

Asian Pacific Americans, Continued

(Continued from page 1)

reer in the San Francisco Police Department. He became the seventh Chinese American to join the San Francisco Police Department and eventually served in the SWAT Unit as team leader. When he was promoted to the rank of Sergeant, he was one of the few Chinese Americans serving in that rank in the San Francisco Police Department.



Fuifulupe Niumeitolu.

The second speaker, Ms. Fuifulupe Niumeitolu, is a Tongan American scholar, community activist and artist. She told the story of the many Samoans who have, and are serving, in the military. Today, while only 1% of the American population is serving in the military, 7.45% of the Samoan population is/has served in the military. Unfortu-

nately, they are also suffering a high casualty rate of 6.49%.



Tulsi Gabbard.
Photo from wikipedia.org.

The third speaker was veteran and Congresswoman Tulsi Gabbard (Tamayo). The young Congresswoman is recognized by many as a rising star and is becoming very well known in the American political scene. The Congresswoman, who is of Samoan and Hindu descent, also serves in the Hawaiian National Guard. She is a Captain and a military police company commander who has served in Iraq and Afghanistan and is a decorated veteran with many awards [including the Meritorious Service Medal, Army Commendation medal and Army Achievement medal with Oak leaf Cluster].

At the young age of 21, Congresswoman Gabbard ran for a seat in the Hawaiian state legislature and defeated the incumbent by a 20% margin. This margin is particularly incredible in light of the fact that the incumbent had a \$9 million campaign war chest. She ran for re-election two years later, and won again. But she resigned shortly after. What happened?

In 2003, while serving in the Hawaiian legislature, Gabbard joined the National Guard, received orders and deployed to Iraq. To Captain Gabbard, serving her Country was more important than serving in the state legislature!

In 2006, she became a legislative aide to Senator Daniel K. Akaka. Three years later, she ran for, and won, a seat on the Honolulu City Council. Then, in 2012, she ran for Congress. In another stunning upset of the incumbent, she won handily, and became the representative of Hawaii's 2nd District.

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Tulsi Gabbard, Kauai, Veteran's Day 2012.



David Y. Wong

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415-392-2882

Cathay Post Member
since: 2004

Branch: Army

Final Rank: SPC 5

... *"Four Pillars" of
the American
Legion: Veterans
Affairs &
Rehabilitation,
Children & Youth,
National Security
& Foreign
Relations, and
Americanism.*



COMMANDER DAVID Y. WONG

I want to thank the large number of veterans and support members who attended the September meeting and luncheon. I want to give special thanks to board member Roger Dong who gave a presentation on China's outlook over the next ten years.

We expect our newsletter to continue to grow in popularity, especially because our Post continues to see membership growth and because our Post continues to expand

its distribution beyond our veteran and support group. So, now is your chance to get in on the best deal in town by purchasing ad space in our Cathay Chronicle [or encouraging other businesses to make this very wise investment]. By doing so now, you will get in on the low rates and reach a wide readership audience in addition to helping our non-profit veterans organization. Get in on the ground floor before our

ad rates increase. Please contact me for additional information.

These are some very dynamic times. I encourage each and every one of you to do whatever you can to help Cathay Post No. 384 move forward. Please volunteer however you can, whenever you can.

Please come to the next meeting on Saturday, October 12th at 11:00 a.m., with complementary lunch to follow.

VA Video Shoot—Make the Connection October 11-14

The VA's **Make the Connection** campaign is still accepting participants for the upcoming San Francisco video shoot. **Make the Connection** is a national campaign that encourages veterans and their loved ones to get the mental support they deserve and have earned through their service. At the **Make the Connection** web site [www.maketheconnection.net], veterans and their family members can learn about challenges they may experience after service, listen to video testimonials from veterans, and locate VA resources near them. This campaign has over 1.75 million "likes" and a very active community on Facebook.

[please note that the accompanying announcement wrongly states that the shoot will occur from October 11th-13th], and interested veterans can contact Kyle Hausmann-Stokes (Army Veteran) at outreach@maketheconnection.net or at (323) 451-2279.

There are several videos available for viewing online. Bryan's story is about the challenges he faced after serving in Iraq. Hal's video is about life after Vietnam. BriGette's story is about her experiences after her service in the Army. Their stories will reach and inspire veterans across the nation.

The video shoot will take place in San Francisco from October 11th-14th

Please see the flyer on the next page.

MAKE THE CONNECTION

Shared experiences and support for Veterans



★ VETERANS, LEND YOUR VOICE ★

Are you willing to share your story about your personal experience with overcoming challenges Veterans may face? If so, you may be able to serve thousands of your fellow Veterans and their loved ones by participating in *Make the Connection*.

Seeking **VETERANS, MILITARY & SPOUSES** to give [PAID] interviews for a large-scale, nationally advertised campaign for Dept. of Veterans Affairs. Participating in this campaign is one of the most effective and fulfilling ways to help your fellow veterans, military and spouses - just by sharing your story. See for yourself at MakeTheConnection.net

Need to locate 30 Vets of all military branches, eras, and walks of life ASAP:

Interview Location

San Francisco, CA

Interview Dates

Fri (10/11), Sat (10/12), Sun (10/13)

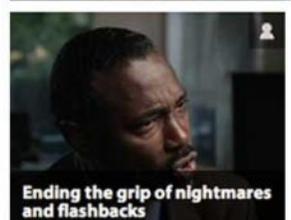
Only requirement is that each participant must have received some kind of mental health support (i.e. counseling, therapy, etc.) and is willing to talk about it with a very small, very military-friendly film crew. Interviews will last roughly 45min, each participant will be paid \$100 for their time and, most importantly, will walk away knowing that their story will help convince millions of vets, spouses and military across the country to get the help they earned.

Interested in participating? Questions?

Send (NAME, PHONE, EMAIL, CITY) to:

outreach@maketheconnection.net

or contact Kyle [Army Veteran] at **(323) 451-2279**



This campaign has over 1.5 million "Likes" at facebook.com/VeteransMTC

1st VICE COMMANDER JAY PON

September's monthly meeting was very constructive and motivating. The old, new, and those I haven't seen in awhile remind me why I joined our Post and why I stay. Thank you to all the members who attended.

