



# American Legion Cathay Post 384



## The Cathay Bulletin

### March 2020 (Volume 20-03)

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 & Events to Note:

**March 8 – Daylight Saving time starts. Spring forward an hour**

**March 14 - 1100 hours, Cathay Post monthly meeting – via TELECONFERENCE only**

**March 17 – St. Patrick’s Day**

**Near term events and meetings have all been cancelled or postponed due to COVID-19 (coronavirus 19) epidemic. Until CA Governor Newsom lifts the “stay-at-home” order, issued in effect on Thursday, March 19, there will be no live, face-to-face events or meetings. Where permissible, teleconferences will be held in the interim.**

**April 1 – Don't be fooled on April Fool's day**

**April 11 – 1100 hours, Cathay Post monthly meeting – (most likely via teleconference)**

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

My fellow veterans... For the first time in Cathay Post’s 90 years, we held a regular meeting by teleconference after our wise board of directors voted not to cancel a meeting due to the coronavirus 19 pandemic, but to try a different way to communicate with our members without an in-person meeting. I was pleasantly surprised to hear 25 members on the call so we had more than a quorum. Thank you for cooperating and making yourselves available to vote on important issues.

Two issues were voted on: 1. Nominations for 2020-21 post elections: A motion to nominate the current slate of officers was made, seconded and passed with the positions of finance officer and secretary open; 2. A motion was made, seconded and passed to change the annual installation dinner to July 25<sup>th</sup> if that date is available with New Asia Restaurant.

Having meetings by telephone may be the way of the future as we do not know how long the shelter-in-place order will last, and now the rest of the state has also received stay-at-home orders from Governor Newsom for social distancing and to slow down the infections. Please take these orders seriously as now the demographics for people getting sick has shifted to include the younger populations, including college students. There are not enough medical beds or personnel to cover the upcoming demand.

The Centers for Disease Control and Prevention (CDC) has said nearly one half of the patients in the intensive care units (ICUs) are younger than 65. Currently, there are over 33,000 cases in the United States so all fifty states have reported cases. Another alert put out by the media is the number of virus scams that are starting to pop up. Please do not fall for the false COVID-19 link that tricks you into clicking on it, then demands a ransom otherwise they hijack your information. Do not fall for the pre-booking of vaccines as there are no such vaccines available yet. And please do not fall for the fake offers to order and pay for medical supplies which are not available. For seniors over ages 60 or 65, check with your local stores for hours that you can shop before the general public.

Now, I am very proud of how our members stepped up to volunteer to conduct Buddy Checks on everyone in our post. Thank you to board of director member Aaron Low for organizing the lists and getting replies on your outreach. Thank you to Adjutant Ernie Stanton, Board of Director Miguel Ortiz, Comrade Randy Toy, and Historian Roger Dong who also volunteered to call and check on our members. My list of members was contacted either called or emailed depending on what was on file and I have heard from about 30% of those contacted and they are doing fine. I hope even if you did not volunteer to contact others, you will check on the members you know to see how they are doing. We all need to work together during this national crisis.

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Being flexible when faced with adversity matters! In the past month or more, the news has been dominated by the primary Democratic elections and presidential candidates dropping out of the race. The bigger concern has been the coronavirus 19 (COVID-19) infection and all the havoc it has caused which is still going on. Whether visiting relatives and being caught in the epicenter of the virus in China, or cruising in the Far East and getting quarantined for weeks at a time, so many have been affected due to being at the wrong place at the wrong time. With each day, more devastating news of patients in Washington state dying from the infection due to exposure from sources one cannot see, one cannot escape has affected us in more ways than can be told.

How does one deal with all this negative news? How can we stop from panicking? If you were not exposed to someone who tested positive, then do you still worry that you may become infected due to “community spread?” Does this mean you should cancel all your travel plans for fear of the unknown? Do you stay home to avoid coming into contact with someone who may turn out to be positive? While tech companies and other businesses have been canceling large conferences, restricting travel, encouraging employees to work from home to avoid exposure, should you do the same and disrupt your normal routine?

My opinion is while an abundance of caution should always be practiced from hand washing for at least 20 seconds with soap, covering your mouth when coughing or sneezing to staying home when ill, if you follow these precautions, then you have done as much as you can to stay healthy.

Flexibility is what will get you through the hard times, the trying times, and every stage in between. How does one practice flexibility? How does a parent know when to let their children make their own decisions, make their own mistakes so they can be independent? How does a presidential candidate know when to drop out of the race? You know when by educating yourself to get as much information as possible, to look for the pros and cons so that you can make an informed decision, and to have a plan B or even a plan C in place in case things don't work out. There is no shame in admitting you don't have all the answers and that relying on others to make decisions for you is not the best way to go. So please stay safe and don't panic.

