



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

SHOWING PROPER RESPECT FOR THE AMERICAN FLAG & NATIONAL ANTHEM By Clara Pon

Important Dates:

Feb 3—God Bless USA Show

Feb 5—Super Bowl 51

Feb 11—Post monthly meeting @ 11 am Powell St.

CNY Parade Meet at 5:00 p.m.

Four Chaplain's Day Service in Sanger, CA

Feb 14—Valentine's Day

Feb 20—President's Day Observed

Feb 26-Mar 1—Legion Washington D.C. Conference

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We all know and want to forget about Kaepernick kneeling at a football game during the singing of the national anthem. We have also likely seen stories where high school students around the country followed suit at their sporting event. Well, The American Legion took a stand and at a regular National Executive Committee meeting in Indianapolis, IN on October 12-13, 2016, they accepted Resolution No. 16 submitted by the Americanism Commission. The Legion will not tolerate any disrespect shown to the flag or national anthem at any Legion program by any group or individual. If any participant demonstrates disrespect to the flag or during the national anthem, he/she will be removed and will not be allowed to participate further in the program.

As we are already in February, many posts and districts are working diligently on different Americanism programs such as oratorical, Legion baseball, scouts, and Boys State, etc. Please share the resolution and let it be known to all including your young participants that he/she must be willing to respect the flag and anthem if they are to participate in any Legion Americanism programs.

NATIONAL EXECUTIVE COMMITTEE
OF
THE AMERICAN LEGION
INDIANAPOLIS, INDIANA
OCTOBER 12-13, 2016

Resolution No. 16: Expectations for Rendering Proper Respect when Participating in Programs of The American Legion
Origin: Americanism Commission
Submitted By: Americanism Commission
(As amended)

WHEREAS, The American Legion since its founding has supported this country, and

WHEREAS, Countless members of The American Legion died defending the Constitution of the United States and the First Amendment; and

WHEREAS, The American Legion has fought bigotry, racism and similar concepts since its founding; and

(Continued on page 2)

Respect Flag and National Anthem, Continued

(Continued from page 1)

WHEREAS, The Preamble to the Constitution of The American Legion pledges that “For God and Country” we shall associate ourselves together “To foster and perpetuate a 100 percent Americanism”; and

WHEREAS, There have been public displays of disrespect to the Flag of the United States, including during the National Anthem, by certain individuals, groups and others failing to show respect thereto; and

WHEREAS, The American Legion realizes there are proper platforms for expressing protest or disagreement; and

WHEREAS, The American Legion vehemently rejects using disrespect to the Flag of the United States or the National Anthem as a platform for publicly expressing protest or disagreement; now, therefore, be it

RESOLVED, By the National Executive Committee of The American Legion in regular meeting assembled in Indianapolis, Indiana, on October 12-13, 2016, That The American Legion expects participants of all its programs to show proper respect to the Flag of the United States, at all times, including during the National Anthem; and, be it further

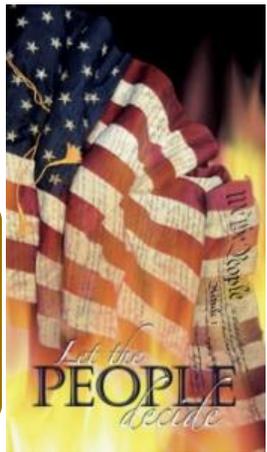
RESOLVED, That the national organization of The American Legion recommends to departments and posts that the chairman or director of any American Legion program make clear to all participants in advance of the program that The American Legion has the expectation for rendering proper respect to the Flag of the United States, at all times, including during the National Anthem; and, be it further

RESOLVED, That if any participant of any program of The American Legion cannot or will not live up to this expectation, the individual should not be a participant in American Legion programs; and, be it finally

