



The Cathay Bulletin

July 2018 (Volume 18-07)

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

Important Imminent Dates to note:

Saturday, July 14 - 1100 hours, our May post meeting at 1524 Powell St.

Saturday, August 11 - Our August 2018 Post meeting. See you there!

Sunday, Sept 30 - Post Fashion Show, War Memorial Veterans Building

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From the desk of Post Commander Nelson Lum:

Now that the newly elected post officers have all been installed, it is time to roll up our sleeves and begin to tackle the numerous “small” lingering issues that confront our post. Having been the post commander for the past three years, I learned through experience that even though we have a membership of 130 members, our members are mostly inactive. It is very unfortunate that the overwhelming majority of the necessary work to maintain our post falls onto the shoulders of just a few members. I must also acknowledge most of our members are above the age of 75 and thus, are limited by health and mobility issues. So, we have an urgent dilemma, should our members continue to rely upon the few elected officers to do all the work?

The outlook for this scenario is that these few officers will get tired of being overworked and may no longer desire to be elected. The only viable answer is for those members who have not been contributing due to the limitations listed above to make an earnest effort to do as much as they are capable of. Our post is a voluntary organization and all members are expected to contribute what they can. In the months ahead, I will be contacting most of you to see what tasks you will be able to take on in order to alleviate the tremendous amount of responsibility being carried by just a few members, and a couple of them aren’t even veterans, but support members.

Our 87th anniversary banquet went off nicely. We had approximately 330 attendees and most importantly, after all the final numbers were in, we made a small profit. I would like to express my appreciation to all those members who supported our event and a special thank you goes out to our Finance Officer George Tsang for his herculean efforts on behalf of our post.

Toward the latter part of June, I attended the Department of California’s annual convention in Sacramento along with our 1st and 2nd Vice Commanders Helen Wong and Charles Paskerian, and Director W. T. Jeanpierre. I should note that this was also my last official appearance as the

Area 2 Vice Commander of the Department. The newly elected Area 2 Vice Commander James Scariot from District 28 took over and I know he will perform his duties faithfully. Once again, our Cathay Dispatch took first place for excellence in the publication with under 250 members category. Congratulations to our esteemed editor Ms. Clara Pon. The newly elected department commander is Larry Leonardo from District 13, Mission City Post 564. We wish him good will and pledge our support during his administration.

We are still working hard to get the second floor leased. There is a change of tenant for the leased basement space. A new partner will be added to the lease and he will make additional investments to further improve the space. I will keep you posted on any major developments.

Our next monthly meeting will take place on July 14, 2018 at 11:00 A.M. at our headquarters building located at 1524 Powell Street. Please mark that date on your calendar and I hope to see you all and hope everyone had great 4th of July.

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From the desk of our First Vice Commander, Helen Wong

Leadership Matters! Last month in June, I attended three different state conventions for three veterans service organizations. While there were some members with whom I am acquainted with that belong to all three, and were in attendance, the members in the higher leadership positions (i.e., state commander, area vice commanders, etc.) tend to focus their time on only one organization though may be a member in the other groups.

While some members can multi-task, being a leader in one group tends to conflict with being a leader in another at the same time. Although one would think that it would be second nature to be able to handle the jobs at the same time, if a leader wants to be known for being a responsible, capable person, then s/he will concentrate on making that one organization the best one possible while in office.

Although each group is similar in that there is the common element of having members who are U.S. military veterans, the scope, the aims, the terminology, the customs and culture of each group is slightly different enough that one must learn how to navigate through the meetings without making a blunder. A good leader recognizes that and is flexible enough to make adjustments and recognizes his/her limitations.

These limitations sometimes include not attending meetings of the other groups which overlap as it is difficult to cover both. Our newly elected department commander for 2018-2019, Larry Leonardo, has a Legion resume of being elected into many positions over several decades. To accomplish all these positions, he had to choose what to be involved in. To name a few, in the Department, he has been sergeant-at-arms 2014-2015, area 2 vice commander 2011, and on the Aerospace Commission from 1985-2010, and commission chairman in 2000. On the district level, he was District 13 commander in 2007, Judge Advocate from 2007-2009, and on the Trial Board. On the post level, going through the chairs, he was Post 564 commander in 1990, 1st vice commander in 1989, 3rd vice commander in 1988, Sgt.-at-arms in 1987, and adjutant from 2007-2018.

In the 40 & 8, he has been Voiture 365 Chef de Gare 2012-2013, Grande Du California Cheminot 2010, and Grande Sous Director Child Welfare. While most of us will probably never aspire to go

higher within the Legion organization, it shows the dedication and sacrifice that one person chose to be a leader.

Our post Commander **Nelson Lum** has also shown extreme dedication in the time he has been in the Legion, going from vice commander positions to commander. He was District 8 commander, American Legion War Memorial Commission Chairman for a few years, Department Area 2 vice commander, and has two national appointments representing California on the National Legislative and National Security Councils. He is very modest in his accomplishments and does not care for all the attention that being a leader brings. He leads by example!



New State Commander Larry Leonardo



New District 8 Commander Eddie Ramirez



Korean War veterans at the Memorial

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Our American Legion Department of California State Convention Report

The convention began at the McClellan Conference Center located just outside of Sacramento. While the weather was very hot, the air-conditioning was quite adequate and kept the attendees cool and comfortable. After the opening ceremony, the delegates got down to business immediately. Among the highlights was a resolution that would have changed the current practice of allowing the department commander to appoint the adjutant and service officer without seeking ratification from the Department Executive Committee. After a lengthy debate, the delegates voted to reject that resolution.

Election of the department officers were held. The two most important officer positions were; Larry Leonardo as department commander and Larry Van Kuran as national executive committeeman. Other state level officers were elected as well and that included my replacement as area 2 vice commander. Congratulations to all the newly elected and appointed officers. You will have our full support.

One of the pressing issues confronting the department is the continual budget short fall of our Veterans Affairs and Rehabilitation (VA&R). For those of you that may not know what VA&R is, it is one of the most important projects operated by the department. Service officers are employed by the department to assist veterans when they apply for eligibility of VA services. It is a very costly but necessary project and must be maintained. During the past few years, the program has experienced an average yearly deficit of approximately \$60,000. The funding of the VA&R is through revenues generated by the sale of sweepstakes, calendars, mailing labels, and holiday cards. Unfortunately, we have fallen short of the funding that is needed to sustain the operation. During the past few years, funds were transferred from the department's reserve account to cover the shortage, but that will not and cannot be the solution to this problem. We must find new ways to generate the needed revenues.

Some of you may have noticed the Helmets for Heroes campaign that is ongoing. When you see these helmets, please help by contributing. You can really do your part by taking a few of these helmets with you and place them with friends or merchants. Please be aware that you will need to collect the funds and bring them to the post. If we all do our part, we should be able to generate sufficient amount of funding to assist our veterans.

