



American Legion Cathay Post 384

The Cathay Bulletin



October 2019 (Volume 19-10)

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. 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, October 19 - 1100 hours, Post 384 monthly meeting at 1524 Powell Street

November 2 & 3, 2019 – The Chinese Historical Society of America (CHSA) is holding a two-day symposium: “Called to Rise: Chinese American Veterans in WWII.” Our post historian will be speaking at 2:00 on Nov. 2 on the War Brides Act, which resulted in the beginning of the repopulation of Chinese in America rebounding from the Chinese Exclusion Act. Location for Nov. 2 event – Cameron House 920 Sacramento, SF, 94108

For tickets and locations: <https://chsa.org/event/called-to-rise-chinese-americans-in-wwii-symposium/>

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From the desk of Post Commander Helen Wong:

Training matters, part 2! Last month, we reported on the 12 traits of world class posts and suggested that we as a post could work on #7: Know your post history and #9: Dedication to the four pillars by taking Basic Training or CA Legion College. This month, I want to address #4: Veterans – Veterans –Veterans and helping everyone, members & non-members alike. I am happy to report that in the month of October, our post helped a lot of veterans and non-veterans by donating funds toward the 3-day Foster City Stand Down from October 3-5, sponsoring the refrigerated truck for the food supplies.

What is a Stand Down you ask? A stand down, in military terms, is when combat zone soldiers step out of the war zone to take time for themselves in a protected area for their health and welfare. A stand down in the community is for non-combat veterans to receive medical, dental and vision services, as well as chaplain counseling, legal assistance, housing referrals, clothing, hygiene and other supplies over a 3- day period. The Foster City stand down served up to 125 homeless and at-risk veterans, mainly from San Francisco and other nearby cities. They were also allowed to bring their spouses and dogs. Kennels and food were provided for the pets while tents and sleeping bags were provided for the humans! Meals were provided daily. I volunteered in the vision clinic one afternoon and it was fascinating to see veterans enter with no glasses and unable to see clearly, but by the end of their session, they happily left with two pairs of glasses provided by *Lions In Sight*, a co-sponsor of the stand down. Serving food to hungry veterans was another job I helped on as the cooking part was well covered. A lot of us take for granted that we will always have food available, but when you are homeless or “unsheltered,” it becomes more challenging to have quality meals. Even though San Francisco has many agencies that provide food, such as a food pantry, many at risk veterans do not have access to cooking facilities or anywhere to store groceries so may not eat a regular meal much less a balanced one.

I am proud of Cathay Post 384 for stepping up and helping other veterans in a small, but impactful way. We may not see the results of our help right away, but for those veterans who finally make it out of their situations, they will remember the help when it was needed and will be able to pay it forward when they succeed.

Speaking of food, our post hosted the Sailors and Marines for lunch on October 8th at the post and it was a success. See Past Commander Lum's article and a mention by 2nd Vice Commander Chuck Paskerian. We had many of our members come in to help out as well as volunteers from the Red Cross, friends, and family members. Photographer Frank Jang volunteered his services and took a lot of pictures of individuals and groups. We will set up a link to the photos.

The next Cathay Post meeting is scheduled for October 19, 2019 (instead of the usual 2nd Saturday) as we will be manning a Legion informational booth Oct. 11-13 on the Marina Green during the Fleet Week activities. We will be marching in the Italian Heritage Day parade on Sunday, Oct. 13 in North Beach.

Veterans helping veterans! Thank you all for rising to the occasion!!

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From the office of our 2nd Vice Commander, Chuck Paskerian

On Tuesday, October 1, 2019, I attended the American Legion War Memorial Commission meeting as the representative of Cathay Post 384, one of the nine posts in attendance.

At this meeting presided over by Vice Chair Nelson Lum, we voted and elected Commander Helen Wong of Cathay Post 384 as the new chair of the American Legion War Memorial Commission. Former Chair Paul Cox has held the position for four years and does not wish to run for another term.