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

Our 1<sup>st</sup> vice commander appears to be traveling and does not have an input this month.

Please check on your fellow veterans. Conducting Buddy Checks these next few weeks can make a difference.

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**From the office of our 2<sup>nd</sup> Vice Commander, Chuck Paskerian**

I know it is a trying time and all of us must constantly wash our hands for 20-30 seconds with good old soap. Practice social distancing at all times, if possible... do not stand too close to strangers. It is suggested to stay 6 feet away from a stranger and drink lots warm/hot water. I am sure Covid-19 will pass in the near future.

Various countries are treating this virus in a couple of ways. (To relieve stress and tension purposes only. Please do not take offense.)



According to <https://sf.gov/get-text-alerts-about-coronavirus>, text COVID19SF to 888-777 to get alerts for official updates. You can also go to San Francisco's Department of Public Health: [www.sfdph.gov](http://www.sfdph.gov) for the current status in San Francisco on the coronavirus. You will get SMS alerts when there are official City-wide updates about coronavirus.

If we convene our 11 April 2020 meeting in person, we have a member pot now about \$400!!! You MUST be present to win. So, let's see you there. If another teleconference is scheduled, we will postpone the membership drawing.

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### **Cathay Post 384 2020-2021 Officer nominations**

It is that time again for post officer nominations. Our post bylaws require two rounds of nominations during our March and April general meetings with elections to occur during the May general meeting. During our first post teleconference of our general meeting on March 14, 2020, the following Legionnaires have accepted nominations for these elected positions, unless otherwise noted:

Commander: Helen Wong

1<sup>st</sup> Vice Commander: George Tsang

2<sup>nd</sup> Vice Commander: Chuck Paskerian

Secretary: Aaron Low

Adjutant: Ernie Stanton

Finance Officer: Open

Sergeant at Arms: CJ Reeves

Chaplain: Richard Ow

Service Officer: David Wong

Quartermaster: Philip Leung

Judge Advocate: Stan Ellexson

Delegate to the American Legion War Memorial Commission: Open

Historian: Appointed by incoming commander.

Directors-at-large: Up to 5 may be appointed by the incoming commander.

If you would like to be considered for any of these elected or appointed positions, please make sure you have paid for your 2020 membership, eligible, and able to take on the responsibility of the position you are interested in. The second round of nominations will happen during the April meeting, which may again be by teleconference. If you have questions on the positions and duties of each position, please reach out to one of the members of the leadership team. We look forward to hearing from you.

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**Preserving Elegance Part 4 – Postponed**  
by W. T. Jeanpierre



I am sorry to announce the postponement of Cathay Post's annual, Preserving Elegance - Part 4 fashion show fundraiser that was to take place on March 21, 2020 at SF's War Memorial Veterans Building. Once normal activities and lives are back to normal, we will keep you informed on a new date for this fabulous fashion show fundraising event.

Please take care of yourselves.

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**Legion Events – Canceled/ Status Updates**

Obviously due to the stay-at-home order by Gov. Newsom on March 19, many March events have been canceled.

- Legislative Day at the Capitol – March 24 – CANCELED
- California American Legion College – March 27-29 in Fairfield – CANCELED/postponed.
- Post/district/area meetings – Canceled unless tele/video conferences are allowed. Please check with your local leadership for more information. Check the department website (calegion.org) for general information. Those that have county/district/post websites, please look at those for specific updates concerning your post or district for information.
- Department of California annual convention in Visalia June 26-28, 2020 – status to be decided late April or mid-May.

Other upcoming events for Cathay Post 384:

- Boys State program – district orientation is cancelled until further notice. A decision on the program will be made in late April or mid-May. We will keep you posted.
- Preserving Elegance, Part 4 fashion show fundraiser scheduled for March 21 has been postponed until a later date.
- Sammy Louie funeral service on March 22 at Cypress Lawn, postponed until further notice.
- Annual JROTC drill competition held April 25 at Lincoln High School has been canceled.
- Cathay Post 384 annual installation dinner rescheduled from May 30 to July 25 at New Asia Restaurant.
- Lt. B.R. Kimlau Post 1291 in NY 75<sup>th</sup> celebration early June is pending possible postponement.
- WWII exhibit in mid-July, Monty Hom is looking for volunteers. This may be postponed or canceled. We will keep you informed.
- WWII Chinese American Congressional Gold Medal ceremony currently scheduled for September 19, 2020 in the Green Room at SF War Memorial Veterans Building. Will keep you posted.

