



# American Legion Cathay Post 384



## The Cathay Bulletin

### January 2020 (Volume 20-01)

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

### Important Imminent Dates to note:

**January 11 - 1100 hours, Cathay Post monthly meeting at 1524 Powell St.**

**January 25 – Chinese New Year Day**

**February 2 – 1400 hours, Four Chaplains Service, Dept. of CA. in Sanger**

**February 2 – 1500 hours, Super Bowl 54 Cathay Post fundraising party**

**February 8 – 1100 hours, Cathay Post monthly meeting**

**February 8 – 1700 hours, San Francisco Southwest Airlines Chinese New Year parade**

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### From the office of Post Commander Helen Wong:

**Happy New Year! Gung Hay Fat Choy!!** As the 2020 year has started in a new decade, how many of us have made resolutions that may or may not be carried out throughout the coming year? How many of us have made popular resolutions such as?

- Strive to be more environmentally responsive;
- Improve physical well-being: eat healthy food, lose weight, exercise more, eat better, drink less alcohol, quit smoking, stop biting nails, get rid of old bad habits;
- Improve mental well-being: think positive, laugh more often, enjoy life;
- Improve self: become more organized, reduce stress, be less grumpy, manage time, be more independent, perhaps watch less television, play fewer sitting-down video games;
- Get along better with people, improve, social skills, enhance social intelligence;
- Make new friends;
- Spend quality time with family members; and
- How about volunteer to help others, practice life skills, use civic virtue, give to charity, volunteer to work part time in a charity organization?

These are but a few resolutions that are made every year. How many resolutions can have an American Legion twist to it? There are several which fit in well with some of the 4 pillars of The American Legion. Getting along better with people and making new friends would be good resolutions as when we get together at meetings or at any of the activities that the post is involved in, those would be easiest to do. How about strive to be more environmentally responsive by being aware of recycling opportunities and waste less paper goods when at lunch meetings?

We have one individual in our post who has made a practice of volunteering to help others in a charity organization (San Francisco VA Health Care System) and as a result, had been selected as the Ft. Miley VA Volunteer of the Year. While this honor happened in August 2019, it is important enough to mention it now as an example of how our own Sgt-At-Arms CJ Reeves went out of his way to help a veteran, and was recognized for this as well as putting in many hours of volunteer time.



He is pictured holding his Golden Chalice Award with Bonnie Graham, Director at the SFVAHCS.

There was also an article which appeared in the Richmond Review. The link to the complete story is: <https://sfrichmondreview.com/2019/09/17/richmond-resident-named-volunteer-of-the-year-at-the-veterans-administration/>

Congratulations to CJ for another job well done!

CJ Reeves (left), San Francisco VA Ambassador and Volunteer of the Year 2019, with Bonnie Graham, director, San Francisco VA Health Care System. Reeves was presented with the Golden Chalice Award inscribed with his name and award title. Photo by Ed Caballero.

When you don't have blood relatives, spending quality time with family members can be achieved by being around your veteran family members. There's always a way to reach a resolution if you look hard enough.

And let us improve our mental well-being by thinking positive, laugh more often and enjoy life! (You can do this easily by attending Cathay Post's Super Bowl party on February 2<sup>nd</sup>!!)

## **GUNG HAY FAT CHOY-YEAR OF THE RAT EVERYONE!**

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**From the office of our 1<sup>st</sup> Vice Commander, George Tsang**

**Great news that 1<sup>st</sup> Vice Commander George is at home and not gallivanting around the world.** He is back in time to help us celebrate the New Year and Chinese New Year. Our 1<sup>st</sup> vice always makes sure that our post is well fed every post meeting and he is vital to our Super celebration on Sunday, February 2, 2020 at 3 pm – an event you do not want to miss. Your \$20 donation will give you access to the best meal for this Super Bowl, lively football smack talking, camaraderie, and lots of fun. We will also be holding a football pool. Check out the flyer for more details and who to contact. **Thanks in advance George.**

Don't forget to renew your membership for 2020. You have until the end of this month to renew. On February 1, your membership privileges will be **suspended**. [National Constitution & Bylaws: Article IV, Section 4.] That means you don't have a voice and vote at the monthly meetings anymore. Any event you participate in will only be as a non-Legion member, a regular Joe or Jane off the street. Renew your 2020 membership now. You can mail, go online to: [mylegion.org](http://mylegion.org), or come down to the War Memorial Veterans Building and drop off your membership to your representative there.

Membership is not the sole responsibility of the post 1<sup>st</sup> vice commander or the adjutant. It is everyone's duty to make sure we maintain our large membership numbers. Our large collective voices are what's needed when The American Legion national commander provides his/her testimony annually to Congress on Capitol Hill on early March to the House Committee on Veterans' Affairs.