Chair-elect Helen Wong has held many other positions including commander of AMVETS Post 34, AMVETS District 4 commander, and the executive director of the Veterans Success Center (VSC) at the War Memorial Veterans Building. All of these positions are without compensation, even for out of pocket driving and toll expenses! Upon assuming the position as chair of the commission on November 1, 2019, Chair-elect Helen Wong has decided to step down from her current position as the executive director of the VSC. Commander Courtney Ellington of Post 333 has expressed an interest in applying for the position as the executive director. The VSC board will select a new VSC executive director soon.

We were saddened to hear, while on vacation, Paul Cox suffered an accident and was under medical supervision in Vietnam. His return home is delayed until about October 10 when he will be cleared medically to travel. We all wish him well and Godspeed to come home safe to us.

On October 8th, we hosted 150 Sailors and Marines for a great luncheon at our post with music and food enjoyed by all! God bless our troops in uniform!



US Navy and Marines Visit Cathay Post – Annual Fleet Week Lunch

by Past Commander Nelson Lum

The beginning of Fleet Week in San Francisco got off to a great start. The weather was perfect. It was one of those few days during the year where a sweater was not a necessity. The organizers of the Fleet Week activities had coordinated transportation for about 150 Sailors and Marines to their destination (the headquarters of American Legion Cathay Post 384).

It was very exciting to meet members of our US Navy's newest and stealthiest ship, USS Zumwalt—a guided missile destroyer, USS Princeton—a Ticonderoga class guided missile cruiser, and USS Charleston—an Independence class littoral combat ship. Some of the crew members had returned from missions to the South China Seas where they were ensuring freedom of navigation for our Navy and American commercial freighters.

For some of the Sailors and Marines, this was their first visit to an American Legion post. This event allowed us an opportunity to educate these Sailors and Marines about The American Legion. They learned of the programs and legislative bills The Legion is advocating for to ensure they get the benefits they deserve. Most importantly, it showed them that they are loved and supported by those who have served before them. It further demonstrated to them that when we say, "Thank you for your service," we truly mean it from our hearts.

About two hours before the arrival of the Sailors and Marines, a large contingent of members from our post along with many volunteers were busily preparing for the event. Tables and chairs had to be arranged accordingly, cups, plates, utensils, and napkins were made available. The kitchen staff prepared fruit salad and portioned it into individual servings. The main caterer, RM 212 restaurant, (690 Sacramento St, San Francisco) delivered five main courses, and that was supplemented by three types of pastas donated by Mona Lisa restaurant (353 Columbus Ave, San Francisco). Additionally, there were delicious Dragon rolls from Tazaki Sushi restaurant (3420 Judah St, San Francisco) and the meal is not complete unless we also have the popular egg rolls to round out the menu. A group of volunteers served the Sailors and Marines with as much food as they like while other volunteers brought drinks to their table. Our newly discovered singing talent, Ms. Flora Hui entertained the gathering with her angelic voice as they ate. Members of our post went from table to table and told "old" military tales to the mostly young Sailors and Marines. All in all, everybody had a great time and we have pulled off another great event.

The special lunch planned meticulously by 1st Vice Commander George Tsang was enjoyed by our active duty visitors who to the men/women declared our lunch dishes vastly tastier than the meals at sea. Our post members all agreed, even though they have not had the pleasure of eating their on-board sea meals, they couldn't imagine anything more delicious.

A big thank you to all the volunteers who were vital to the success of this event and to all our members for your time and dedication in helping with our post's annual Fleet Week luncheon. Our post served the 150 military visitors with gusto and efficiency thanks again to our loyal contingent of volunteers. Many of our visitors were very pleased and surprised at the "cool" lounge we have in our basement and the generous beer to wash down the delicious food choices at this luncheon on their behalf. We all look forward to continuing this special occasion again in the years to come.



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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 (rsdong@sbcglobal.net). I have a very large round file. Let's proceed.