Another program to raise funds for VA&R is the centennial challenge coins. It received a great kick off at the convention with approximately \$10,000 worth of coins sold. That amount did not include coins that were ordered prior to the convention. The members of Cathay Post ordered \$1,750 worth of custom coins and they are in my possession. I will distribute them to those members who have placed their orders at our next monthly meeting. The challenge coins can still be ordered until they are sold out. If you have not placed an order, please help us by doing so at our next monthly meeting. Our fellow veterans are depending on you to provide them with the needed assistance.

The delegates approved a resolution to recognize CA Legion College as one of the official programs of the department. I attended the first class back in April and am convinced that it will be very beneficial for all Legionnaires who are or want to be leaders within the Legion. The 2nd class will be held on October 26, 27, and 28, 2018 at Post 105 in Redwood City. If you would like to attend, please submit your application as soon as the application registration begins on August 6, 2018. Seating is limited. If you have questions, you can direct them to Clara Pon, CA Legion College coordinator at: clara@calegioncollege.org.

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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 directly at: rsdong@sbcglobal.net. I have a very large round file. For now, let's roll with our first article.

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Breaking News from Coast Guard Base Alameda Base Alameda Change of Command



Captain Jose Pena, RADM James Heinz, Captain Jon Hickey

On June 26 2018 Captain **Jose A. Peña** assumed command of Coast Guard (CG) Base Alameda, during a change-of-command ceremony held on Coast Guard Island. Peña relieved **Captain Jon P. Hickey** who has served as the Base Alameda commanding officer since July 2015.

Peña previously served as the commanding officer at Base Los Angeles-Long Beach, where he was the senior mission support representative in Southern California. He oversaw a \$3.6 million annual program and daily logistics support to 10 tenant commands, including delivery of logistics, accounting, procurement, galley, security and port operations, medical and work-life support services.

Peña received a Bachelor of Science in Civil Engineering from University of Puerto Rico and a Master of Science in Civil Engineering from University of Illinois. He graduated from CG Officer Candidate School in 1995.

Captain Hickey was awarded the **Legion of Merit** during the ceremony for his three years of command, where he was responsible for providing mission support to 13,000 people, 60 ships, 11 sectors and 10 air stations.

Rear Adm. James Heinz, the director of operational logistics for the Coast Guard, presided over the ceremony.

Captain Hickey departed to Washington D.C. for his next assignment as the personal assistant to the vice president of the United States. Hickey performed his three-year tour with

extraordinary competence and is rewarded to this senior, national assignment representing Homeland Security and the U.S. Coast Guard in the White House.

The change-of-command ceremony is a historic military ritual. The event, which has remained unchanged for centuries, includes a reading of the command orders in the presence of all unit crew members to ensure continuity of command.

Most of us probably are not aware of the **2017 achievements** of our nearby Coast Guard Base Alameda Support organization and attached operational CG elements. Here is a summary list of the results from completed and successful operations by this civilian/military unit:

Note that in time of war, the Coast Guard becomes part of our US Navy.

1. Saved 475 lives in various rescue operations including hurricanes Harvey, Irma and Maria.
2. Provided necessary aide to 2,396 lives in maritime rescues and multiple contingencies
3. Saved \$5.2 M in property
4. Supported four major contingency responses
5. Conducted 2,912 vessel inspections ensuring port safety and security
6. Executed 163 counter-drug interdictions in the high seas, resulting in 548 detainees and the seizure of 131,220 kilograms of cocaine valued at approximately \$4.3 Billion.

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Coast Guard Base Alameda and the Bay Area

For our reader’s edification, earlier in this century, our post member **Major General Michael Myatt**, USMC, retired, was a key person promoting the cooperation and planning for Bay Area contingences jointly with Coast Guard Base Alameda and our US Navy. A major earthquake or other major disaster in the Bay Area will require massive logistics and coordination to identify then prioritize fire-fighting and rescue operations. There will be information over load which will require information centers and command posts to make fast and critical decisions and prioritize orders to emergency responders involving the Coast Guard resources and the multiple police and fire-fighting local organizations throughout the large Bay Area which covers several hundred square miles.

I had heard that the Coast Guard had plans, preparation, and training for all types of contingences, but that was all street talk. Early in June, I asked Base Alameda Commander **Captain Jon Hickey** for basic information to inform our Cathay Dispatch or Bulletin readers about CG contingency plans. Hickey directed appropriate Base Alameda personnel to provide a summary report for our information and sharing with our newsletter readers.

Considering the wide range of contingencies our Coast Guard must be prepared, we can assume that those plans must be voluminous, so I asked that a summary report that we could use to describe some of the major plans.

Lt. Chris Shih with the Base Alameda’s Contingency Planning and Force Readiness office quickly prepared a two-page input for sharing with our readers.

I have further summarized that report as follows:

Our CG Base Alameda will work closely with whichever local emergency responders are active during any type of emergency event. Information needs to be provided by the local organizations that are closest and most involved with any emergency situation so that Coast Guard resources can be used most effectively.

CG Base Alameda personnel involved in emergency response situations have completed their preparations with several written plans. They include:

Continuity of Operations Plan. We are reminded that in a major catastrophic event, our Coast Guard may also have casualties and systems damage. Thus, before it can render any external assistance, it must conduct all necessary actions to restore CG resources, so that it is capable to help others. The Continuity Operations Plan (COOP) involves both CG assets on Coast Guard Island as well as Coast Guard resources in the Bay Area (i.e. Treasure Island) with detail directives for rescue operations, maintaining a safe waterway, and facilitating maritime commerce for the port of San Francisco. Support operations for our local communities are included in their plans, but these plans are flexible as each contingency will be different and support depends on the timing, size, and location of the event. Local emergency forces will almost certainly be working jointly with Coast Guard forces for the first time.

Area Contingency Plan. Base Alameda has contingency plans to deal with the impact of a variety of emergencies that may alter the capacity of CG resources in a variety of ways. Restoring communications is a high priority as quality communications is a must for the Coast Guard to respond to many different scenarios. There may be personnel harm that must be provided simultaneously of both internal and external demands. It is the duty of the Coast Guard to provide the best support to a variety of emergencies in a major event, despite any resources constraints from our own casualties. CG Alameda meets 16 times a year to review, train and share information with local organizations to maintain its readiness thus “**Semper Paratus.**”

Marine Transportation System Recovery Planning. Base Alameda is the lead Federal Agency to protect and maintain our national Marine Transportation System. That is a requirement during any contingency as a disruption to maritime transportation related to national trade must be protected and facilitated. Programmed objectives are described in the national Marine Salvage Response Plan (MSRP) to insure rapid recovery after any major disaster. The CG must ensure that navigable waterways are obstruction free to support restoration of maritime commerce.