Last month, we reviewed the 11th to 15th amendment to our country's constitution. I will now discuss the next 5 amendments [thanks to Wikipedia.com].

The 16th Amendment was ratified on February 3, 1913. This amendment allows the federal government to collect income tax. THANKS A LOT CONGRESS!

The 17th Amendment, which was ratified on April 8, 1913, established the direct election of United States Senators by popular vote.

Alcohol was prohibited by **the 18th Amendment** which was ratified on January 16, 1919.

On August 18, 1920, one hundred and forty four years after the Declaration of Independence, **the 19th Amendment** was ratified giving women the right to vote.

The 20th Amendment, which was ratified on January 23, 1933, is known as the "lame duck amendment." It fixed the

dates of the term commencement for Congress (January 3) and the President (January 2).

By understanding the U.S. Constitution, we can see how our country grew and continues to grow. I am proud to have served this country and thank all American veterans for their service and for protecting our Constitution.

I want to again remind our members that our building is open for community events. Comrades, please let us know of any community groups that could use our building for events. We want our building to be full of life.

Jay Pon

jpon@jps.net

415-409-8858

Cathay Post Member since: 2001

Branch: Navy, Army

Final Rank: Major

"I am proud to have served this country and thank all American veterans for their service and for protecting our Constitution."



Cathay Post No. 384 Hosting SFFD Toy Program By Galin Luk

The holidays are starting early this year. To be more accurate, the spirit of holiday giving. 1st Vice Commander Jay Pon, working closely with San Francisco Fire Department, Fire Station 2, has set up a San Francisco Fire Department toy drop bucket at the Post headquarters. The toy drive, which has been a San Francisco Fire Department annual

tradition since 1949, is the City's largest and the nation's oldest program of its kind, and is run by Local 798, the S.F. Firefighters.

The concept is simple. You donate a toy by dropping it off in the drop bucket, the firefighters will pick up the toys, and distribute it to the many needy children in our City. That formu-

la will result in many, many happy faces. All Post members are encouraged to assist in the toy drive by providing new, unopened, and unwrapped toys and dropping it off in the toy drop. According to Commander Pon, Fire Station 2 will be hosting a lunch for the Post sometime in the future and will be allowing access to their fire trucks.

Nelson Lum

nelson1432@aol.com
415-392-2882

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC 5

*"Our goal is to
revise and
improve the
Post's operations
so that it can
better support the
American
Legion's four
pillars."*



2nd VICE COMMANDER NELSON LUM

October is here and before long, the holiday season will be upon us. It is difficult to believe that three quarters of the year has gone by. What a great time to take inventory of our Post's accomplishments this year.

Under the leadership of Commander David Wong, our Post has turned over a new leaf and the word is getting out. New members are joining our Post at a higher rate than in the recent past. [We will continue to work on getting the few veteran members who have not yet rejoined.] It is also worth noting that until recently, our Post members were all male. However, within the past three months, two distinguished female veterans joined our Post. In order for a Post to survive, it must recruit new members and, more importantly, retain its current membership. How the Post conducts its business, the activities that the Post sponsors, and how our members treat each other as comrades are all relevant factors to not just ensuring our Post's survival

but continued growth.

While on the surface, September has been relatively quiet, I can assure you that the executive committee has been engaged in several spirited debates over the Post's operations. Our executive committee is examining each and every aspect of our Post's operations. Our goal is to revise and improve the Post's operations so that it can better support the American Legion's four pillars. No matter is too trivial. Indeed, our committee has even discussed how information should be disseminated to our members. Having been a member of the executive committee for the past few years, I found the debate stimulating and the debate will only serve to strengthen our organization. It is clear we no longer have an organization that is satisfied by simply maintaining the status quo.

The Post, of course, has been quite busy this past year. The Post continued its tradition of serving and honoring our leaders and heroes. We held our annual dinner in the middle of May and rec-

ognized several heroic firefighters and police officers [with cash awards]. Thanks to 1st Vice Commander Jay Pon, the Post sponsored four boys, two of whom were from underprivileged schools, to attend the Boys State program. In a bit of "paying it forward," the Post attended the ROTC and JROTC award ceremonies to award scholarships to deserving cadets. The Post also sponsored the first Wheelchair Basketball game between the San Francisco Police Department and the Golden State Road Warriors to raise funds for the Post's scholarship program [while planting the seeds for the continuation of this event on an annual basis]. Our Post will also be participating in the Columbus Day and Veteran's Day Parade [as far as I can tell, this will be the first time our Post will be participating in the Veteran's Day Parade even though our Post is one of the most active posts in our City].

It is also worth noting that members of Cathay Post continue to hold

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3rd VICE COMMANDER GALIN LUK

Our members have rightfully set high standards for our Post. For our Post's commanders, achieving those standards is just about a fulltime job and a challenge that each of our "all volunteer" commanders knowingly and willingly undertook. As hard as our commanders work, we still need your help. Indeed, during our September meeting, I made a plea to our support and veteran membership for "your help." The bottom line is that our Post will not be able to grow and improve without your help.

There are many volunteer opportunities available at the Post. You could volunteer your time to support the Post's regular events or provide ongoing support for the many functions necessary to keep our Post running. You could help setup tables and chairs for our monthly lunch, cheer up our veterans during the Fort Miley visit, or help plan and prepare for events that support our Post's core mission. Similarly, many of you have expertise in fund-

raising, events organization, bookkeeping, financial statements, writing, public relations, and other professional skills that could benefit the Post tremendously.

Our Post newsletter is a great example of veteran and support members coming together. John Li, the Post's secretary stepped in at the last moment before our August publication deadline and without any experience using the Post's publication software [though I'm certain with many, many cups of coffee into the early hours] put together our August newsletter. Mike "Young" Louie, a high school buddy and someone I've recruited for a second go-around as layout editor, also worked into the late hours to put together our September newsletter. Roger Dong, our chief reporter, somehow manages to squeeze in the time in between his many other projects, to pump out several newsworthy articles every month.

In the last several weeks, I've had the great

fortune of getting two other members to contribute their time and skills to our newsletter. Veteran Thanh Huynh [who is a featured member in this month's newsletter] will be helping us on various aspects of our newsletter. Then, there is Clara Pon, one of the Post's newest support members. She has brought her immense publication expertise to our newsletter and has agreed, initially to redo our newsletter's layout and format and to introduce our newsletter staff to some very basic elements of publication that will assist tremendously in getting out the best newsletter out there.