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Cathay Post Marches in Annual Italian Heritage Day Parade

by Past Commander Nelson Lum

On a day that you could wake up, look up at the sky, and determine that those Blue Angels jets will fly as scheduled is not usual, nor common in San Francisco. The weather around the City by the Bay is normally unpredictable due to the often-unsuspecting intrusion of fog. The annual Fleet Week celebration that cumulates with the combination of a parade and the closing performance of the Blue Angels is never a certainty until late in the day of the events since the weather will dictate if those beautiful planes will fly.

On Sunday, October 13, 2019, all doubts were eliminated as the sun protruded into the skyline early in the morning and not a trace of fog in sight. Members of our post were up early to get ready for our participation of this annual event. The Italian Heritage Day parade (Columbus Day parade) is the third largest parade in the City. American Legion Cathay Post 384 has been located at North Beach (the Italian neighborhood) since 1941 when our post purchased our current headquarters building and is woven into the fabrics of the community. Our post has participated in this parade for years and years. During the last few years, the members decided to invite the participation of the Miss Asian Global and Miss Asian American contestants in the parade, a group sponsored by our post as a part of the efforts to support the youth. The contestant's presence enhanced the visibility and curiosity of the onlookers as we marched by and thus, assisted with accomplishing our goal of bringing recognition to veterans. This year, there were a total of eight contestants who volunteered to be in the parade.



Our group was led by Commander Helen Wong, 1st Vice Commander George Tsang, 2nd Vice Commander Charles Paskerian, Adjutant Ernie Stanton, Sergeant at Arms C. J. Reeves, Chaplain Richard Ow, Board of Directors Miguel Ortiz and Ed Wong, Comrades Anthony Lyau, Chee Yee, Carl Payne, Don Gorwky, John Nyquist, support members Steven Lee, Norman Ow, Lily Wong, Karen Nyquist, Alice Lew, and me.

The parade began at Fisherman's Wharf, rounded to Columbus Avenue and proceeded to the heart of North Beach. A large crowd gathered to watch the parade as usual and they were appreciative of the marchers. It was gratifying to see many people take off their head gear when our colors walked by and gave the proper

respect with either a salute or a hand over their heart. It may only be my imagination, but there seemed to be a lot more people greeting the flag with respect. By the time we reached the reviewing stands, the thundering sound of the Blue Angels could be heard overhead streaking across the sky.

We regrouped after the parade and went to Yuet Lee restaurant, a local restaurant established since 1977. We had a great time relaxing and talked about ways to improve our membership and community outreach. Thank you to all the participants for contributing your valuable time to enhance our post.

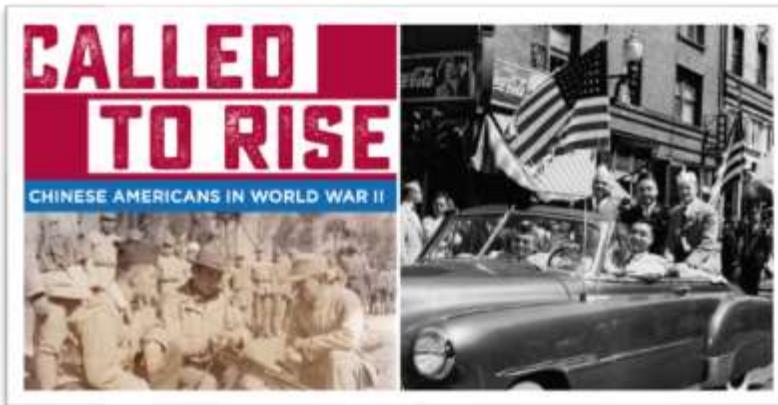


Photos courtesy of Chuck Paskerian

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Chinese Historical Society of American presents:

Called to Rise: Chinese Americans in WWII—Symposium
November 2 @ 9:00 am - 4:00 pm



“Called to Rise: Chinese Americans in World War II,” is a two-day symposium that explores Chinese Americans involvement in World War II. Historians and veterans will discuss topics of service before 1941, during WWII, the homefront, and the legacies of service.