The other major plans which are supported by Base Alameda are Mass Rescue Operations, Cyber Security, and Active Shooter situations. Our CG’s Sector San Francisco unit coordinates and works with many Federal agencies and local organizations to conduct its mission.

Today, these operations plans are ready for implementation when a disaster strikes. **It is not a question of if, but when.** We all know that a major earthquake can shatter, rattle, and roll at any time. It is reassuring to know that Coast Guard Base Alameda is nearby and prepared 24/7. We must be cognizant that if an earthquake is very powerful damaging a very large portion of the Bay Area, there will be a shortage of first responders. We should note that all of our Bay Area firefighters, police officer and the Coast Guard personnel on Coast Guard Base Alameda will not be sufficient to quickly rescue and recover massive casualties over a large area.

I have not discussed one major concern I have in all this planning. There is a single bridge road that links Coast Guard Island with Alameda/Oakland. If a contingency disables the only surface

connection to the mainland, the needed heavy vehicles of our CG will be stuck on the island. Personnel can be transported by ship or helicopters to Alameda where vehicles can move them to many locations, but fire engines and other CG vehicles needed for a variety of operations will be stuck on the Island. Of course, CG helicopters will still be able to operate and provide appropriate support, but the key component of heavy duty support vehicles will not.

One other note regarding expectations, the CG Base Alameda organization only has 500 people assigned. Any major catastrophe will need many more emergency responders, including more CG support. Our CG will no doubt perform its operations exceedingly well, but the Bay Area is several hundred square miles, and it would need 500 flying supermen to provide total support in any major contingency. Regardless, we are all pleased and thankful that CG Base Alameda is present and able to respond in any emergency.

Bravo Zulu!

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The latest news on STROKES

STROKE. We have written several articles on stroke the past year, but here's the latest news. Reporting on STROKE is necessary again, because it is so **relevant**. In my informal chats at our monthly Cathay Post meetings, I learned that at least six (6) members of our post have had strokes. One person has had three (3) strokes and the others have had both minor and major strokes. The victims were around 60 years and older. The data was learned from informal chats with approximately 30 post members with no intention to invade anyone's privacy. Six of thirty post members have been stroke victims would be 20% of active members who attend our monthly meetings. As our other members and family age, information about stroke awareness and proper brain damage prevention procedures becomes very relevant. It is very likely that other members of our post will become stroke victims. Do not hesitate to call 911 if anyone in your presence displays any of the following **BEFAST** symptoms:

Balance problems are suddenly displayed;

Eye control is lost;

Face muscles are weak and one side of the face sags, or an uneven smile is displayed;

Arm, or arms are suddenly weak;

Speech is degraded and victim slurs;

Timing is critical, so call 911. Minutes count in stroke brain damage prevention.

The May 15, 2018 Wall Street Journal article reports that our medics are getting better at treating stroke victims. Therefore, it is now more possible to minimize brain damage when victims are quickly delivered by ambulance to a qualified stroke facility.

Today, technologies use computer algorithms to compare the victim's MRI brain scan with a vast **Artificial Intelligence (AI)** database to other victims with similar conditions. Once the comparison is analyzed, and images compared, the scans can be forwarded very quickly from the

initial medical facility to a special stroke treatment facility where blot clots can be removed to prevent severe brain damage.

This new procedure is called Thrombectomy, which can either be a lifesaving action, or one that will save the victim from a long rehabilitation regime. Both are great outcomes.

SOURCE: *New Methods Aim to Speed Stroke Care*, WSJ, 180515, p A3

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Take this to heart - for your heart



Using machines to strengthen your heart

There is much advice in public now providing advice to avoid heart attacks or prevent recurrence. I heard this from a medical doctor at my local senior center not long ago, who also gave advice on eating healthy and getting a good night sleep every night.

One advice that I took to heart was a recent recommendation for a specific workout routine that should be helpful to most people (not necessarily for everyone). Any who has had a heart attack, or has had heart issues, must be very careful and check with your doctor before attempting this special exercise routine.

I have taking the recommendation myself and find that has been very good for my physical endurance and exercising my heart.

This exercise involves the use of a bicycle exerciser, of which, there are many available. Because accessibility and efficiency are important to most of us, modern bicycling machines are a very convenient appliance to use as a key component for our daily exercising. The concept is a simple and time saving, and this routine will provide optimal effect with minimal time requirement.

On your bicycle exerciser, warm-up comfortably by peddling for a few minutes, until you are ready to proceed with the special 9-minute program. The concept is to sandwich six (6)-30-second-high intensity peddling between 1-minute interval of routine pedaling. I pedal at an easy rate for one minute (6-8 mph), then exert the maximum effort for 30 seconds (14-18 mph). This 90 second routine is completed after 6 rounds of the special routine – totaling 9 minutes. Then I continue to pedal casually for any 2 minutes to cool down – followed by a hot shower. I have followed this routine for 4 months and find it beneficial. I feel stronger and believe it is good for strengthening my heart, too.

CHECK WITH YOUR DOCTOR BEFORE YOU START DOING THIS EXERCISE PROGRAM - UNLESS YOU ABSOLUTELY KNOW YOU DO NOT HAVE ANY HEART ISSUES!

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Bet you have never considered living with a robot companion.

Me either, but MAYBE you might change your mind - meet "MABU"



Meet Mabu, the personal digital healthcare assistance, a 21st Century iBot.

Originally developed to simply help sick, elderly patients to remember taking their "Meds;" this friendly iBot, originated in Japan, (**Mabu** means friend in Japanese), has been enhanced and is now helping many people not just survive, but live a more fulfilling life. The digital personal assistant Mabu is now employed to help patients manage the chronic conditions associated with recovery from diseases such as arthritis, diabetes and heart attacks. For some patients that might mean better management of symptoms of the condition or side effects of their treatment. For others, it might mean handling significant challenges like depression or anxiety that can come along with a chronic condition. They are becoming more human like and will provide companionship for many seniors suffering from loneliness. The young have no idea that many seniors suffer from loneliness, sometimes because their family members don't have time to provide home care, and sometimes because they have lost their life long mate. As the personal digital assistance become more intelligent and more humanlike, they provide even better companionship and life support.

Mabu uses Artificial Intelligence (AI) technology developed over more than a decade, originally by its founder, Dr. Cory Kidd, and now advanced further by the Catalia Health team. This system includes inputs from other algorithms such as those created by [Affectiva](#), an MIT spinoff, to engage with patients in their own home and adapt conversations to suit the patient at that particular moment. Mabu can ask how the patient is feeling and relay this information back to healthcare providers who can monitor remotely and reduce routine office and/or home nurse visits. Mabu provides reminders for taking medication. All seniors have memory issues and it is common for seniors to forget their meds. When forgetfulness is noted, the Mabu can help to get to the root of the problem by monitoring the patient's ability to take their prescribed medication.