Why volunteer?

On a personal level, volunteering is probably the best way to get to know your fellow Post members. It's a great time to share "war stories," develop stronger relationships with your friends, and to nurture those relationships. When you establish and build those personal relationships, the Post can only stand

(Continued on page 12)

Galin Luk

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Cathay Post Member since: 2009

Branch: Marine Corps

Final Rank: Captain

"On a personal level, volunteering is probably the best way to get to know your fellow Post members."



Asian Pacific Americans, Continued

(Continued from page 2)

Since joining Congress early in 2013, she has been selected as Vice-Chair of the Democratic National Convention. In September 2013, more than a dozen fellow Congresspersons from both parties sought out Congresswoman Gabbard for her view on the United State's potential military involvement in Syria. As

one of the few veterans in Congress, she stated that she did not believe that another military involvement in Syria was in the United State's best interest. She also warned that arming the resistance, which includes elements of Al Qaeda, would also be arming many Jihadists. Her cool and logical point of view regarding the United State's mili-

tary involvement in the Middle East has already had an impact in Congress.

During her presentation, she spoke clearly and eloquently about how her political and military life has made her the veteran citizen she is today. Congresswoman Tulsi Gabbard has a very bright future in our military and in Washington.

Membership Continues To Grow By David Y. Wong

Cathay Post No. 384 continues to grow. Cathay Post's veteran roster now totals over 100 proud members. Eight veterans recently joined Cathay Post's growing family: David E. Adams, John (Jake) Getzow, Marvin Holtzberg, Jay Mancini, Morris Ng, Laura Renner, Gary V. Tom, and Lawrence Yip. The growth also extended

to the Post's support group where 10 support members recently joined: Teresa Li, Joe Lee, Ruby Lee, Lisa Lin, Judy Ling, Clara Pon, Way Quon, Yu W. Shuen, Jennifer Tong, and Aut-Cao Ung. As members, you are the best recruiters for our Post. Please do your part to help promote our Post.

Privacy Changes To the Veterans ID Card (VIC) By David Y. Wong

The Department of Veterans Affairs (VA) provides veterans eligible for VA medical benefits a Veterans Identification Card (VIC) for use at VA Medical Facilities. Recently, the VA made some changes to the VIC to protect user privacy. The VIC will only display the veteran's photo, name, and relevant service connected indicators [i.e. awards, POW status, and other special

eligibility indicators]. The VIC will no longer indicate the veteran's date of birth or social security number on the front of the card. For additional information, contact Membership Services at any Veterans Affairs hospital or clinic.

1-877-222-VETS (8387)
www.va.gov/healthbenefits



Cathay Post's Annual Fleet Week Celebration—Canceled

By David Y. Wong

The federal government's fiscal year just started on October 1st with was no budget deal in sight. The Department of Defense is facing some serious budgetary cuts that will impact our military personnel, readiness, training, and other programs. The sequestration has directly resulted in Cathay Post No. 384 cancelling its annual and very popular hosting of Marines and sailors during Fleet Week. The events were a great and fantastic opportunity for Cathay Post No. 384 to host hundreds of Marines and sailors with foods, drinks, company and friendship. While the event was funded entirely by the Post, the event cannot go forward this year because the sequestration has resulted in the Marines and sailors immediate return to Camp Pendleton after their training. [Author's note: It is important that Congress reach a budget deal and stop the irresponsible policy of sequestration. Congress will be asking for even more military cuts over the next decade. Let your legislators know about your views and demand action on the budget now].

Fleet Week Training

By Jay Pon

Sequester hit Fleet Week hard, grounding the Blue Angels. There will be no warships and no airshow. The Marines, however, are still coming. The Marines, Coast Guard, Navy

and local governmental agencies will be "war gaming" a catastrophic disaster relief scenario. The exercise will take place from October 7th to 10th and will reportedly include training with the Marine OSPREY V-22.



Photo courtesy of www.fleetweek.us 2013

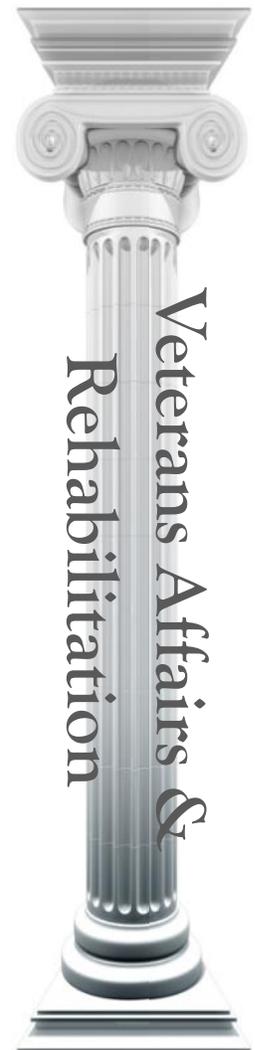
Cathay Post To Participate In Italian Heritage Parade

By Jay Pon

Our nation's oldest Italian heritage parade will march through the streets of San Francisco on October 13, 2013. Our Cathay Post Motorcade will be rolling down Columbus Street again armed with American and Italian flags. It is rumored that

Comrade Dale King will be driving and playing the drums at the same time! This is a must see event. The action starts at 10 a.m. at 1524 Powell Street. The Post will be decorating the cars, eating Dim Sum, and then getting into

formation for the parade. At parade's completion, the participants will be enjoying scrumptious pizza from our North Beach brothers. Dads, bring your kids...and, if the dads are too old...kids, bring your dad.





Both photos courtesy of the San Francisco War Memorial & Performing Arts Center.

<http://www.sfwmpac.org>



Update on War Memorial Renovations By Nelson Lum

The renovations to the War Memorial Veterans Building has been underway since July 1, 2013. However, it was not until the 16th of September that the building was fully under the contractor's control [thus, the contractor is responsible for the entire building including insurance, security, etc.]. In light of the now resolved litigation between the Law Library and the

City, work is proceeding as scheduled. The Law Library has vacated the fourth floor of the building completely and will not be returning to the building as a tenant when renovations are completed. While the project may get delayed at some point, it is still mind boggling to see this \$190 million dollar project taking shape. [Author's note: I am

also the Chair of the War Memorial Commission. I have been invited to tour the project in November and will report back on its progress]. In ongoing dialogue, the Commission continues to negotiate with the Trustees over space allocation. The War Memorial Veterans Building is expected to reopen on July 1, 2015.