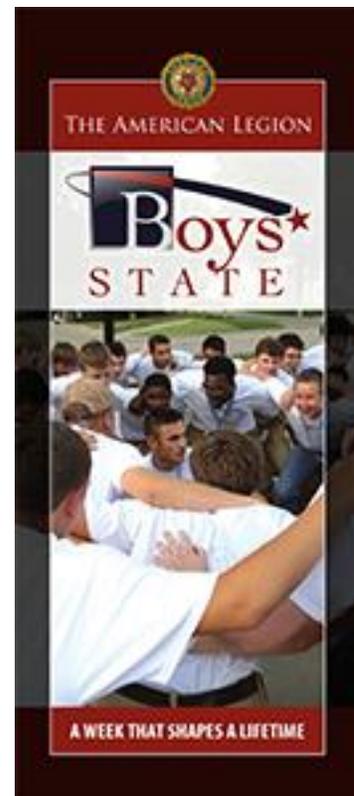
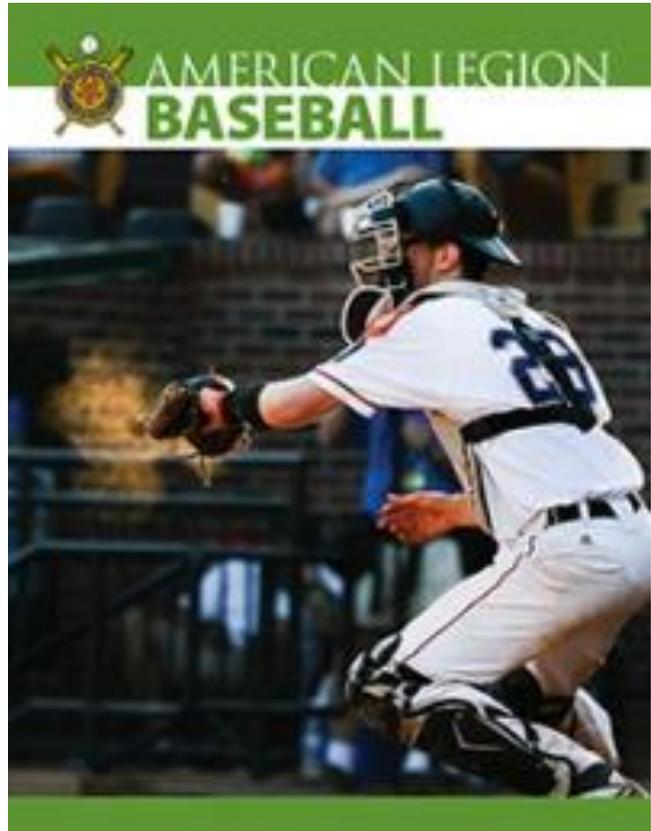
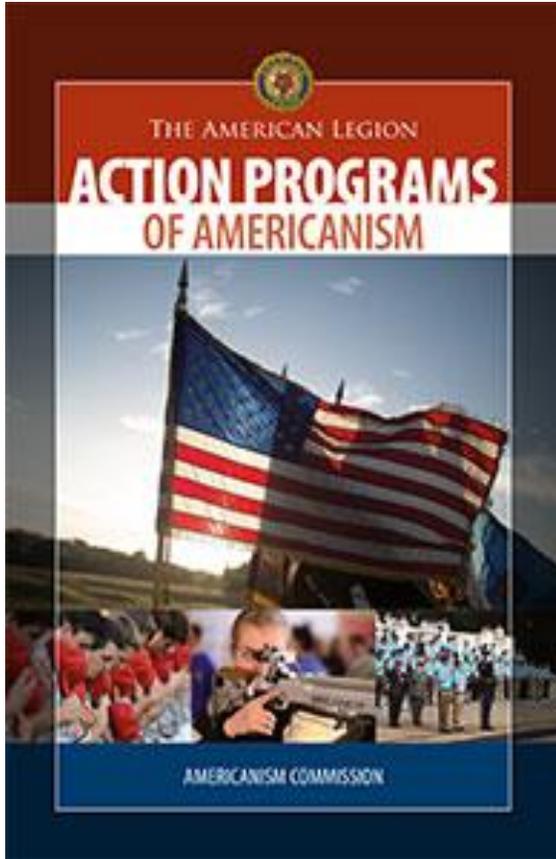
RESOLVED, That if any participant of any national-level program of The American Legion cannot or will not live up to this expectation, the individual will be removed from the program and not be allowed any further participation.



*O say can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming,
Whose broad stripes and bright stars through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rockets' red glare, the bombs bursting in air,*



FEBRUARY IS AMERICANISM MONTH



www.legion.org/publications

COMMANDER NELSON LUM

Happy Lunar New Year. Gung Hay Fat Choy. Wishing all of you and yours a great year of the rooster.