## **An Oath to Care for our Disabled and Seniors**

by Nelson Lum



On Monday, February 24, 2020 at approximately 1:00 PM, I was honored to have been sworn in at City Hall as a commissioner of the Disability and Aging Services Commission of the City and County of San Francisco.

I was notified of my impending appointment by the Mayor's office two weeks ago, and upon receiving concurrence from the Board of Supervisors, I was directed to appear at the Mayor's office on the above listed date and time where I was sworn in. The recitation of the oath ceremony was relatively simplistic yet dignified. I was honored by the presence of my wife Kimberly, who accompanied me along with some fellow veterans.

The San Francisco Disability and Aging Services Commission, formerly the Aging and Adult Services Commission is a charter commission of the City and County of San Francisco that provides oversight over the Department of Disability and Aging Services (DAS). The Commission's purpose is to formulate, evaluate, and approve goals, objectives, plans, and programs, and to set policies consistent with the overall objectives of the City and County that are established by the Mayor and the Board of Supervisors.

In San Francisco, there is a sizable group of veterans who fall under the parameters of this commission. It is my intention to render whatever assistance available within the jurisdictions of this commission to them and the other qualified recipients. My appointment term is for four years. I hope to accomplish as much as I can in that time to help our disabled and senior members of San Francisco.



## **Our District 8, Area 2 Oratorical Contest**



Area 2 Commander Dave Jackson with Legion district and post officers presenting 1<sup>st</sup> place winner Aaron Shires sponsored by Post 246 Danville, 2<sup>nd</sup> place winner Regina Molitoris sponsored by Post 47 Livermore, and 3<sup>rd</sup> place winner Denton Aingworth sponsored by District 8 in San Francisco. Aaron Shires will be moving forward to the state competition on February 29, 2020 at Norton AFB in San Bernardino County. The state winner will then advance to the next level of competition, national finals. National contestant finalists placing first to third will be awarded a scholarship from \$15,000 to \$20,000, and first round contestants being awarded a \$2,000 scholarship.

Unfortunately, the winner of the Department of California oratorical contest will not be able to represent our state at the national competition in Indianapolis, IN on April 17-19, 2020. Due to the current health care crisis, the national competition, as of now, has been canceled.

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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. **This issue focuses on individual health safety and also national security issues.** If you have any gripes, you can email me at: [rsdong@sbcglobal.net](mailto:rsdong@sbcglobal.net). I have a very large round file. For now, let's roll with our first article.*

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## **COVID-19** From Centers for Disease Control (CDC)

### **Steps to Prevent Illness**

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

### **Take steps to protect yourself**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not share personal household items such as dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

### **Avoid close contact**

- Avoid close contact with people who are infected or sick, or anyone who might be infected.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

### **Stay home if you're sick**

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.
- Isolate yourself from the rest of the household.

- Limit your contact with your pets and other animals.

### **Cover coughs and sneezes**

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### **Wear a face mask if you are sick**

- If you are sick, you should wear a face mask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a face mask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a face mask if they enter your room. Learn what to do if you are sick.
- Face masks may be in short supply and they should be saved for caregivers, health care providers, and other medical and first responders.

### **Clean and disinfect**

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- Diluting your household bleach. To make a bleach solution, mix: 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- Alcohol solutions. Ensure solution has at least 70% alcohol.
- Other common EPA-registered household disinfectants.

### **See the graphics below for more details.**

There is much more tips and advice from the CDC on how to deal with someone how is sick or maybe sick. Be sure to read carefully and thoroughly the three graphics below on what is COVID-19 and how to keep yourself and others from possibly catching the virus. You can always go to the Centers for Disease Control and Prevention website for update information on this virus. [www.cdc.gov](http://www.cdc.gov).

# Steps to help prevent the spread of COVID-19 if you are sick

**FOLLOW THE STEPS BELOW:** If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

## Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



## Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
  - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
  - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.



## Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



## Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



## Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.



## Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



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[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

- **Wash thoroughly after use:** After using these items, wash them thoroughly with soap and water or put in the dishwasher.

### Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- **Clean and disinfect:** Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
  - If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
  - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
  - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).

### Monitor your symptoms

- **Seek medical attention, but call first:** Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).
  - **Call your doctor before going in:** Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- **Wear a facemask:** If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- **Follow care instructions from your healthcare provider and local health department:** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include\*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

### How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
  - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
    - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    - at least 7 days have passed since your symptoms first appeared
  - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
    - You no longer have a fever (without the use medicine that reduces fevers) AND
    - other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
    - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



**In all cases, follow the guidance of your healthcare provider and local health department.** The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available [here](#).

Additional information for healthcare providers: [Interim Healthcare Infection Prevention and Control Recommendations for Persons Under Investigation for 2019 Novel Coronavirus](#).