Use of War Memorial Commission Facilities By Nelson Lum

During renovations of the War Memorial Veterans Building, the War Memorial Commission's temporary location is at 205 13th Street, Suite 3300 [San Francisco]. War Memorial facilities [including its permanent location once renovations are completed] are available for use. At its current location, the Commission facilities are open during the weekdays and two Saturdays

every month.

There are several important rules governing access and use of the facilities. Any American Legion Post may reserve the space and will be given priority over other groups. While events are not limited to veterans only events, no individual or entity shall profit from the use of the facilities unless the funds are for the benefit

of the American Legion or approved veteran's organizations. The Commission does require that the hosting organization carry appropriate insurance. The hosting organization must keep its events safe and clean up after each event. Individuals or groups interested in using the facilities should call Ms. Jamie Lopez at (415) 861-4920.

Benefit Concert for Our Wounded, October 10, 2013

Live at Wente Vineyards ...

Tri-Valley's Benefit Concert for Our Wounded

Featuring

Kenny Loggins

Hosted by **Joe Mantegna**
(Star of "Criminal Minds")

With opening artist **Lacey Brown**
(American Idol finalist)

October 10, 2013

7:30pm

Tickets available at:
Ticketmaster.com
ConcertForWounded.com
ticketmaster

Event planning by
exclaim events

Presented by

Thank you to our sponsors!

Design services donated by LonnyFoster.com

CONTEST: New Look, New Name?

Now that the Cathay Chronicle has changed its look, our staff thinks it may be time to change our name. We want the name to reflect what our newsletter means to you, the reader. That is why we're asking you to give us your ideas on a new name for our newsletter. The author of the winning

entry will be awarded a \$20 Starbucks gift card. Please email your entries to: galinluk@hotmail.com. We will need our submission by December 15, 2013 [newsletter staff is not eligible for the prize.] Best of luck and we look forward to hearing from you.

2nd VICE COMMANDER NELSON LUM, Continued

(Continued from page 6)

important leadership positions in both the American Legion Eighth District Council and the American Legion War Memorial Commission.

In closing, it is very refreshing to see the new energy being injected into our Post. The dark acrimonious days are behind us. Cathay Post

is blessed with leaders who will look at a glass as being half full and not half empty. Membership in our Post means you will find friendship and camaraderie. More importantly, you will have the satisfaction of knowing that you play an integral role in bettering our community.

We want your input.

Please feel free to talk to or email any of the Commanders to let us know how we are doing and how the Post can improve. I would encourage each of you to participate in the Post's various activities. That is how we can serve each other, our veterans, our active military and our community. I hope to see you all at our next meeting.

3rd VICE COMMANDER GALIN LUK, Continued

(Continued from page 7)

to benefit from the camaraderie, friendship and team building.

But, as you know, the beneficiaries of your volunteerism extend beyond you and the Post. There are many veterans and other individuals who will have more

spring in their step, a brighter smile, and a better outlook because you were able to connect with them directly. Some of our beneficiaries will be able to make good use of the several scholarships funded entirely by our Post [thanks again to your volunteerism] and other awards given for hero-

ism and work beyond the call of duty. Simply stated, your volunteerism gives our Post a reason to exist, to continue to exist, and most importantly to thrive.

I would encourage each of you to talk to one of the commanders about how you can volunteer.