The biggest issue for our post continues to be the renovation of the first floor. While significant progress has been made, the completion date is still somewhat elusive. It is my hope that this project will be completed and ready for operation by the end of this month. I like to take this opportunity to express my appreciation to support member Kevin Lu who has contributed many hours of effort to design and decorate our newly renovated space. Kevin is an artist and designer by trade and has applied his artistic talent towards the creation of an ambiance that encompasses the spirit of our post. He has donated all the material and labor involved which is quite substantial. Please thank him if you see him.

2017 began with rain and it continued to rain followed by even more rain. It is hard to believe the draught that has been affecting our state may be over. The soil is finally getting the needed water and moisture it needs. Unfortunately, we may have received

too much of a good thing too quickly. The planned guided tour to Muir Woods for our members had to be postponed due to water saturation that has closed most of the trails. We are in contact with the National Park Rangers and as soon as it is feasible, we will reschedule another trip for our members.

On January 26 through 28, a couple of post members participated in the membership revitalization project jointly hosted by Districts 8 and 26. We were able to transfer some members from Post 1000 into our post where they can experience post activities now that they are with a local post.

On February 3, the annual God Bless USA show cosponsored by Linking Rings and our post will take place at Herbst Theater in the SF War Memorial Veterans Building. The theater doors will open at 12:30 p.m. You and your friends are all invited to come. Admission tickets are \$25 for VIP seats and \$10 for regular seats. Please contact me for tickets. A bus load of senior veterans from the Yountville Veterans Home will be our guests for the show. As we have

done in the past, the veterans will be served a lunch prior to the show. The uniform for us will be the long sleeves red shirt, dark slacks, dark shoes and for Legionnaires, your Legion cap.

On February 11, the Southwest Airlines Lunar New Year parade will take place at 5:30 p.m. and our post is one of the entrants. Those members, support members and friends who would like to join us in the parade must arrive at the staging area (2nd and Market Streets) no later than 5:00 p.m. I will direct you to our assigned space. The uniform for the march will be the long sleeves red shirt, dark slacks, dark shoes and for Legionnaires, your Legion cap.

I will be traveling to Washington D.C. as your City's district representative on the National Legislative Council during The Legion's Washington D.C. Conference at the end of February. I will be there to participate in the "Hill Walk" where we meet with legislators to express our support for legislations that benefit veterans. We will also get to watch National Commander Charles

(Continued on page 6)



Nelson Lum

nelson1431@aol.com
(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

"We were abke ti transfer some members from Post 1000 into our post where they can experience post activities now that they are with a local post."



Helen Wong

wong_helen@sbcglobe.com

(415) 797-7384

Cathay Post Member since: 1990

Branch: Army

Final Rank: Lt. Col.

“So let’s start new traditions so that we can celebrate what matters!”

1st VICE COMMANDER HELEN WONG

Gung Hay Fat Choy to everyone! Happy Year of the Rooster.

Traditions and celebrations matter! We are fortunate in the San Francisco Bay Area that we can celebrate the New Year on January 1st and then within a month or so, celebrate the Lunar New Year otherwise known as the Chinese New Year with activities, family dinners, festivals, and parades in Chinatown.

Why do traditions matter? It gives us a sense of purpose, of having something to look forward to, of familiarity that we can count on. Just as in The American Legion, there are certain ways of doing things, protocols to observe that we depend on to give us order in our organization. When you think one way is going to happen as it always has in the past, such as always saying the Pledge of Allegiance at the start of a meeting and it doesn't happen, it throws us off. It can cause chaotic thoughts, confused or angry feelings, emotions that get out of control. So, when something goes as predicted, most of the time we can handle it fine and we are happy.

Think about the events which are traditional in your family or in the circle of your friends. Which activities bring you joy? Which interactions make you smile and are enjoyable? Within our post Legion family, I can think of several activities which are fun: attending monthly meetings and seeing members who have similar interests of helping their fellow veterans, presenting medals at the Spring JROTC Drill competition, hosting the annual post installation of officers, JROTC/ROTC scholarships, community hero, first responders awards, marching with pride at parades in our Cathay Post shirts, and bringing in toys for the SFFD toy drive, etc. There are probably more events than mentioned here which you may find enjoyable as everyone has something that resonates with them for personal reasons.