Our new sound system was great; everyone could hear what was being said clearly.

After the meeting, the “Army Navy game” was watched by all on our great big television sets, while we ate a luncheon of roast duck, pork, a modified vegetable jai, with all the trimmings, including pumpkin, apple and pecan pies for dessert...with whipped cream. Board of Director Ray Wong’s sister donated cookies and a pie. Plus, of course, we had a big birthday cake for Comrade Tong and sang “Happy Birthday.” We celebrated **Comrade Frank Tong’s 100<sup>th</sup> birthday** at our holiday meeting. I hope you were able to attend. It was a great fun meeting.



Junior Past Commander Lum announced that a bid to fix our heating system for the post was received and accepted. The contractor is an American Legion member from San Bruno Post 409. The funds for this were voted by the comrades several months ago.

Coming up shortly is the American Legion District 8 Oratorical contest. The local District 8 contest will be held January 25 at 1PM, WMVB, room 202 as the Area 2 contest will be held February 23, 1PM at Pacifica Post 238 (555 Buel Ave, Pacifica, CA 94044). This is open to students attending high school who have not reached the finals at the national oratorical contest. If you have any nominees, let Junior Past Commander Lum know.

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### ***Preserving Elegance Part 4***

by W. T. Jeanpierre

Cathay Post’s annual fashion show fundraiser is here again. As the dedicated team prepares for the beautiful, trendy, inspiring, and a few one-of-a-kind apparels, the show needs your help. We need support not only by buying a ticket or two, but also by spreading the word to friends and companies that may want to be a sponsor or purchase tickets to attend. This is a family event and children are welcome. Last year’s fashion show had our very own post sergeant-at-arms CJ Reeves as a model. He looked very dashing strutting down the runway in his elegant outfits. Tickets can be purchased on *Eventbrite-Preserving Elegance, Part 4*, \$30 online, \$40 at the door.

We also need support the day of the event setting up and tearing down the stage, putting away chairs, etc. So, if you have children or grandchildren (teens or adults), or know of youth groups that need volunteer hours, please contact us. More information and contact details are on the flyer.

# *Preserving Elegance* Part 4



Presented by  
American Legion Cathay Post 384,  
Department of California

## Saluting National Women's Month

Fashion by N. California Designers  
(Fashions may be purchased that day).

March 21, 2020  
5 p.m.

## War Memorial Veterans Building

401 Van Ness Avenue  
Second Floor, Room 210  
San Francisco, CA 94102  
(across from San Francisco City Hall)

### Tickets:

\$30 in advance

\$40 at the door

Tickets can be purchased on Eventbrite through March 19.

### For more information contact:

Pierre 415.678.8808

CJ 415.902.8725

Helen 650.576.7875

*Sponsors are Welcome!*  
Platinum (\$1000)  
Gold (\$750)  
Silver (\$500)



**SF Fire Department – Toys for Christmas**

This Christmas, like many before, Cathay Post participated in the San Francisco Fire Department’s Toy program. Most of our post members donated wonderful gifts of toys which filled more than two (2) barrels, which we delivered right after our post meeting and Christmas lunch. As usual, the firefighters at our Powell Street station met our several dozen post pretend “Santa’s” bearing toys. Everyone enjoyed their warm welcome and their support to deliver our donated toys to needy youth in our City.



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**American Legion Auxiliary has a new tagline for a new century of service**

ALA National headquarters has developed a new tagline to more accurately reflect our brand, who we are, and what we do. You will now see the phrase *A Community of Volunteers Serving Veterans, Military, and their Families* throughout national ALA media. This is a positive change to reflect membership eligibility changes made in 2019.

“A community of volunteers serving veterans, military, and their families.”

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

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**Commissary, Military Service Exchange, and MWR access extended to more Veterans began on January 1, 2020**

New law provides eligible Veterans and Primary Family Caregivers with access to DoD and Coast Guard commissaries, exchanges, and morale, welfare, and recreation retail services.

According to the Department of Defense, starting Jan. 1, 2020, all service-connected Veterans, Purple Heart recipients, former prisoners of war (POW), and individuals approved and designated as the primary family caregivers of eligible Veterans under the Department of Veterans Affairs Program of Comprehensive Assistance for Family Caregivers (PCAFC) can use commissaries, exchanges, and morale, welfare and recreation (MWR) retail facilities, in-person and online.

## Who is eligible Jan. 1, 2020?

- Veterans
- Purple Heart recipients
- Former prisoners of war
- Veterans with 0-90% service-connected disability ratings
- For former service members who have not yet sought disability compensation from VA, visit <https://www.va.gov/disability/eligibility/>
- Medal of Honor recipients and Veterans with 100% service-connected disability ratings are already eligible under existing DOD policy.
- Caregivers
- On Jan. 1, individuals approved and designated as the primary family caregiver of an eligible veteran under the PCAFC will be eligible for these privileges.