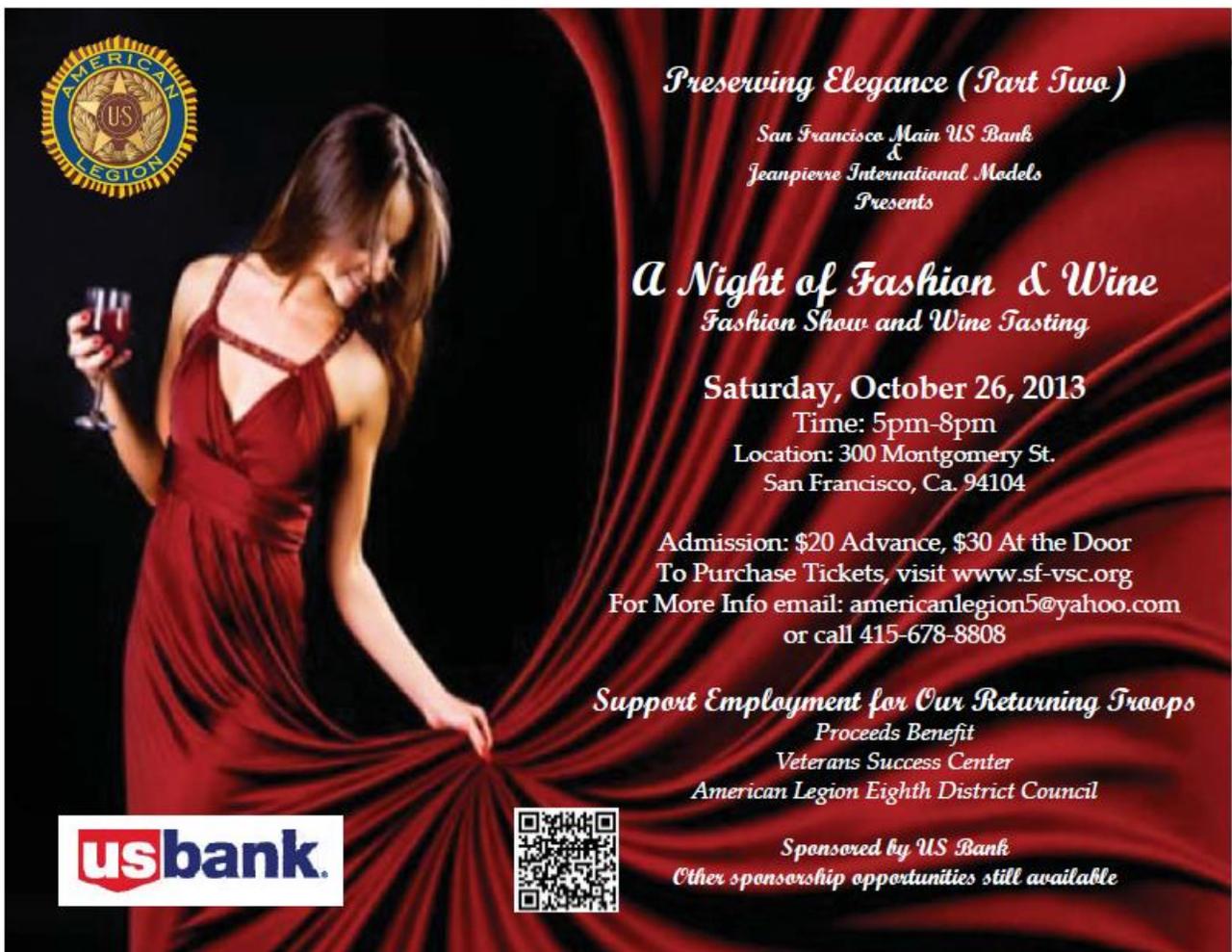


“A Night of Fashion & Wine”

Preserving Elegance, Part 2

October 26, 2013 5-8 pm

Come join us for a great evening to see models draped in the newest designs from talented local designers. The proceeds from this event helps support employment efforts for our returning military troops.





Preserving Elegance (Part Two)
*San Francisco Main US Bank
&
Jeanpierre International Models
Presents*

A Night of Fashion & Wine
Fashion Show and Wine Tasting

Saturday, October 26, 2013
Time: 5pm-8pm
Location: 300 Montgomery St.
San Francisco, Ca. 94104

Admission: \$20 Advance, \$30 At the Door
To Purchase Tickets, visit www.sf-vsc.org
For More Info email: americanlegion5@yahoo.com
or call 415-678-8808

Support Employment for Our Returning Troops
Proceeds Benefit
Veterans Success Center
American Legion Eighth District Council

Sponsored by US Bank
Other sponsorship opportunities still available

95th American Legion National Convention, Part 2 By Roger Dong

Our American Legion honors our Servicemen of the year

Since 1999 the American Legion has identified outstanding military personnel in each of the services who have also given back significantly to our civilian communities.



US Coast Guard Photo by Petty Officer 2nd Class Ivan J. Barnes.

Coast Guard Petty Officer Shawn Pugmire, who is based in the San Francisco Bay Area, has done more than his share of community service.

In addition to his volunteer fire-fighting, he serves as head coach for the San Mateo Coast Side Boys American Youth Soccer Organization, spending up to eight hours per week coaching.

Petty Officer Pugmire and his wife, Dena, also partnered with a local company and created a teen workout program designed to build confidence in senior students through healthy habits, exercise, and physical education. "I really just have a passion to help others," said Pugmire. "I've always had the desire to do so and when the opportunities came about, I made sure that I was on board to lend a helping hand."

US Army: Sergeant Edwin Garcia is based at Camp Pendleton, California. Sergeant Garcia is a monthly

volunteer for Bread of Life Rescue Mission, Big Brothers of San Diego County, Habitat for Humanity, and several other non-profits.

US Air Force: Staff Sergeant Beau Vore, based in Traverse City, Missouri, founded a food pantry and served as Director for a Vacation Bible School, directing and arranging for local military funeral services, and visiting patients at the local VA hospital.

US Navy: Petty Officer 2nd Class Komlan Agbagba is based in Norfolk, Virginia. He has managed local trash pickup, Red Cross outreach, the Command Food Bank, and the Habitat for Humanity charity organization.



Official Marine Corps Photo by Sgt. B. A. Curtis.

US Marine Corps: Sergeant Man Chan is based at Camp Lejeune, North Carolina.

Since being stationed at 2nd Supply Battalion, Chan has volunteered during multiple events aboard Camp Lejeune and in the Jacksonville, N.C. community, giving 465 hours of his

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American Legion National Convention, Part 2 Continued

(Continued from page 14)

time to various causes. He assisted in constructing housing with Habitat for Humanity, United Way, and Assisted Living Communities. He also provided assistance to the Marine Corps' own Toys for Tots program, providing toys to children during the holiday season.

These are very special active duty servicemen who have found time and

gave up personal time to serve their local civilian communities with extraordinary energy.

[Reporter's note: I invited Coast Guard Petty Officer Shawn Pugmire to visit our Post and consider membership in the American Legion. I also interviewed Marine Corps Sergeant Man Chan and invited him to visit our Post the next time he is in San Francisco.]

2013 Distinguish Service Medal Winner... Dallas Cowboy Cheerleaders

There have been many very notable individuals who have been awarded the Distinguish Service Medal. The list includes President Richard M. Nixon, President Gerald R. Ford, Dr. Henry Kissinger, General Colin Powell, General David Petraeus, President George W. Bush, and Bob Hope.

No group, however, has ever earned this prestigious award, until this year. For their 34 years of service to our active Armed Forces, this year's winner is the Dallas Cowboy Cheerleaders.

National Commander James E. Koutz lavished praise on the 2013 Dis-

tinguish Service Medal winner. Since 1979, the Dallas Cowboy Cheerleaders have been performing at USO tours at more than 200 locations, for service members and also their families. They have raised funds for our military and visited servicemen in hospitals and VA facilities.



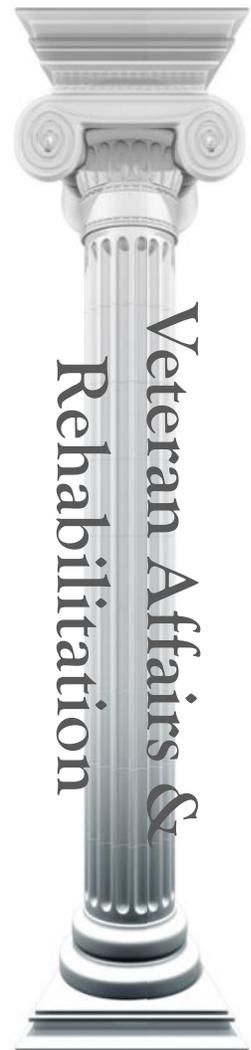
Above: Photo courtesy Ultimate-Texan.com



Above: Dallas Cowboy Cheerleaders 2013 American Legion.