On November 3rd, Chinese American Citizens Alliance and The American Legion Cathay Post 384 join CHSA in the rededication of the WWI and WWII War Memorial at St. Mary’s Square. Lunch will be included in the program where participants will get a sneak peek of Monty’s Hom remastered film *We Served With Pride*. The day ends at CHSA for a viewing of the exhibit *Called to Rise: Chinese Americans in World War II*.

Program Schedule November 2, 2019

8:45 am – 4pm @ Cameron House, 920 Sacramento, SF, 94108

Session Topics

Prewar & Histories of Combatant Service

Support Operations: Surviving Veterans’ Experience

The Homefront

Legacies of Service

Program Schedule November 3, 2019

10:30am – 4pm War Memorial Rededication, Lunch & Exhibition Viewing
10:30am Memorial Rededication @ St. Mary's Square
12:30pm Lunch @ St. Mary's Cathedral
2:30pm Called to Rise Exhibition @ CHSA

Save the Date – SF VETERANS DAY PARADE

Sunday, November 10, 2019, Cathay Post will march again in the annual Veterans' Day parade beginning at Fisherman's Wharf at 11:00 a.m. Stay tuned. More details to follow.



AMERICAN LEGION POSTS 82 & 105 INVITE YOU TO THEIR 100TH ANNIVERSARY CELEBRATION

When: Saturday, November 16, 2019

Where: American Legion Post 105 (651 El Camino Real, Redwood City, CA 94063)

Cost: \$65/per person.

Attire: Formal

Purchase tickets: www.eventbrite.com/e/american-legion-100th-birthday-gala-for-posts-82-and-105-tickets-73913905481



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Thursday, November 21, 2019

Patio Español, 2850 Alemany Boulevard, San Francisco

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

Entrée Choices:

New York Steak, Breast of Chicken, or Vegetarian Pasta

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

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

Any questions, email Greg at gcl207@comcast.net.



San Francisco War Memorial
Veterans Building

THE AMERICAN LEGION, FIRST 100 YEARS

American Legion history on display

September 16, 2019 until November
1 PM - 6 PM Monday-Friday,
Weekends TBA
Veterans Gallery, Room 102

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



CATHAY
POST 384

TUESDAY
17 TH
DECEMBER



NATIONAL COMMANDER BILL OXFORD

Come join us in welcoming National Commander Bill Oxford in a traditional multi-course Chinese dinner.

Far East Café, 631 Grant Ave, San Francisco

General Mattis reveals his deep concerns on divisiveness in America in his new book, “Call Sign Chaos.”

[We now all live in very divisive times, unprecedented in our American history. Here are the views of former Secretary of Defense Jim Mattis, who also was a full General in our Marine Corps.]

"Call Sign Chaos" published on September 3, 2019 describes many lessons he learned from his long Marine Corps. career and his two-year service as US Secretary of Defense for our current president.

In his interview in the Wall Street Journal and on several national television interviews, Gen. Mattis warned about the dangers of a divided America and voiced his concern about external threats and our internal divisiveness. Within America, he noted that America is now divided into hostile tribes that are not acting in a cooperative manner and are extremely hostile to each other which weakens our nation. Our various groupings, despite our racial and cultural differences, need to be mutually supportive and "seek common ground." This national disunity jeopardizes our nation and distracts everyone from finding solutions to the many challenges America faces in this century.

General Mattis' uses his Marine Corps experience to serve as a marvelous example for the rest of our country. Every race with all its variations is in the Marine Corps. If anyone with tribal related attitudes join the Marines, the rigorous military training and camaraderie eliminates tribal attitudes. Virtually every member of the Marines will tell you that they lived, eaten, and trained together and will die for each other. Togetherness has great value.