If you are looking for a special event to celebrate, then try participating in multiple activities until something really sticks with you. How about starting a new tradition? If you have an idea and can plan the event logistics, whether it is hosting a NBA

championship viewing party, World Series party, or writing about the interesting members in our post for the Veterans History Project, then you just need to do it. This could be the start of an ongoing activity which could become a tradition. Participating in the Veterans History Project is an interest of mine because if we don't document our members military experiences for future generations, then before we know it, we won't be able to get any information at all.

Last year, past Post Commander Dr. Dale King took time to tell his military experience on video so after it is edited, it will be sent to the Library of Congress to be included in the Veterans History Project.

Another member, Frank Wong, also has an interesting background, but it mainly has to do with what he is involved in after he retired from his civilian career. He has been the subject of a documentary, "Forever Chinatown." There will be more on his story to come.

So let's start new traditions so that we can celebrate what matters!

COMMANDER Lum, Continued

(Continued from page 4)

Schmidt provide his testimony. Who knows, POTUS may grant us a surprise visit.

Our next monthly meeting will be on February 11 at 11:00 a.m. We will be accepting spring donations, so please give generously. Please plan to attend. I look forward to seeing all of you.



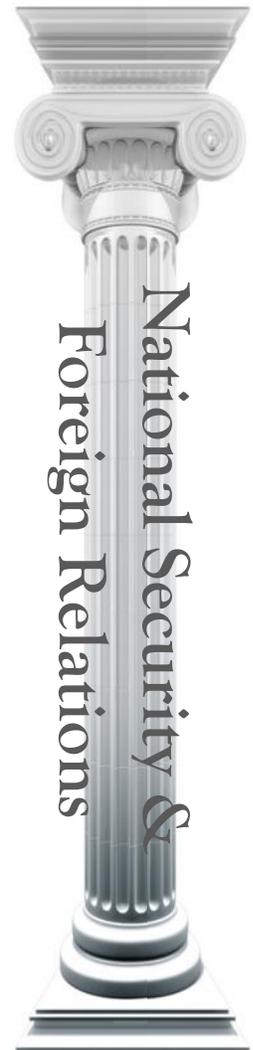
Work being done outside Cathay Post.

Chinese Lunar New Year Donations By Nelson Lum

A friendly reminder about one of our post traditions. It has been the tradition of our post to ask for donations from our members and supporters to defray the annual operating expenses. The financial viability of our post is dependent upon the good will of our members and community supporters. As most of you are aware, in addition to our regular expenses, our post has been undergoing a major renovation of our headquarters. The completion of the renovation project is finally within sight. It will not be long before I can announce to all of you the actual date that we will be able to move down

to the newly renovated first floor.

While a great amount of effort has been made to keep the cost from exceeding the original budget, the costs have exceeded nevertheless. A project of this magnitude requires a huge financial investment and invariably, there are always unexpected issues that cause the projected expenditures to increase. So, please be generous and help your post by making a tax deductible donation this month. Your contribution will be greatly appreciated.



amazonsmile

INTRODUCING—The American Legion Cathay Post 384 has established a 501 (c)(3) foundation called American Legion Post 384 Foundation to enable and enhance our ability to raise funds to support the various charitable projects we currently are engaged in and to expand our ability to fund future endeavors. We have recently connected with the Amazon Corporation to assist with our fundraising efforts. It is a very simple process and it will benefit our charitable causes greatly.

When shopping on Amazon, please click on the Amazon Smile logo and select American Legion Post 384 Foundation as your charity. Amazon will donate 0.5% of all purchased amount to our American Legion Post 384 Foundation. You, the customer will get the same Amazon low prices, but you will be helping The American Legion Cathay Post 384 with its charities. <https://smile.amazon.com/>.

Chinese New Year 2017. Year of the Rooster.

San Francisco Symphony Davies Symphony Hall Lunar New Year and Imperial Dinner

Saturday, February 4, 2017

Celebrate the Lunar New Year and the Year of the Rooster with the San Francisco Symphony at this family event that draws on both ancient and contemporary Asian traditions. Arrive at 3pm for the activity-filled Festival Reception with Asian instruments, "lucky" red envelopes, lion dancing, and more.

Continue the festivities after the concert by purchasing a ticket to the dramatic and exciting Imperial Dinner. Call the Volunteer Council at 415-503-5500 for more details.