Recently reported in "Robots and Chatbots Look After the Elderly" in the Wall Street Journal, May 29, 2018, "Twice a day a little robot in Rayfield Byrd's living room lights up and asks him a very personal question: 'Have you taken your medication?'"

For the past few weeks, Mr. Byrd, a 67-year-old retired transit worker who lives alone in Oakland, Calif., has been able to proudly answer “yes.”

This portable robot’s generic name is Mabu, and at the recommendation of his health-care provider, she now lives with Mr. Byrd to help monitor his irregular heartbeat. She checks in on him two or three times a day to make sure he weighs himself, takes his medication, and exercises regularly—and relays information back to his healthcare team.

Dr. Cory Kidd and Ms. Hannah Briggs with Catalia Health are making a special offer to our American Legion Cathay Post veterans and spouses. They are offering a free trial of MABU for those of us who may have medical problems associated with a heart problem, or arthritis, or diabetes. To check if this can be arranged for you, just register at mymabu.com.

Tell them Groucho sent you. That may, or may not, get you a cigar.

If you are a Kaiser Foundation member, your healthcare plan should cover the cost of Mabu, if your doctor prescribes this service. Other medical service providers may also be participants, so check it out when you are in contact with Catalia Health.

Today, around 12,000 people reach the ripe age of 65 every day in America. Our senior (and elderly senior) population will double by 2050, and there needs to be some affordable and viable options compared to full time nurses or very expensive Continuing Care Retirement Centers (CCRC). Most people will not be able to pay the 6 figure entrance fees and monthly costs ranging from \$3,000 to \$15,000 a month in today’s market. By 2050, with demand expanding and costs rising, we need to have solutions that are viable and affordable. Unfortunately, if anyone is no longer ambulatory and needs round the clock physical assistance to get up, eat, dress and bathe, they need a full service CCRC. Long term care insurance is needed to accumulate sufficient insurance to pay for CCRCs nationally. Be careful who you buy long term care insurance with. Small insurance companies are a risk, because they may not be around when you are ready to collect the benefits you paid for.

Before we become fully dependent on a full-time nurse, AI and today’s personal care machines (robots/chatbots) are providing needed services and companionship to make senior living – livable. This may mean different standards for each of us, but as you and I get older, we must be flexible and adjust. Many seniors are not able to change their routines easily. Those who cannot adapt will be miserable, and likely become old and cranky. My visit to several senior homes and senior care facilities always finds old and cranky people who are very unhappy living wherever they are. An old crank will be avoided by everybody, so anyone who chooses to be inflexible and cranky may see their world of contacts shrink rapidly. This is a very serious early warning to all. I am told that people who don't think they will not get cranky, can get cranky.

Today's personal care digital attendants already are capable of providing needed and sometimes critical support services – if you have one and can adapt to communicating with a cooperative robot. Future iBots will be more capable and more human-like. Instead of a mini-robot, a kind a human face/person functioning with AI technology will be able to carry on real time conversations and beat you at chess, unless you ask for a beginner level competition. That iBot can be programmed to be a little less skillful than you to have interesting and satisfying victories.

One thing Mabu does not do yet, is call 911 if you need immediate medical attention. I am sure that service will be available in the future. Your digital companion will monitor your health and report your status to your doctor or nurse who can then arrange for more assistance when needed.

My major personal concern is that my companion will be smarter than me – probably not a great software challenge.

One of the first things that I/you will want to do is to name your personal assistant whatever name pleases you. I will call mine, "Raquel," and Ladies you might call yours "Charley."

In conversions with many friends, they have generally opined that even before senility, a friendly digital companion who wakes us in the morning with a friendly greeting, notifies of the date and time, provides breaking news and stock market alerts, gives a brief weather report and a list of the day's activities would be extremely useful - even before we are seniors and ready for Mabu.

If this same companion can remind us to get to bed nightly to sleep sufficiently and send us to slumber-land with sleep inducing melodies, many of us **need this assistance-now**. There are many other simple applications that would make a digital companion very valuable to all adults.

Final comment. How much will your digital personal assistant cost? Kaiser and your medical health insurance policy should pay that expense when your doctor prescribes it. MABU saves money and resources to medical providers, so many patients, especially heart patients should be able to qualify for MABU.

Source: The Mabu Personal Healthcare Companion: Interview with Dr. Cory Kidd, Founder & CEO of Catalia Health, 170330, CONN HASTINGS

ROBOTS AND CHATBOTS LOOK AFTER THE ELDERLY, WSJ, 180529, PAGE B6

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GENERAL INFORMATION SHEET CLAIM FOR GOVERNMENT MEDALLION FOR PLACEMENT IN A PRIVATE CEMETERY

RESPONDENT BURDEN - Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. VA cannot conduct or sponsor a collection of information unless it has a valid OMB number. Your obligation to respond is voluntary, however, your response is required to obtain benefits. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to the VA Clearance Officer (005R1B), 810 Vermont Avenue, NW, Washington, DC 20420. Please DO NOT send applications for benefits to this address.

PRIVACY ACT - VA considers the responses you submit confidential (38 U.S.C. 5701). VA may only disclose this information outside the VA if the disclosure is authorized under the Privacy Act, including the routine uses identified in the VA system of records, 48VA40B, published in the Federal Register. VA considers the requested information relevant and necessary to determine maximum benefits under the law.

BENEFIT PROVIDED - MEDALLION (Only for eligible deceased Veterans who served in the Armed Forces on or after April 6, 1917, regardless of their date of death)

Furnished upon receipt of claim for affixing to an existing privately-purchased headstone or marker placed at the gravesite of an eligible deceased Veteran who is buried in a private or local Government cemetery. The medallion is made of bronze and available in three sizes: Large, Medium, Small. Each medallion is inscribed with the word VETERAN across the top and the Branch of Service at the bottom (see Note in Block 11 of the claim for further information). An eligible deceased Veteran may receive a Government furnished headstone or marker, or a medallion, but not both. *If requesting a headstone or marker, please use the VA Form 40-1330, Claim for Standard Government Headstone or Marker.*

Shown below are the three medallions with the actual dimensions (+/- 1/32") for width and height.