For information about primary family caregivers in the PCAFC, visit <https://www.caregiver.va.gov/>.

## Required credentials.

### Veterans

On Jan. 1, Veterans eligible solely under this act who are eligible to obtain a Veteran Health Identification Card must use this credential for in-person installation and privilege access. The card must display the Veteran's eligibility status (i.e., PURPLE HEART, FORMER POW or SERVICE CONNECTED). Apply here: <https://www.va.gov/healthbenefits/vhic/index.asp>

Veterans eligible solely under this act who are not enrolled in or are not eligible to enroll in VA health care, or who are enrolled in VA health care, but do not possess a Veteran Health Identification Card will not have access to DoD and Coast Guard installations for in-person commissary, exchange, and MWR retail privileges, but will have full access to online exchanges and American Forces Travel.

Medal of Honor recipients and Veterans with 100% service-connected disability ratings are eligible for DoD credentials under DoD policy.

### Caregivers

Eligible caregivers will receive an eligibility letter from VA's Office of Community Care.

If you are a primary family caregiver under the PCAFC and lose your eligibility letter, please call 1-877-733-7927 to request a replacement. Please allow two weeks for processing.

For more information regarding these privileges and access to military installations, visit: <http://www.militaryonesource.mil/expanding-access>

## Happy New Year and a New Year's Gift for YOU

I hope that everyone had a great New Year, and **wishing all a very happy, healthy and successful** (however you define success) **2020**.

With the New Year, I would like to discuss for most of us, is something different - *the practice of Meditation*. Some of my friends and colleagues are already practicing some version of meditation and receiving valuable benefits. If you are not meditating, maybe you should meditate, and reap the benefits.

**First, what exactly is Meditation.** Most people have a general idea, but many really don't understand why anyone meditates. So, what is meditation?

Meditation is the deliberate effort to train our minds to focus and channel our concentration so that we can relieve stress (which is good for everyone), sleep better (this is also good for all of us), reduce depression and anxiety (also very beneficial), reduce blood pressure (for some, this is more than beneficial) and clear our minds and reduce cloudy thinking (who denies this is not helpful?) and even increase pain tolerance. If meditation is so beneficial, we should all be meditating. Many seniors should try meditation as most of us need all the help we can get to survive the ravage of aging.

What to do? There are classes such as "Transcendental Meditation" everywhere and they can cost a few hundred dollars, and if continued for an extended time, can be into thousands of dollars. But there are less costly options including free guided lessons on the web. Many are "YouTube" videos, and here are a few free videos for our readers to check out.

To get started in the morning, here are several short videos to check out: [https://youtu.be/\\_fSSRaz4oGQ](https://youtu.be/_fSSRaz4oGQ)

When you are ready to more serious, here is a 30 day meditation challenge link: <https://youtu.be/DUPjx1GgX8g>

Hope that these offerings help our readers benefit from these techniques that have been useful to many practitioners of meditation. Scientific studies have also confirmed that meditation has been beneficial to many, many people who have taken the plunge.

Wishing all taking the plunge - a successful plunge. For a detailed report on a dozen benefits of Meditation, check out this link: <https://www.healthline.com/nutrition/12-benefits-of-meditation>

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**“I don’t believe in climate change. It is liberal hoax.”**

*If climate change is a hoax, why are these two major geophysical locations, Greenland and Alaska melting alarmingly fast?*

There are many of us who do not believe in climate change. They note that throughout history climate has changed cyclically and we know that drastic climate changes have occurred in the past. So why should anyone get excited?

**Show me the facts, say the “Deniers.”** OK, let’s review what the scientists are saying:

**First, Greenland.** What does NASA say? According to Eric Rignot, NASA senior scientist and a glaciologist at the University of California, Irvine, “The glaciers are still being pushed out of balance. Even though the ice sheet has [sometimes] been extremely cold and had low surface melt in the last year, the glaciers are still speeding up, and the ice sheet is still losing mass.”

The NASA study further notes that Greenland, has lost 4,976 gigatons of water since 1972. That’s enough water to fill 16 trillion bathtubs or 1.3 quadrillion gallon jugs. That much water weighs about 11 quadrillion pounds. (A quadrillion is 1 with 15 zeros after it.) NASA used the U.S. Geological Survey’s Landsat satellites have circled the planet nonstop since 1972, imaging every speck of land on Earth every 16 days.