3:00 Festival Reception
4:00 Lunar New Year Concert Mei-Ann Chen, Conductor
6:00 Imperial Dinner

Miss Chinatown U.S.A. Pageant

For nearly 60 years, lovely and talented young women from throughout the United States have come to San Francisco to compete in the annual Miss Chinatown U.S.A. Pageant. The new Queen and her Court will become goodwill ambassadors for the Chinese community throughout the new year.

Saturday, February 4, 2017 at 7:30pm

Palace of Fine Arts Theater
3301 Lyon Street @ Bay
San Francisco, CA

Tickets (\$35, \$45, \$65) available at:

East West Bank
900 Kearny St. San Francisco (415) 397-8988
Mon - Thu 9 am - 5 pm;
Fri 9 am - 6 pm;
Sat 9 am - 4 pm

Washington Bakery
733 Washington Street, San Francisco
(415) 397-3232
Mon-Sun 10 am - 8 pm

For ticket information, please contact
Chinese Chamber of Commerce (415) 982-3071
We accept VISA/MC.

Chinese New Year 2017. Year of the Rooster.

Caesars Entertainment Miss Chinatown USA Coronation Ball

Friday, February 10, 2017
Hilton San Francisco Union Square
333 O'Farrell Street, San Francisco
(415) 982-3071

The newly selected Miss Chinatown USA and her court will be crowned at the annual Caesars Entertainment Miss Chinatown USA Coronation Ball. The black tie dinner/dance, attended by many community leaders, promises to be a highlight of the Lunar New Year festivities.

6:00 Dinner | 8:00 Coronation | 8:30 Dancing Until Midnight

Southwest Airlines® Chinese New Year Parade

February 11

Saturday 5:15pm-8pm

Market and Second Street to Kearny and Jackson

\$30 Bleacher Tickets available: (415) 889-8823 or (415) 982-3071

Named one of the top ten Parades in the world by the International Festivals and Events Association (IFEA), the Southwest Airlines® Chinese New Year Parade in San Francisco is one of the grandest night illuminated Parades in the country. Started in the 1860's by the Chinese in San Francisco as a means to educate the community about their culture, the Parade and Festival have grown to be the largest celebration of Asian culture outside of Asia. Parade highlights include elaborate floats, lion dancers, folk dancers, costumed elementary school groups, marching bands, stilt walkers, Chinese acrobats, and a 268 foot long Golden Dragon ("Gum Lung").

If you can't watch the Parade in person, be sure to watch the live broadcast on KTVU Fox 2 or KTSF 26 (Chinese broadcast) on Saturday, February 11, 6-8pm.



Chinese New Year 2017. Year of the Rooster.



CHINATOWN COMMUNITY STREET FAIR

YEAR OF THE ROOSTER
LUNAR YEAR 4715

Saturday, February 11, 10:00 am - 4:30 pm
Sunday, February 12, 9:00 am - 5:00 pm

Grant Avenue from California to Broadway
Sacramento, Washington, Jackson & Pacific between Stockton & Kearny

You will find over 80 booths and concessions making this a shopper's paradise. The SF Chinese Chamber of Commerce has planned activities and entertainment for all ages. Enjoy Chinese folk dancing, opera, drumming and much more at the entertainment stage on Washington St. below Grant Ave. Make sure to get a family photo with the giant puppets, dragon and other memorable artifacts from the Parade!

CCHP/Chinatown YMCA Chinese New Year Run

5K/10K Run/Walk

February 19

Sunday 8am start
Registration: 7am

The Chinatown YMCA will hold their 39th annual "Chinese New Year Run" on Sunday, February 19th at 8am. Presented by the SF Chinese Chamber of Commerce, this scenic route starts at Sacramento and Grant, winds its way through Chinatown, North Beach, The Embarcadero and Downtown and finishes on Kearny between California and Sacramento. Registration info: www.ymcasf.org/cnyrun. You may also call (415) 576-9622 to request a registration form and get race details. The cost includes a T-shirt and finish line goodies for all runners as well as prizes for top winners in each age group.

<http://www.chineseparade.com/>

Southwest



Chinese New Year
Festival & Parade



The Bravery of four WWII Chaplains by Legion.org 1/30/2017



On Feb. 3, 1943, the United States Army Transport Dorchester – a converted luxury liner – was crossing the North Atlantic, transporting more than 900 troops to an American base in Greenland. Aboard the ship were four chaplains of different faiths: Reverend George Fox (Methodist), Jewish Rabbi Alexander Goode, Reverend Clark Poling (Dutch Reformed) and Father John Washington (Roman Catholic).