Large Medallion

Dimensions: 6 3/8" W, 4 3/4" H, 1/2" D



Medium Medallion

Dimensions: 3 3/4" W, 2 7/8" H, 1/4" D



Small Medallion

Dimensions: 2" W, 1 1/2" H, 1/3" D

WHO IS ELIGIBLE - Any deceased Veteran discharged under honorable conditions, who served in the Armed Forces on or after April 6, 1917, and is buried in a private cemetery in a grave marked with a privately purchased headstone or marker. Any Servicemember of the Armed Forces of the United States who served on or after April 6, 1917, and died on active duty and is buried in a private cemetery in a grave marked with a privately purchased headstone or marker. Please attach a copy of the deceased Veteran's discharge certificate (DD Form 214 or equivalent) or a copy of other official document(s) establishing qualifying military service. If you are unable to locate copies of military records, apply anyway, as VA will attempt to obtain records necessary to make an eligibility determination. **Do not send original documents;** they will not be returned. **Service after September 7, 1980, must be for a minimum of 24 months continuous active duty or be completed under special circumstances, e.g., death on active duty.** Persons who have only limited active duty service for training while in the National Guard or Reserves are not eligible unless there are special circumstances, e.g., death while on active duty, or as a result of training. Reservists and National Guard members who, at time of death, were entitled to retired pay, or would have been entitled, but for being under the age of 60, are eligible, please submit a copy of the Reserve Retirement Eligibility Benefits Letter with the claim. Reservists called to active duty other than training and National Guard members who are Federalized and who serve for the period called are eligible.

WHO CAN APPLY - An "applicant" for a Medallion may be any of the following:

- (i) A decedent's family member, which includes the decedent's spouse or individual who was in a legal union as defined in 38 CFR 3.1702(b)(1)(ii) with the decedent; a child, parent, or sibling of the decedent, whether biological, adopted, or step relation; and any lineal or collateral descendant of the decedent;
- (ii) A personal representative, defined as a family member or other individual who has identified himself or herself as the person responsible for making decisions concerning the interment of the remains of or memorialization of a deceased individual;
- (iii) A representative of a Congressionally-chartered Veterans Service Organization;
- (iv) An individual employed by the relevant state, tribal organization, or local government whose official responsibilities include serving veterans and families of veterans, such as a state or county veterans service officer; or
- (v) Any individual who is responsible, under the laws of the relevant state or locality, for the disposition of the unclaimed remains of the decedent or for other matters relating to the interment or memorialization of the decedent.

PRESIDENTIAL MEMORIAL CERTIFICATE - A Presidential Memorial Certificate (PMC) is an engraved paper certificate, signed by the current sitting president, to honor the memory of Veterans discharged under other than dishonorable conditions. If the Veteran is eligible for a headstone, marker, or medallion, one PMC will automatically be provided unless otherwise specified. Additional PMCs may be requested by indicating how many in block 18 of this form.

HOW TO SUBMIT A CLAIM

FAX VA Form 40-1330M and supporting documents to: 1-800-455-7143.

IMPORTANT: If faxing more than one claim - fax each claim package (claim plus supporting documents) individually (disconnect the call and redial for each submission).

**MAIL claims to: Memorial Products Service (41B)
Department of Veterans Affairs
5109 Russell Road
Quantico, VA 22134-3903**

A VA medallion may be furnished only upon receipt of a fully completed and signed claim with required supporting documentation.

SIGNATURES REQUIRED - The claimant signs in block 19; the cemetery or other responsible official in block 24. If there is no official on duty at the cemetery, the signature of the person responsible for the property listed in block 23 is required. Entries of "None," "Not Applicable," or "NA" will not be accepted.

ASSISTANCE NEEDED - If assistance is needed to complete this claim, you may contact our Applicant Assistance Unit toll free at: 1-800-697-6947, or via e-mail at mhs.headstones@va.gov. If additional assistance is needed to complete this claim, contact the nearest VA Regional Office, national cemetery, or a local Veterans' organization. No fee should be paid in connection with the preparation of this claim. For more information regarding medallion eligibility, affixing procedures, and sizes, visit our website at www.cem.va.gov.

DELIVERY - The medallion is shipped without charge to the name/address designated in Block 21 of the claim. The Government is not responsible for costs associated with affixing the medallion to the privately purchased headstone or marker. Appropriate affixing adhesives, hardware and instructions are provided with the medallion.

CAUTION - *To avoid delays in the production and delivery of the medallion, please check carefully to be sure you have accurately furnished all required information and documents before faxing or mailing the claim. The Government is not responsible for costs associated with affixing the medallion to the privately purchased headstone or marker. Medallions furnished remain the property of the United States Government and may not be used for any purpose other than to be affixed to the privately purchased headstone or marker of an eligible deceased Veteran buried in a private or local Government cemetery.*

DETACH AND RETAIN THIS GENERAL INFORMATION SHEET FOR YOUR RECORDS.

VA FORM
DEC 2017 **40-1330M**

ALL PREVIOUS VERSIONS OF THIS FORM ARE OBSOLETE

Form approved, OMB No. 2900-0222
 Expiration Date: Dec. 31, 2020
 Respondent Burden: 15 minutes