2013 Dallas Cowboy Cheerleaders





Thanh Huynh, US Air Force 2007 Combat Support Flight Commander



Member Focus—Thanh Huynh by Galin Luk

Shortly after I asked for help [ok, maybe begging would be a more accurate word] with our newsletter during the August meeting, Post member Thanh Huynh approached me and started talking shop. Thanh, you see, is a Development and Communications Manager for AsianWeek Foundation and he knows a thing or two about news publications. He mentioned to me several publication programs and before you knew it, he gave the Post's newsletter staff a very detailed presentation on one particular program. It was, to say the least, impressive and a program that the Post's newsletter staff will give serious consideration to implementing. Then, I asked Thanh if he'd be willing to volunteer his time on a regular basis with our newsletter. Naturally, he said yes. Thanh's willingness to volunteer his technical experience is what makes the Post so special and is what our members have been doing for so long!

Thanh is our first featured member who is not from San Francisco [I knew we'd find one out there somewhere!]. He's originally from Wichita, Kansas. He attended, Wichita High School East and then enlisted in the United States Air

Force and became a 1WOX1 Weather Observer. Why the Air Force? The G.I. Bill looked very attractive and it was an opportunity to get out of Kansas. [By the way, he and one of our newest member Ms. Laura Renner crossed paths at some point at the Academy].

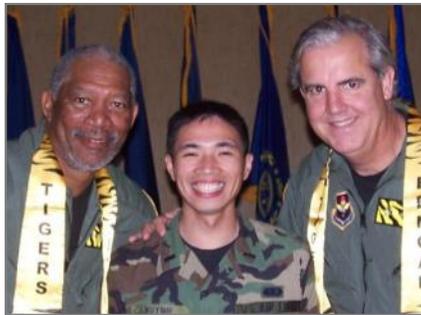
Thanh served at Luke Air Force Base, AZ before attending the Air Force Academy through the Leaders Encouraging Airman Development (LEAD) Program. He then served at Travis Air Force Base, Vance Air Force Base, Columbus Air Force Base and Misawa Air Base from 2001 to 2008. He was discharged from the Air Force at the rank of Captain in 2008. Having completed three basic trainings: [(1) Enlisted Basic Training, Lackland AFB; (2) Cadet Candidate Basic Training, USAFA Preparatory School; (3) Cadet Basic Training, United States Air Force Academy (USAFA)], Thanh claims he's "good at being yelled at!" I would encourage anyone who served as a drill instructor or had designs to serve as one to take up what I think is Thanh's offer for someone, *anyone*, to yell at him!

Following his discharge, Thanh worked briefly as the

Food Service Director at Santa Rita Jail and began his first stint at AsianWeek Foundation in 2008. He then attended the Thunderbird School of Global Management and earned his MBA. Thanh began working for AsianWeek Foundation again in 2012 following his adventure in Vietnam as a General Manager of Restaurant Bobby Chinn.

Why did Thanh join the Post? One person, one exercise. Bok Pon, push-ups [which I think at some point Thanh had to do while in the Air Force]. In 2008, Commander Bok Pon gave a "Hep B" presentation at San Francisco State. Thanh was impressed not only with the substance of the presentation but Commander Pon's energy level; Commander Pon actually did push-ups during a presentation. Sold on the Post, Thanh joined shortly after before leaving for Arizona to attend business school.

Now that he's back in the Bay Area, Thanh is committed to making the Post grow. He wants it to be a thriving center of activity for veterans and for active duty members and those thinking about serving. Sounds like pretty noble goals.



T. Huynh USAF '02 with Morgan Freeman



T. Huynh 2012 Nancy Pelosi Tribute Dinner

Member Focus—Daniel Soo Hoo by Galin Luk

Daniel Soo Hoo is a regular at Cathay Post No. 384 meetings. This native San Franciscan, who was born at the Chinese Hospital, usually sits behind the Post's historian, Dr. Dale King during the monthly meetings. Daniel isn't shy about sharing his opinions during meetings and he's usually one of the first to volunteer.

Daniel is a support member and was a loyal Federal employee who retired after having served 36 years in the United States Postal Service. While Daniel didn't serve in the military, several of his family members did. Daniel's brother, Donald Soo Hoo, served two years active duty and six years reserve in the Army, including during the Cuban Missile Crisis. Daniel's brother-in-law, Carl Ross is a Vietnam War veteran who served 20 years in the Army and retired in 1990 as a Sergeant First Class.

Daniel's father, Ling Hee "James" Soo Hoo, was the first in the family to serve our country's armed force. Ling Hee ran the Green Teapot Café in San Francisco before getting a call from Uncle Sam. Ling Hee entered active duty on January 15, 1942 and was separated honorably on October 28, 1945 at

the rank of Cook First Class [E-6].

Ling Hee served on the USNND Tiburon, USS Brookings and USNDD Hunter's Point. He earned the American Area Campaign Ribbon, Asiatic-Pacific Area Campaign Ribbon, Philippine Liberation Ribbon, God Conduct Medal, and the Amphibious Insignia.

Daniel has helped out the Post in many ways since becoming a member. He helped put together several dual function wall mounted shelves that can also be freestanding. Recently, he helped gather some critical information from Post members about the distribution of the newsletter. When you see Daniel, I would encourage you to chat him up about



Ling Hee Soo Hoo's very good and patriotic friend featured in Bank of America calendar circa 1944.

his other contributions.

Daniel's volunteerism goes beyond the Post. For the past 18 years, he has volunteered at John Yehall Chin Elementary School on Broadway and Francisco Middle School [incidentally, Daniel graduated from Francisco many, many years ago] on Powell Street and also served as a member of the District PTA. Indeed, talk about dedication, Daniel continues to volunteer even though his son and daughter are now attending college! Daniel is still very active with his local Union; he'll be serving as the Election Chair for the upcoming 2014-2017 branch election.

The Post is fortunate to have such dedicated support members like Daniel who help the Post whenever and however they can. I'll let you in on a little secret: Daniel told me he likes knocking down a few beers. So next time you see him running from one volunteer destination to another, tell him to slow down and then drag him into a bar [though I don't think there's gonna be much dragging]. I'm sure he'll say yes.



Newsletters Before Modern Technology...