Around 12:55 a.m., a German U-boat fired a torpedo that struck Dorchester's starboard side, below the water line and near the engine room. The explosion instantly killed 100 men and knocked out power and radio communication with Dorchester's three escort ships. Within 20 minutes, the transport sank and more than 670 men died.

As soldiers rushed to lifeboats, the four chaplains spread out, comforting the wounded and directing others to safety. One survivor, Private William Bednar, later said, "I could hear men crying, pleading, praying. I could also hear the chaplains' preaching courage. Their voices were the only thing that kept me going."

Another survivor, John Ladd, watched the chaplains' distribute life jackets, and when they ran out, they removed theirs and gave them to four young men. "It was the finest thing I have seen, or hope to see, this side of heaven," he recalled.

As Dorchester sank, the chaplains were seen linked arm in arm, praying.

Fox, Goode, Poling and Washington were posthumously awarded the Distinguished Service Cross and the Purple Heart, and in 1948, Congress declared Feb. 3 to be Four Chaplains Day. The four chaplains were also honored with a U.S. postage stamp that year.

Every year, American Legion posts nationwide remember Four Chaplains Day with memorial services. This year, Four Chaplains Sunday is on Feb. 5 and Legion family members are encouraged to share on www.legiontown.org how they honored the chaplains.

To request information on how to conduct a Four Chaplains Memorial Service, email the Americanism Division at americanism@legion.org.

Learn more about the four chaplains by visiting The Immortal Chaplains Foundation at www.immortalchaplains.org and The Four Chaplains Memorial Foundation at www.fourchaplains.org.

Department of CA Four Chaplains Service will be on Saturday, February 11, 2017. See flyer on next page.



52nd Anniversary Observance

Four Chaplains' Day

Inter-Faith Service

THE AMERICAN LEGION FAMILY



Department of California



RABBI ALEXANDER D. GOODE, REVEREND GEORGE L. FOX,

REVEREND CLARK V. POLING, FATHER JOHN P. WASHINGTON

SATURDAY, FEBRUARY 11, 2017

2:00 P.M.

Saint Mary's Catholic Church

12050 E. North Avenue

Sanger, California

Please R.S.V.P to Cheryl, 559-875-8387 or via e-mail: cingdoc@gmail.com

DEPARTMENT OF CALIFORNIA
**LEGION CALENDAR
PHOTO CONTEST**

The Department of California produces a calendar each year as a fund-raiser to support the good work of our California Veterans Affairs and Rehabilitation (VA&R) programs. This year we are having a contest to select 15 photos, taken by Legionnaires, that will be used in the calendar.

Subject matter of the photos should be, California Legionnaires, actively involved in doing the good work of The American Legion.

15 photos, from those submitted, will be selected for the calendar. Photos will be selected for October, November & December 2017 and one for each month of the year 2018.

Deadline to submit photos is March 1, 2017.

Submit your photos by e-mail to: calendar@calegion.org



Every photo you submit must include:

- Photographer's Name
 - Date Photo taken
 - Who is in the photo
- Sender's Name
 - E-Mail Address
 - Phone Number
- Legion Post Name, Number, District & Area



For additional information please contact: Janice Somers,
Department of California, Ways & Means Commission Chair
805-234-5547 or janicesomers@charter.net

HIGH SCHOOL ORATORICAL COMPETITION

\$1,200
ORATORICAL
\$700
SCHOLARSHIPS
\$1,000

AREA LEVEL CONTESTS

AREA 1: FEBRUARY 25, AREA 2: FEBRUARY 19

AREA 3: FEBRUARY 26, AREA 4: FEBRUARY 26

AREA 5: FEBRUARY 19, AREA 6: FEBRUARY 26

CALIFORNIA STATE FINAL CONTEST

STATE CAPITOL BUILDING, SACRAMENTO

SATURDAY, MARCH 4, 2017



 **DEPARTMENT
EXECUTIVE
COMMITTEE**  **MARCH 10-12
POST 790
WEST COVINA**

Districts 8 & 26 Membership Revitalization By Clara Pon



Districts 8 and 26 Legionnaires making phone calls and working diligently at San Mateo Post 82.