General Mattis notes that until recent history, tribalism in America has not been a serious and divisive issue. Today, with the challenges we face against the Russians, Chinese, militant Muslims, our national unity is more important than ever. Thus, we must find a way to eliminate tribalism and promote unity and cooperation among all races and groups in America. Reminded by General Mattis, we must all remember: *E Pluribus Unum - We must unite from many.*

Tribalism, the natural emotional attachments to people who are like ourselves because of cultural, linguistic and or religious reasons exists when different people live together. It does not have to be hostile and it is not always race related. In American history, different Caucasians from different parts of Europe, have in the past displayed hostile tribalistic attitudes and behavior.

Today, the presence of multiple races with different backgrounds linked to politics has evolved into volatile situations, that in extreme cases, has resulted in mass murders. Obviously, these extreme tribal behaviors must cease, in the best interests of our country. What must be done?

In the opinion of Yale University professor, attorney and writer, Anna Chua, her thesis in "Political Tribes: Group Instinct and the Fate of Nations," is that tribalism, the emotional inclination to love and be loyal to one's own group is a universal attribute to most human beings. In America, it is necessary for ordinary citizens to reach out and learn to understand each other. Face to face contact is needed to discuss common ground and turn away from dangerous prejudices. We need to acknowledge that we are fellow human beings who all want the same things and reject prejudices. With more diversity than most other nations, each American needs to make greater efforts to find the common ground, or risk self-destruction.

"Duty, Democracy and the Threat of Tribalism" Lessons in Leadership from a lifetime of service, from fighting in the Marine Corps to working for President Trump" by Jim Mattis, WSJ, August 31- Sept 1, 2019, C1, C2

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Did you know?

According to United Nations investigators, that North Korean cyber hackers have stolen approximately \$2 billion hitting on banks and businesses, including South Korean Defense Minister's personal computer (for military intelligence tidbits), Sony Pictures Entertainment, Bangladesh central bank, Adobe Flash Turkish financial institutions and government, Kuwait financial and government agencies, and others. These financial gains fund North Korean military projects.

"North Korea Reaps Income, Leverage Cyber Skills," Ian Talley, Dustin Vole, WSJ, Sept 16, 2019.

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Here is some very good news, not exciting news, but very good news for all.

Taking a few naps each week can improve your heart health!

According to a new *Time* magazine article, recent research has disclosed that taking one or two daytime naps per week had a lower risk of cardiovascular issues than non-nappers, even after adjusting for excessive daytime sleepiness (which can be a symptom of underlying health issues), nighttime sleep duration, and demographic and lifestyle factors. Please note that more frequent naps do not necessarily make your heart beat stronger.

Source: Go Ahead, Take a Nap. A New Study Says They May Be Good for Your Heart, Jamie Ducharme, Time, September 9, 2019

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Until our next Cathay Post newsletter, if you are awake, please note that next month's meeting will be on Saturday, November 9, 2019. Same bat time, same bat place (1524 Powell Street).

Comments and suggestions on Cathay Bulletin should be submitted to our Cathay Post Historian Roger S. Dong at: rsdong@sbcglobal.net.

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*APR = Annual Percentage Rate. Example rate of 2.89% APR with 36 monthly payments= \$28.59 per \$1,000 borrowed, assumes 25% discount for enrollment in automatic payments (fully indexed rate of 3.14%). Internal refinance will be subject to a 1.00% add on to your qualifying interest rate. Out-of-state vehicles are acceptable on dealer transactions only. **1.00% off current credit union rate, with a maximum loan term of 60 months. Offer valid now to 12/31/19 and is subject to change without notice. This offer cannot be combined with any other offer. Used vehicles were previously part of the Enterprise rental fleet &/or an affiliated company's lease fleet or purchased by Enterprise from sources including auto auctions, customer trade-ins or from other sources, with a possible previous use including rental, lease, transportation network company or other use.

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Please visit www.thepolicecu.org for complete details.

09/19