National Security & Foreign Relations



Post Support Member Daniel Soo Hoo father's World War II memorabilia—*The Brooklet*, a weekly newsletter from the USS Brookings August 1945.

Asian/Chinese American Veteran of the Month

DELBERT WONG

Judge Delbert Wong was a World War II hero (flying and surviving 30 B-17 bombing missions over Germany), a distinguished Superior Court Judge, and a great champion of civil rights. The public learned about this exceptional gentleman after he was designated the Special Master for the O.J. Simpson trial and collected evidence. That link to the tragedy, however, is not why Judge Wong is our Asian/Chinese American Veteran of the Month.

Name in English: Delbert Earl Wong

Name in Pinyin: Huáng Jīnshào

Name in Chinese: 黃錦紹 [黃錦紹]

Gender: Male

Birth Year: 1920-2006

Birth Place: Hanford, California

Profession (s): Judge; community leader; military veteran.

Education: A.A., Bakersfield College; B.S., Business, 1942; University of California at Berkeley; J.D., 1948, Stanford Law School.

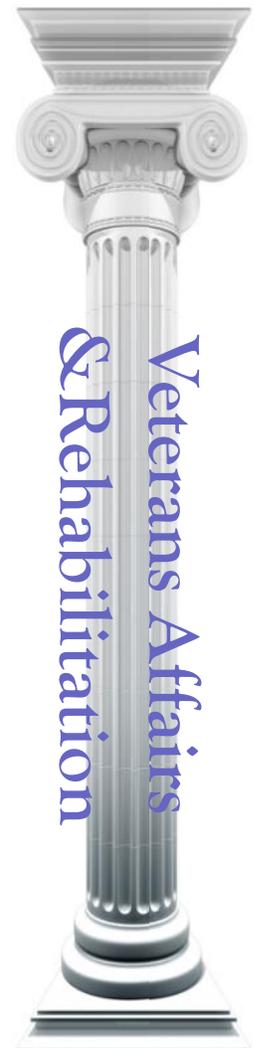
Awards: 1944, Distinguished Flying Cross, United States Army Air Forces; 1944, four Air Medals, United States Army Air Forces; 1994, Abacus Award, Organization of Chinese Americans; 1996, Lifetime Community Service Award, Edmund G. "Pat" Brown Institute of Public Affairs (PBI) at California State University, Los Angeles; 2002, Historymakers Award, Chinese American Museum; 2003, Asian American Award (Alumni), Stanford University Asian American Activities Center.

Contribution (s): Judge Delbert E. Wong was the first Chinese American graduate from Stanford Law School. In 1959, he made history by becoming the first Chinese American judge in the continental United States, when he was appointed to the Los Angeles Municipal Court by Governor Pat Brown. Prior to that, Judge Wong had served as Deputy Legislative Counsel for the California State Legislature and in 1952 became Deputy State Attorney General, the first Asian and Chinese American to hold both of these positions. In 1961, Governor Brown elevated Judge Wong to the Superior Court where he served for over 20 years.

Prior to his legal career, Judge Wong served his country in the Army Air Forces during World War II, having enlisted after graduation from UC Berkeley. Judge Wong was a navigator aboard a B-17 Flying Fortress and completed 30 bombing missions in Europe. Only two others out of his class of 18 navigators completed their full 30 mission requirement. The rest were either captured or killed in action. Wong was awarded the Distinguished Flying Cross and four Air Medals for his wartime service.

Throughout his life, Judge Wong stood up for civil rights and liberties, even outside of his role as a judge. For example, while looking for property in Los Angeles, he and his family found a lot in the Silver Lake area. When the real estate agent refused to work

(Continued on page 20)



Judge Delbert Wong, Continued

(Continued from page 19)

with the Wongs because they were Chinese, Judge Wong contacted the property owner, who then threatened to fire the agent unless he negotiated with the Wongs. The Wongs became the first minority family in the Silver Lake area.

Judge Wong was part of the three-member appellate panel in the 1969 *People v. Cohen* case, ruling that a college student had the constitutional right to wear a jacket with an anti-draft message containing an expletive. Judge Wong and the appellate panel overturned the lower court's decision to jail the non-violent Vietnam War protester. The conviction was reinstated by the full Court of Appeals, but the case eventually went all the way to the U.S. Supreme Court which affirmed the original ruling. This became a landmark decision protecting First Amendment free speech rights.

Even after retiring from the judiciary in 1986, Judge Wong continued to be involved with public service. The Los Angeles Department of Airports asked Judge Wong to research allegations of racial discrimination at the Los Angeles Airport Police Bureau. Judge Wong's findings of systemic racism in command promotions and practice led the department to revise its hiring practices and work on improving race relations. In 1989, Mayor Tom Bradley appointed Judge Wong to a seven-member panel to draft an ethics policy for the city of Los Angeles.

Judge Wong was also appointed to serve as a special master in the infamous O.J. Simpson case in 1994. Judge Wong retrieved critical evidence and testified during the Simpson trial.

In memory and honor of Judge Wong after his passing in 2006, the Southern California Chinese Lawyers Association sponsors the Delbert Wong Distinguished Service Award to individuals recognized for their contributions to the Asian and Pacific Islander American communities.

Philanthropy: Judge Wong was a generous supporter and financial donor to multiple community organizations in the Los Angeles community, including the Asian Pacific American Legal Center, the Chinese American Museum, and the Chinatown Service Center [which is best known for its senior citizen programs].

External Links:

<http://www.chssc.org/honorees/2005/Wong.htm>

<http://articles.latimes.com/2006/mar/12/local/me-wong12>

http://www.asianconnections.com/a/?article_id=753

<http://www.aalam.org/news/072006.pdf>

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American Legion

American Legion Financial Report By Roger Dong

According to the American Legion Annual Report, the American Legion's net income dropped 4% this year.

Our Financial Status:

Net income: 2011 \$137,099,478

Net income: 2012 \$134,117,250

Net change: \$ (2,982,228)

The drop in income, while disturbing, is not necessarily surprising. It appears to be related to the recent passing of World War II and Korean War veterans, which lessen the rank of Legionnaires.

All Work and No Play?



Confession, it was not all work and no play at that National Convention. All of us took a break and visited the Johnson Space Center. It was hot outside, but cool in the NASA facility. Wish you were there.