Department of Veterans Affairs		CLAIM FOR GOVERNMENT MEDALLION FOR PLACEMENT IN A PRIVATE CEMETERY			
IMPORTANT: Please read the General Information Sheet before completing this claim. Type or print clearly all information except for signatures. Illegible printing could result in incorrect delivery of the medallion. Failure to complete each block may result in delayed processing. PLEASE INCLUDE MILITARY DISCHARGE DOCUMENTS.					1. DID VA PREVIOUSLY DETERMINE ELIGIBILITY FOR BURIAL AT A VA NATIONAL CEMETERY? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> UNSURE
2. NAME OF DECEASED VETERAN					3. THERE MUST BE A SET HEADSTONE, MAUSOLEUM, OR CRYPT IN PLACE TO AFFIX THE MEDALLION. IS THE GRAVE CURRENTLY MARKED? <input type="checkbox"/> YES <input type="checkbox"/> NO
FIRST (Or Initial)		MIDDLE (Or Initial)		LAST	SUFFIX
4. RACE OR ETHNICITY (You may select more than one. Information will be used for statistical purposes only.) <input type="checkbox"/> AMERICAN INDIAN OR ALASKA NATIVE <input type="checkbox"/> NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER <input type="checkbox"/> BLACK OR AFRICAN AMERICAN <input type="checkbox"/> WHITE <input type="checkbox"/> HISPANIC OR LATINO <input type="checkbox"/> OTHER (Specify) _____					5. GENDER (Information will be used for statistical purposes only.) <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
6. AGE AT TIME OF DEATH					
VETERAN'S SERVICE AND IDENTIFYING INFORMATION (Use numbers only, e.g., 05-15-1941)					
7. VETERAN'S SOCIAL SECURITY NO. OR SERVICE NO. SSN: _____ SVC. NO.: _____			8. PLACE OF BIRTH (City and State or Country)		
PERIODS OF ACTIVE MILITARY DUTY					
9A. DATE OF BIRTH		9B. DATE OF DEATH		10A. DATE(S) ENTERED	
MONTH	DAY	YEAR	MONTH	DAY	YEAR
MONTH	DAY	YEAR	MONTH	DAY	YEAR
11. BRANCH OF SERVICE (BOS) (Check applicable box(es)) NOTE: If one BOS is selected, it will be spelled out on the medallion, i.e. U.S. ARMY, U.S. AIR FORCE, etc. If more than one BOS is selected, they will be abbreviated on the medallion, i.e. USA, USAF, USN, USMC, USCG, etc. <input type="checkbox"/> ARMY <input type="checkbox"/> MARINE CORPS <input type="checkbox"/> COAST GUARD <input type="checkbox"/> MERCHANT MARINE <input type="checkbox"/> NAVY <input type="checkbox"/> AIR FORCE <input type="checkbox"/> ARMY AIR FORCES (WW II) <input type="checkbox"/> OTHER (USAAC, WAAC, etc.) (Specify) _____					
12. MEDALLION SIZE REQUESTED (Check one) (Refer to general information sheet for exact sizes) <input type="checkbox"/> LARGE (M5) <input type="checkbox"/> MEDIUM (M3) <input type="checkbox"/> SMALL (M1)					
13. ARE YOU: <input type="checkbox"/> FAMILY MEMBER (Specify relationship) _____ <input type="checkbox"/> VETERANS SERVICE OFFICER <input type="checkbox"/> CEMETERY MANAGEMENT (where the unclaimed remains are buried) <input type="checkbox"/> PERSONAL REPRESENTATIVE (Person responsible for decisions concerning burial of decedent; include written authorization) <input type="checkbox"/> FUNERAL HOME MANAGEMENT (that received the unclaimed remains)					
14. NAME AND MAILING ADDRESS OF CLAIMANT (No., Street, City, State, and ZIP Code)			15. DAYTIME PHONE NO. OF CLAIMANT		16. E-MAIL ADDRESS (Optional)
17. I WOULD LIKE A PRESIDENTIAL MEMORIAL CERTIFICATE? <input type="checkbox"/> YES <input type="checkbox"/> NO			18. IF "YES" HOW MANY?		
CERTIFICATION: By signing below I certify the medallion will be affixed to a privately purchased headstone or marker in the cemetery listed in Block 23 at no expense to the Government, and that I (or the party listed in Block 21) have agreed to accept delivery, and all information entered on this claim is true and correct to the best of my knowledge. I also certify, to the best of my knowledge, that the decedent has never committed a serious crime, such as murder or other offense that could have resulted in imprisonment for life, has never been convicted of a serious crime, and has never been convicted of a sexual offense for which he or she was sentenced to a minimum of life imprisonment.					
PENALTY: The law provides severe penalties, which include fine or imprisonment, or both, for the wilful submission of any statement or evidence of a material fact, knowing it to be false or for the fraudulent acceptance of any benefit to which you are not entitled.					
19. SIGNATURE OF CLAIMANT			20. DATE (MM/DD/YYYY)		
21. NAME AND DELIVERY ADDRESS FOR MEDALLION (No., Street, City, State, and ZIP Code); (if same as applicant, please enter SAME)		22. DAYTIME PHONE NO. (Include Area Code)		23. NAME AND ADDRESS OF CEMETERY WHERE PRIVATELY PURCHASED HEADSTONE IS IN PLACE OR A MAUSOLEUM, OR CRYPT TO AFFIX THE MEDALLION MARKER OF THE DECEASED VETERAN IS LOCATED (No., Street, City, State, and ZIP Code)	
CERTIFICATION: By signing below I certify the size medallion indicated above is permitted in the cemetery.					
24. SIGNATURE OF CEMETERY OFFICIAL			25. DATE (MM/DD/YYYY)		

Welcome to the Hypersonic World

The hottest and most “hyper” news in the military R&D world today is about the potential hypersonic and the desire to be first nation to develop super high-speed weapons. A lot of this is "hype," but the hype is very serious. **The first country to successfully develop hypersonic armed missiles will be capable of penetrating current air defenses (and, perhaps any future, air defenses) to strike any target.** Missiles moving at hypersonic speeds do not need stealth technology. The first nation that develops and successful hypersonic missile can threaten/rule the world. Thus, the major competing nations are sucked into another major arms race. However, no major nation can be threatened by a few hypersonic missiles. The cost to have sufficient numbers of the super-hypersonic weapons to threaten a major nation may be a prohibiting factor.

Propelling an object at hypersonic speed is very difficult, traditional jet engines cannot exceed Mach 3 or 3 times the speed of sound. The intent and concept for a hypersonic missile is to launch and strike a target on the other side of the globe in about an hour.

Here is some data on our fastest aircraft. The US Air Force SR-71 reconnaissance platform reportedly flies up to 4 Mach (2,200 mph). Our SR-72, an unmanned scramjet research platform is capable of moving at 6 Mach (4,500 mph). Russians claim their SU-27 has achieved the speed of 2.35 Mach (1,550 mph).

Hypersonic missiles/aircraft will move at such a speed that these systems will strike a target so fast that air defense systems will not be able to detect until too late. Even if hypersonic missiles are detected, there is insufficient time calculate their trajectory to intercept them. Because these future hypersonic systems will also be maneuverable, there is not enough time to intercept a system that is accelerating and changing direction. This is scaring all the major military leaders and defense planners in the world.

Technically, current jet engines can only propel aircraft up to 3+ mach. A supersonic combustion ramjet (scramjet) is needed to push an object between Mach 5 and Mach 15. An integral technology needed to facilitate any hypersonic system is new material(s) to encase the system. Current aircraft and missile frames cannot withstand the extreme heat generated when hyper speeds are involved. New materials must be discovered or created to encase any vehicle moving at hypersonic speeds to resist both heat and pressure. Reportedly our NASA X-43A scramjet achieved 9.6 Mach (7,000 mph).



The NASA X-43A with a hypersonic “scramjet” attached in R&D - Wikipedia

On June 28, 2018, Boeing Aircraft revealed plans for what might be the world's first hypersonic airliner, a sleek, futuristic-looking craft that the Seattle-based company said would be capable of flying five times the speed of sound, or about 3,800 miles per hour.

Source: <https://www.nbcnews.com/mach/amp/ncna887111>



To be named supersonic jet transport - Boeing

Military hypersonics are a greater challenge. Today, there are three major competitors racing to be the first to achieve success. Who might they be? Yep, they be - the U.S., Russia and China. The potential capability to not just evade air defenses, but the capability to overwhelm and negate current air defenses excites military planners. The major competitors cannot resist hypersonic technology. Everyone wants to be the first.