## What is COVID-19, coronavirus disease 19?

# What you need to know about coronavirus disease 2019 (COVID-19)

### What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

### Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

### Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

### How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

### What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

### What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

### How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

### If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

### What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

### Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

### Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

## **Meditation-In times of stress**

During these troubling and disturbing times, if you have any problems sleeping, you may wish to check out the following sleeping aide. It has been viewed about 3 million times and works for many people. This is a video to deal with insomnia and will really relax viewers so that we can get to sleep and sleep sufficiently to refresh our bodies for the next day.

[https://youtu.be/L12\\_GAi2UQo](https://youtu.be/L12_GAi2UQo)

For anyone interested in Meditation, here is a suggestion of an application viewed by around 10 million visitors:

[https://youtu.be/6p\\_yaNFSYao](https://youtu.be/6p_yaNFSYao)

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## **Stop Calling it the Space Command. It's "Space Force"**

In 2017, President Donald Trump decided to create the 6<sup>th</sup> military arm of America. It was initially referred to as the future Space Command and composed originally with Air Force specialists who have been managing our military satellites and providing facilities and operations that supported our military satellite communications, our global positioning operations (GPS), and our satellite surveillance activities. These missions have always been important, but in this 21<sup>st</sup> Century, the military significance of these activities is even more vital to our national security.

On December 20, 2019, the new organization was officially named U.S. Space Force (USSF). While there has been much planning the past two years, Space Force is still in its infancy. The new organization will have 16,000 military and civilian billets. USSF Commander General John Anderson heads the smallest military command in the world, that situation will change very soon. The commander of the each of the commands reports to General David Goldfein, the Air Force Chief of Staff. The Secretary of the Air Force, Barbara Barret oversees the entire U. S. Air Force.

At this start up point, most of the personnel will be Air Force specialists, but the USSF will include qualified members all the other services, the National Guard, and many competent civilians. Space Force is, in fact, looking for the best and brightest across the nation. Competent and qualified civilians' positions will be filled by our very best. The success of our very high tech USSF will be very dependent on future applicants with the highest achievements in math and science.

To meet this objective, we need to revamp and bolster our education system nationwide. Reforming our national education system is needed not just to provide the best and brightest for our US Space Force, also vitally important to ensure our youth to be ready for the new jobs of the 21<sup>st</sup> Century. Today, we have too many people graduating from high school and college who cannot find jobs or don't qualify for good paying jobs. We are also warned by a U.N. study that by 2030, 46% of our jobs will vanish from automation. The McKinsey Global Institute also warns that 75 million current jobs will disappear because of the 4<sup>th</sup> Industrial Revolution in the next decade because of automation.

Our national government elected officials must be told to take appropriate action to keep America strong by reforming our education system to meet future job requirements.

Sources:

<https://www.military.com/space-force>

"Space Force is Here," Rachel S. Cohen, Air Force Magazine, Jan-Feb 2020, p44-47

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## Protect Ourselves from Dangers on the Internet

Today, everyone needs to be more careful if we use our computers or mobile devices to send our messages, conduct research, buy things, and/or pay our bills online. Most of us conduct some or all of these activities. Most of us have used Google to perform many searches and connect to many kinds of websites. If you don't already know, any, and all, actions utilizing Google is recorded forever. Google may know us better than we know ourselves, and that, of course, is very scary. Who wants other people, especially strangers, to know everything we have done while using Google? It is too late to undo all our Google activities, so is there anything we can do to protect ourselves.

Avoid emails from senders you don't know or recognize. If you see message to upgrade an app on your phone or tablet, disregard it unless it comes directly from the source. For example, don't click on a link that comes from a text that says you have to upgrade to continue using the app or if it asks you to send them bank information. Here are some suggestions for everyone to consider. Some of these suggestions are obvious, and so, you must decide which additional steps to take to protect our reputations, including our finances. Many will have access to these files, including your friends, your enemies, your employer, and of course, the Government.

- Use a password manager
- Initiate two-step authentication
- Check and update your privacy settings
- Make sure your software is updated

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*Until our next issue, please exercise much caution to keep yourself healthy, not just for yourself, but for all your family and friends. Many experts recommend that we manage stress as best as possible. Stress can reduce our immune systems. Do all you can to reduce stress. Meditation, exercise, and sleeping well are essential for stress reduction and the maintenance of good health.*

*As you likely know, our post will not be holding in-person meetings for a while. Until COVID-19 is under full control, events and non-post related meetings, regardless of size and purpose, will not be held in order to protect everyone. Legionnaires, be prepared to call in on a designated teleconference number from your phone (cell or landline) if the post is going to hold its monthly meetings. Take care and be safe.*