In 2014, the American Legion National Convention will be held in Charlotte, NC.

See y'all there!



Roger S. Dong,
Post Reporter &
Cathay Post Crew



Professional Corner

Could Your Building Be Making You Sick? By Hafsa Burt

Have you ever walked into a building and felt nauseated by strong smells, uncomfortable temperature, or humid conditions? If you're considering building improvements to your home or business, you need to know about some matters that could affect your health.

According to the EPA, there are roughly 80,000 chemicals in our society and the biggest culprit is architectural products. Architectural, industrial maintenance coatings, and household cleaning products are responsible for *38 tons of emissions a day*. Since the oil embargo of the 1970s, we have chosen to create buildings that act as a well-sealed cocoon, which if not designed correctly, could become very toxic for the occupants.

Indoor pollutants can be roughly divided into 6 categories:

1. Volatile Organic Compounds;
2. Toxic byproducts of combustion;
3. Mold;
4. Pesticides;
5. Naturally Occurring Pollutants; and
6. Electromagnetic field pollutions.

Volatile Organic Compounds:

In simple terms, VOCs are chemicals containing carbon. Except for a few exceptions, these are volatile because they don't need extraordinary conditions to go from solid/liquid to gaseous. It could happen under very normal temperatures and conditions like any typical indoor or outdoor environment. These chemicals are used in everything from paint, carpeting, and upholstery to our food products like decaffeinated tea or coffee.

You see a lot of labels with Zero-Voc plastered on them. You should check to see if these products are really devoid of all glycol or petrochemicals ingredients. Health impacts of VOCs range from headaches and nausea to liver and respiratory problems.

Toxic by products of Combustion:

These are byproducts of processes such as furnace burning or water heating and can be carbon dioxide, carbon monoxide, or particles, etc. Exposure doesn't necessarily mean death, but it could cause headaches, nausea, fatigue, sleepiness, etc.

Mold:

All you need for mold to develop is the presence of oxygen, a combination of humidity and temperature and any nutrition source including cellulose based insulation [e.g., wood]. Some of the fungi that cause mold also produce VOCs as a byproduct when they' are decaying a material for nutrition.



Ms. Burt is the Owner and architect of HB+ A Architects, a Bay Area based Architecture, Interior Design and Planning firm. An environmentalist, she actively advocates the 2030 challenge and is a huge proponent of holistic high performance buildings. She specializes in Indoor air quality and targets "healthy buildings" in her practice and design philosophy. As the owner of a small size firm, she is actively involved in all projects with a commitment to the practice of architecture as a collaborative, innovative enterprise.

(Continued on page 23)

(Continued from page 22)

Pesticides:

Pesticides are usually included in products to enhance shelf life or to give them antimicrobial products. Formaldehyde is commonly used for that. However, pesticides have well documented adverse effects to health and you never see it mentioned on a label.

Naturally Occurring Pollutants:

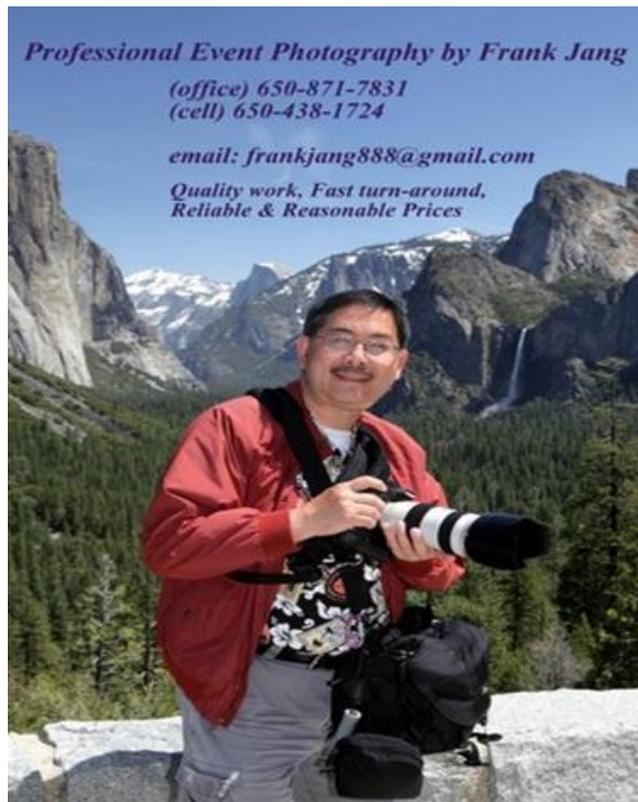
These range from dust, dust particles, pollen to radon [which is simply decaying of radium in the earth's crust and seeps through poor foundation or construction details]. Health impacts range from respiratory problems to allergies and cancer.

Electromagnetic field pollution:

Electromagnetic field pollution occurs every time electricity is generated. We are surrounded by wireless networks, power lines, computer screens, TVs, lighting, electrical outlets, cordless phones, wiring, appliances, etc. Exposure to EMFs of specific frequencies/intensities has been linked to depression, loss of energy, irritability, inability to concentrate, chronic fatigue, headaches, weakened immune system, cancer, brain tumors, Alzheimer's, autism, childhood leukemia, birth defects, accelerated aging, and miscarriages.

There are simple measures that can be taken to mitigate these problems, including carefully laid out architectural details and specifications. Thoughtful design and building construction eliminates long term health problems and significantly improves comfort and productivity.

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The American Legion—God and Country



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Thanks to all our Post Commanders for contributing to this edition of our *Cathay Chronicle*.

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Cathay Chronicle is a proud member of the "National American Legion Press Association."

Galin Luk is the Editor-in-chief.

Adjutant Tony Zhang, Secretary John Li, and Mr. Mike Louie are the Technical Layout Editors. **Ms. Clara Pon** is a Technical Consultant and Layout Editor.

Roger Dong is the chief reporter.

The Editor-in-chief welcomes article or letter submissions but reserves the right to publish, republish or not publish any submission and to edit articles or letters as appropriate. Submissions must include your name, address, and phone number. The Editor will call to verify authenticity. All submissions should be emailed to the Editor-in-chief at GalinLuk@hotmail.com by the last Friday of the month preceding the next month's *Cathay Chronicle*.

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

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Korean War

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