaw Pang, Past Commander. This is Shaw's fourth national, in succession at Miami, St. Louis, New York, and D. C. Every year Shaw has paid his own way, and really put Cathay on the map. That Chinese delegate from California with a Southern accent is an unbeatable combination that no native son has matched. Sho' Enuf, Shaw.



Cathay Chronicle Vol. 2, No. 1 1954 newsletter.



### Membership Matters, Continued

*(Continued from page 22)*

doesn't have a Sons or Auxiliary unit anymore, there are units in the 8<sup>th</sup> District Council, or if we have enough in-

terested parties, we could start one again at Cathay Post. There are American Legion Awareness videos. We don't have to reinvent the wheel! So "Help Us Help Others!"

### Chinatown History Day

By Helen Wong

On Sunday, September 1, members of Cathay Post 384 set up a booth at the Chinatown Revitalization project on Waverly Street. Steven Lee, the Entertainment Commissioner, invited us to set up a couple of tables to showcase and promote The American Legion and Cathay Post 384. A dozen of us came out to support and represent the post. We all wore some form of American Legion shirt as well as our Legion cap. We brought the old helmets and hats that were worn by our drum and bugle corps many decades ago. We also framed an old uniform for people to see. Cathay Post 384 with its rich history brought photo albums and a binder with copies of our newsletters in them. We also displayed Legion flyers and brochures to promote and recruit new members.

With the new LEGION Act, it opens up membership eligibility to those that served honorably since December 7, 1941. In addition, the Auxiliary opened its membership to include spouses of female veterans. Past National Commander Denise Rohan signed up her husband Mike to join her Auxiliary unit. So, let's make more history and recruit new members to Cathay Post 384.



Top L-R: Ed Wong, David Wong, Tony Lyau, Frank Wong, Gary Chew, CJ Reeves, Nelson Lum, and Carl Payne. Front, L-R: Helen Wong, Richard Ow, and Roger Dong. George Tsang is missing.

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.

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## Iowa resident elected national president of American Legion Auxiliary



Nicole Clapp of Gladbrook, Iowa, was elected national president of the American Legion Auxiliary (ALA) during the organization's 99<sup>th</sup> national convention held August 23-29 in Indianapolis. Clapp will serve the patriotic service organization as national president for a one-year term.

Clapp joined the ALA as a Junior member at age 4. She has held numerous leadership positions in the organization at the unit, district, department, and national levels. At the national level, she served as 1987-1988 ALA honorary national Junior president and chaired many committees and served special appointments, including national Finance Committee chair, national Children & Youth Committee chair, national Veterans Affairs & Rehabilitation Committee chair, Future Focus Committee member, and ALA Centennial Strategic Plan Committee member. She also served as the national vice president in the 2018-2019 administrative year.

### **Membership in the American Legion Auxiliary now open to male spouses of U.S. veterans and servicemembers**

—8/30/19—INDIANAPOLIS - The American Legion has voted to extend membership in the American Legion Auxiliary to male spouses of U.S. veterans and servicemembers. During The American Legion National Convention in Indianapolis in August, delegates of The American Legion voted to replace the word “wife” with “spouse” in their constitution and bylaws, opening up membership in the American Legion Auxiliary.

Why are The American Legion and the American Legion Auxiliary making this change? Currently, 1.9 million women veterans are living in the United States, and 9% of the U.S. military is female. By 2045, it's estimated that 18% of the U.S. military will be comprised of women.

“As we welcome eligible male spouses into the American Legion Auxiliary, we gain another perspective on the needs of military families – enabling the Auxiliary to support even more veterans, servicemembers, and their families,” said 2019-2020 American Legion Auxiliary National President Nicole Clapp.

This new membership eligibility has much promise for growth in the American Legion Auxiliary, leading to new resources, increased funding opportunities, and additional diversity and talent among our leadership, as well as general membership. American Legion Auxiliary members, since the founding of our organization in 1919, have been committed to meeting the needs of veterans, the military, and their families.

The American Legion Auxiliary will continue its century-old legacy of Service Not Self well into the future. An increasing number of veterans, servicemembers, and their families will need support. The American Legion Family is taking a “big picture” look at how to help these future families, and keeping our membership strong.



# September 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>Labor Day</b>	3 ALWMC Meeting, 6 pm, Dist 8 @ 7 pm	4	5	6	7 Tai Chi class 9:30-11 am
8	9	10	11 <b>Patriotic Day</b>	12	13	14 Tai Chi Post Meeting 11 am
15	16	17	18	19	20	21 Tai Chi class 9:30-11 am
22	23 Autumn begins	24	25	26	27	28 Tai Chi class 9:30-11 am
29						

# October 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ALWMC Meeting, 6 pm, Dist 8 @ 7 pm	2	3	4	5 Tai Chi class 9:30-11 am
6	7	8 <b>Fleet Week lunch, 10:45 am</b>	9	10	11	12 Tai Chi class 9:30-11 am
13 <b>Italian Heritage Day parade 10 am</b>	14 <b>Columbus Day observed</b>	15	16	17	18	19 Tai Chi Post Meeting 11 am
20	21	22	23	24	25	26 Tai Chi class 9:30-11 am
27	28	29	30	31 <b>Halloween</b>		

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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](mailto:cathaypost384events@gmail.com).

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2019



[www.legion.org](http://www.legion.org)

Come join American Legion Cathay Post 384 in San Francisco, one of the oldest and most active posts in San Francisco. We welcome all qualified retired or active military personnel.

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

**NEW— July 30, 2019 LEGION Act, Let Everyone Get Involved in Opportunities for National Service expands eligibility to those who served honorably from December 7, 1941 to now.**

**World War I**  
4/6/1917 – 11/11/1918

**World War II**  
12/7/1941 – 12/31/1946



## CATHAY POST 384 American Legion

### 2019-2020 Post Officers

**Commander:** Helen Wong

**1st Vice Commander:** George Tsang

**2nd Vice Commander:**  
Charles Paskerian

**Adjutant:** Ernie Stanton

**Finance Officer:** Randy Toy

**Historian:** Roger Dong

**Jr. Past Commander:** Nelson Lum

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