In fact, America was first. We started our R&D in 2011 under the George W. Bush administration. This was our "Prompt Global Strike" project, but the project required tremendous effort and funding. After the change in Administration, interest and funding faded. Thus Global Strike also faded.

There are now rumors/reports that both Russia and China are funding and developing hypersonic weapons. The Russians have developed the Kinzhal Mach 10 hypersonic rocket, which is hypersonic, but it may not yet be maneuverable. Hypersonic speed and maneuverability is the objective. China has the DF-21D MRBM which is not boosted hypersonically, but the anti-ship missile designed to attack our aircraft carriers, it's warhead will plummet toward its target at hypersonic speed.

The Threat. A 2016 Air Force study warns that our inability to defend against maneuverable hypersonic missiles will be grave if any enemy has such a weapon. The speeds, flight profiles and maneuverability of hyper-systems are not defensible with our current defenses and we may never be able to effectively defend against a true hypersonic weapon.

Testifying to the Senate Armed Forces Committee, the Commander of U.S. Strategic Command stated "We don't have any defense that could deny the employment of such a weapon against us. ... Both Russia and China are aggressively pursuing hypersonic capabilities. We've just watch them test their capabilities."

There are rumors/reports that based on apparent defense spending that both Russia and China may be leading the pack in hypersonic weapons development. It may be rumors started by defense contractors who must have more funding. However, it is not just our Air Force commanders who are very interested and very concerned because even our Army and Navy are pushing ahead with potential hypersonic weapons (artillery/guns with hypersonic projectiles) planned for the next

decade. The Army's Space and Missile Defense Command did some long-range testing with mixed results.

My view is that the greatest obstacle in developing hypersonic systems is metallurgy for the airframe. We are probably years away from developing materials that can withstand the heat and pressure generated by any object moving more than 5 mach. Whatever that material may someday be, it must withstand very high heat, and must also be able to withstand high heat for more than a few seconds, or a few minutes.

Even though the hypersonic weapon may not be moving at maximum speed from its launch point, it will need to withstand extremely high temperatures for at least 30 minutes. No natural material that we now know, or any man-made material we can produce, can survive the superheat and pressure generated at 5-15 Mach propulsion.

Every service needs serious funding to conquer the new challenges.

Unfortunately, this is another phase of the unending arms race that deflects needed funding for constructive and peaceful projects such infrastructure and other S&T research endeavors. These are projects that should be funded to keep our country great.

Sources:

US general warn of hypersonic weapons threat from Russia & China ...
<https://www.cnn.com/2018/03/27/politics/general...hypersonic-weapon.../index.html>
 Pentagon looks to counter rivals' hypersonic missiles | Daily Mail Online
www.dailymail.co.uk/.../article.../Pentagon-looks-counter-rivals-hypersonic-missiles.htm...
 Hypersonic weapons could nullify virtually all missile defenses ...
www.businessinsider.com/hypersonic-weapons-could-nullify-missile-defenses-2018-2
 Invincible' Hypersonic Weapons - Defense One
www.defenseone.com/technology/2018/03/united...hypersonic-weapons/146355/

New record set for world's most heat resistant material

A few hours after finishing my report "Welcome to the Hypersonic World," and writing that "No natural material that we now know, or any man-made material we can produce, can survive the superheat and pressure generated at 5-15 Mach propulsion," I discovered this report that a laboratory at the Imperial College of London had discovered a new compound that resists heat up to 3,900 Celsius. If true, that would make hypersonic missiles and rockets feasible much sooner than I believed possible. Instead of hypersonic systems available in 10-20 years, if this new compound, known only as (Tao.8Hfo.20C), is real, we might have hypersonic airframes in 3-5 years.

I also noted comments from "scientists" following the article on the internet. A few "scientists" were skeptical and said that this type of material would oxidize in the atmosphere," others had a wait and see attitude, so future follow-up studies are needed before anyone gets too excited. No doubt, Russian and Chinese military researchers and intelligence collectors are seeking more information.

Read more at: <https://phys.org/news/2016-12-world-resistant-material.html#jCp>

Artificial intelligence (AI) is already one of the most transformational technologies of the digital age - touching all facets of life, including leadership, value creation, and innovation in many businesses, including healthcare, education, scientific research, and very critical to the future of our military. Let's first look at how it is affecting a few Air Force aircraft.

AI and the US Air Force

As we have noted in past Post newsletters, AI technology is used to gather, format, and interpret vast, vast amounts of data stored in a "Cloud" someplace. Today, there are many "Clouds," serving many Masters for hundreds of applications. All the military services will be dramatically impacted. For our Air Force, AI is vital and critical for many Air Force systems and projects. Some of our Air Force "Clouds" are actually inside mountains.



The Lockheed U2 "Dragon Lady" Wikipedia

In today's Air Force, the photo imagery taken by our 60+ year old U2 reconnaissance airframe, now employs AI technology to review and analyze each U2's mission's photographic payload. In a single U2 mission, there is a 200-pound canister is loaded with approximately two (2) miles of film. At mission completion the long roll of film must be scanned and meticulously searched for subjects/objects of intelligence interest. It is now physically impossible for human photo interpreters to complete this burdensome task in a timely manner.

In fact, according to Air Force Colonel Jason Brown, Commander, 480th Surveillance and Reconnaissance Wing, Beale AFB, CA, "Our analysts are already saturated with data, there is too much imagery, too few analysts to process the film payload, and too little time to get the job done."

The answer is to use special computer software to scan the long rolls of developed film and identify the specific images that contain the objects or subject of intelligence interest. That's where AI technology can facilitate the search for what we want our human photo interpreters to analyze carefully and report on specific objects related to their intelligence requirements and mission.

With limited military resources, the Air Force is now working with Stanford University's engineering and business students to develop and enhance AI software to quickly scan 19th Century Kodak film used by U2's that are still being flown to photograph locations of military interest and/or civilian mission requirements in natural disasters. Even if we had sufficient human resources to examine every photographic image that would take weeks/months to conduct basic scanning for potential objects of mission interest, before any real analytical work can be done. Only with competent AI software programs can our high-altitude payloads be quickly and efficiently scanned for our photo interpreters for timely use to satisfy mission requirements.

Thirty (30) of these old U2 reliable airframes are still active, which were originally built by Lockheed Martin, and then subsequently tested and enhanced at the famous Skunk Works facility. The vintage U2s continue their photographing mission and will be conducting their special missions for several more decades. Some of us 'young' guys will be long gone while the U2 (and our B-52s) are still flying high and wide until approximately 2050. It was not part of the original plans to use these airframes for almost a century.