In the journal Proceedings of the National Academy of Sciences, which covers nearly 20 years previously not included in our detailed understanding of the troubled Greenland Ice Sheet. It finds that climate change has already bled trillions of tons of ice from the island reservoir, with more loss than expected coming from its unstable northern half.

**What’s happening in Alaska?**

In a report by Science noted by the National Geographic Society, new tools measuring the shrinkage of glaciers below the water level, has disclosed that the ice below the surface was melting 100 times faster than

previously known. This is caused mainly by the increase in temperature of the tidewaters which encircle the glaciers. Glaciers can extend for hundreds of feet below the surface. While it is normal for the glaciers to melt part of the year, in the past the colder season will freeze and rebuild the ice lost during the warm season. This does not include a lot of lost surface ice due to rising global temperatures. In the past, surface ice is lost in the warm season, but is replenished by new ice formed during the winter.

Rignot with NASA estimates that “The ice sheet’s bleeding-out could eventually raise global sea levels by as much as 25 feet.”

**Source:**

[https://apple.news/AJfCDEjLPR\\_K\\_qLf37NssvA](https://apple.news/AJfCDEjLPR_K_qLf37NssvA) - “Alaskan glaciers melting 100 times faster than previously thought”

In a December 2019 National Geographic scientists provided additional, alarming reports. When our Glacier National Park was opened in 2010, there were 150 glaciers in this national park. Today there are only 30 glaciers and they are only 1/3 of their original size. Yikes!

In Africa, the famed snows of Kilimanjaro have melted more than 80 percent since 1912. These are undeniable, fact based, scientific reports.

Source: <https://www.nationalgeographic.com/environment/global-warming/big-thaw/>

Those who deny climate change need to seriously consider the many scientific facts that describe how global warming is changing our landscape and the future for Mankind.

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## **The New York Times reports that “Chinese Restaurants are Closing.”**

### **The Demise of Chinese Restaurants? *Don't tell me this is so!***

Most of us should not be surprised that Chinese restaurants are gradually disappearing. How many Chinese restaurants in your town are no longer in business? Do not panic, there will always be Chinese restaurants. At least, there should always be restaurants that serve Chinese food. While not vanishing, the total number of Chinese restaurants is shrinking in America and in many of the Chinatowns globally. It is predicable, isn't it? (Note that at Panda Express, the most of the cooks are not all Chinese).

Rich or poor, virtually all Chinese parents, strongly advocate education, they all want their offspring to do better than themselves, especially the many who are laborers, whether its restaurants, laundries, or general stores. Their offspring are reminded that they are expected to be doctors, engineers, or lawyers. Note that lawyers are not the first choice nor police officers.

Well, many parents have got their wish. The young ones graduated from high school, went to college, and many became professionals. They did not return to labor in laundries, restaurants, or general stores. Thus, no one should be surprised that with the educational success of their offspring, few are becoming cooks like dad or granddad, and working 6-7 long, hard days in a hot kitchen.

Recent studies have confirmed the predictable results, and on Christmas Eve of 2018, the New York Times documented this Chinese American historical transformation. For details check out our source article.

Source: <https://apple.news/AAnAxcBlWR3u1D15dcPJGgA>

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Last month due to all our Christmas activities including a great birthday party and the delivering of gifts for kids at our local fire department, our historian Roger Dong deferred providing his brief on *China Trade Imbalance* which was a major part of his presentation “Collision of Civilizations – America and China.”

Barring major disruptive activity, he will make his presentation after our lunch. Do miss this if you want to hear some stunning information about our trade imbalance which is impacting our entire US China relations.

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Four Chaplain's Service – Department of California, Sanger, CA on February 8 @ 2 p.m.

**IMMORTAL FOUR CHAPLAINS**

Robert L. Alexander D. Gooden,  
Methodist Chaplain Lt. George Fox,  
Reformed Church of America Chaplain Lt. Clark V. Foling,  
Catholic Priest Lt. John F. Washington

On February 3, 1943 the Army transport ship U.S.S. Dorchester was torpedoed by a submarine and sank with 900 troops, including the Four Immortal Chaplains.

While aiding and comforting the Army troops as the ship sank, the chaplains surrendered their life jackets that others may live. As the Dorchester sank the four chaplains linked their arms and prayed.

**Four Chaplains Day Inter-Faith Service**  
**Saturday, February 8 at 2 p.m.**  
**St. Mary's Catholic Church,**  
12050 E. North Avenue, Sanger CA 93657

Respective Following, R.C.F.P. to Church @ 508-875-4387 or church@stmarys.org

Until our next issue, see you at our next Cathay Post meeting this coming Saturday, January 11, 2020. Same Bat time, Same Bat place at 1524 Powell Street. As a post member, you will enjoy another great meal arranged by George and served by our wonderful crew of volunteers.

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