Note that these aircraft have all had heart (engine) transplants and Botox applications on the airframes surfaces.

In related news, “Say goodbye to our MQ-1 drone.”



The MQ-1 (Wikipedia)

Surveillance aircraft do retire. Our younger generation surveillance airframe, the MQ-1 Predator UAV (drone) was retired on March 9, 2018 after just 25 years of service. The MQ-1 was the first generation of the Predator surveillance drone, and the current active AF drone is the MQ-9 Reaper which not only conducts aerial surveillance, it can be armed with Hellfire missiles, laser guided (JDAM) bombs, heat seeking air intercept missiles (AIM Sidewinders) and/or rear warning radars to warn of enemy air defense measures. The most advanced MQ-9 systems, aided by AI technology, are being used to track ballistic missile launches. I can hardly wait for the MQ-10. Who knows what that system will be able to do?



The MQ-9 (Wikipedia)

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Going Bananas?

For all who are banana fans, this is a notice that we may see the end of the 19-25 cent banana in the future. A nasty fungus is attacking the banana trees in Asia and Australian and spreading around the world. There is no antibiotic to kill this fungus, and if it spreads to South and Central America, our favorite banana, the bright yellow Cavendish banana, will be endangered. We and most of the rest of the world depend on our southern neighbors to grow our bananas efficiently, and cost effectively, so that we can enjoy the inexpensive yellow Cavendish.

Most of us eat bananas regularly, and have we never thought about the possibility that some day, we may not have that delicious yellow Cavendish banana that only costs 19 cents each at Trader Joe's to enjoy. Other bananas are very different than the Cavendish banana we are all used to. The banana we have enjoyed our entire lives does not have seeds and come in many other colors and odd shapes.

The scary news is this: **There is no Alternative Banana to the yellow Cavendish.**



The Yellow Cavendish Banana - Wikipedia

International researchers have scoured the earth and have found no similar replacement product. **YIPES!**



Assortment of Banana trees - Wikipedia

If you have a banana tree in your yard, you may need to guard it closely. Each of your bananas may someday cost a buck a piece, or more. How many banana trees are you growing? Get out your calculator and fund your retirement!

So, I recommend that we all enjoy that inexpensive commodity called the Cavendish banana while we can - at today's very low prices.

Source: "The World's Top Banana Is Doomed and Nobody Can Find a Replacement" WSJ, 171219, A1, A8

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**Mark your calendar:
 Sunday, September 30. War Memorial Veterans Building**

*Preserving Elegance (Part 3):
 This will be a Fashion Show to Remember*

Presented by: American Legion Cathay Post 384,
 Department of California

Date: Sunday, September 30, 2018 Time: 3:30PM

Location:
 War Memorial Veterans Building (across from San
 Francisco City Hall)
 401 Van Ness Avenue Second Floor, Room 210, San Francisco,
 CA 94102

Tickets: \$30 advance, \$40 at door

For more information contact:
 Pierre-415-678-8808
 Charles, 415-749-1750
 Helen, 650-576-7875

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 Platinum (\$1,000) * Gold (\$750)
 * Silver (\$500)



Support Our Veterans

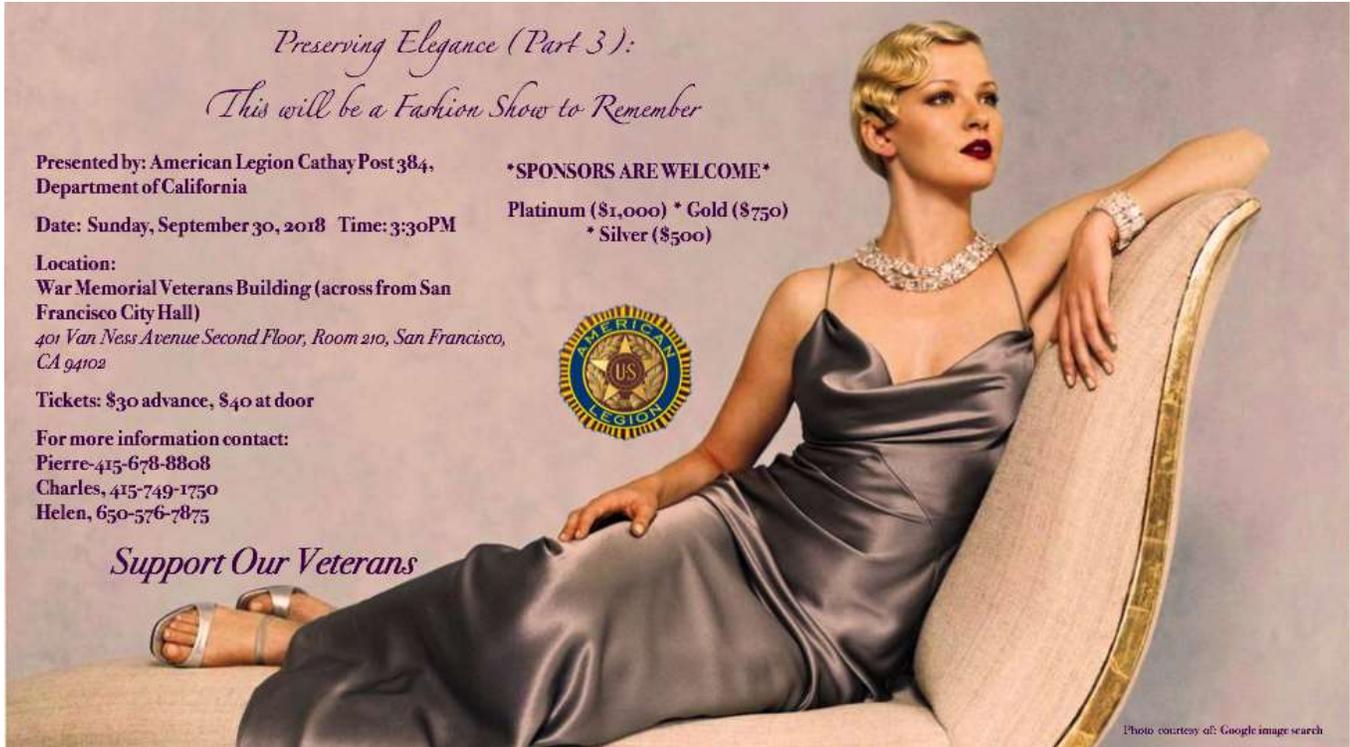


Photo courtesy of: Google image search

Plan to dance your Heart away at the Veterans War Memorial Bldg.

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**Until our next issue, see you at our next post meeting this Saturday, July 14, 2018.
 Same Bat time (1100 hours), Same Bat place (1524 Powell Street).**

Maybe we may have some roast ducks, at last. See you there to enjoy the food and comradeship.