Photos courtesy of William Jackson, Post 105

The Department membership team is focused on conducting as many district revitalizations as possible. During the last weekend in January, five districts in Areas 2 and 6 conducted membership revitalizations. Over 100 Post 1000 members were transferred to various neighboring posts hoping to get them actively involved with their new post and learn more about The American Legion.

This year, Districts 8 and 26 combined their efforts and transferred 22 Post 1000 members by Saturday, January 28. Sixteen Legionnaires including Area 2 Membership representative Larry Leonardo (564) spent two and a half days calling page after page of Post 1000 members. Some were lucky enough to speak with their fellow veteran while others left message after message. Two years ago, District

26 transferred over 115 Post 1000 members, a majority into District 26 and about a fifth of those were transferred into District 8. There were two representatives from Cathay Post 384, District 8 that helped out with District 26's revitalization program.

Many of the volunteers that participated had never done it before. Leading the six members from District 8 was District Commander Nelson Lum (384), Paul Cox (315), Richard Mercouris (315), Denny Riley (315), Ed Sandmeier (505), and revitalization veteran Helen Wong (384). About half of District 26 volunteers are seasoned veterans to the program. The District 26 team included District Commander Romie Bassetto (105), Dennis Burke (238), Clifford Crowley (585), Richard Erhardt (585), Alma Garcia (585), Frank Martinez

(105), Bob Page (105, WWII Veteran), George Smith (82), and Greg Stepanenko (238).

Unfortunately, it seems that the lists for Post 1000 members this time around were lacking important contact information such as telephone number. A few volunteers spent time on the internet researching and trying to locate telephone numbers for all those members that didn't list one. Quite a bit of time was spent administratively rather than getting in contact with these Post 1000 members. A lot of calls were made and a lot of messages were left on answering machines and voicemails. There weren't a lot of email addresses either to try to contact them that way.

A couple of years ago, a couple of people hit the pavement and went

(Continued on page 13)



District Revitalization, Continued

(Continued from page 12)

knocking on doors. Believe it or not, quite a few people transferred because of the face-to-face interaction. One never quite knows what method it will take to transfer a member to a local post, so don't give up. If you've ever participated in a membership revitalization program, you know recruitment doesn't stop when the three days is up. Typically, several usually call back later and get transferred.

In addition to contacting Post 1000 members, those participating were given training on the Legion's online

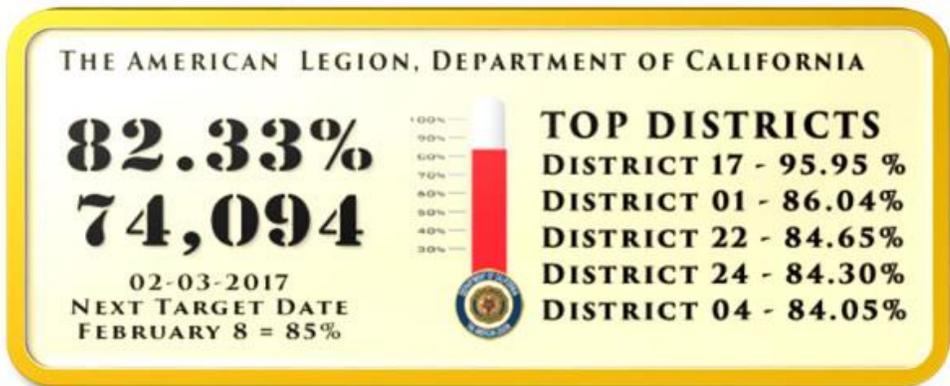
membership tool, myLegion.org. MyLegion.org is open to every Legionnaire, as an individual to manage your own membership, at the post level for the adjutant and commander, and at the district level. At the post and district levels, myLegion.org provides template letters you can use to send to your members who haven't renewed yet, reach out to Post 1000 and expired members in your area, and much more.

If you haven't registered for it or if you are registered but haven't ventured in it to see what information is available, don't wait.



2017 National Membership Target Dates

Presidents Day	February 8—85%
LEGION Birthday	March 8—90%
Children & Youth	April 12—95%
Armed Forces Day	May 10—100%



If you have not renewed your membership for 2017 by February 1, all privileges are now suspended. [National Constitution & Bylaws: Article IV, Section 4.]

Membership is not the sole responsibility of the post 1st vice commander or the adjutant. It is everyone's duty to make sure we maintain our large membership numbers. Our large collective voices is what's needed when The American Legion National Commander Charles Schmidt provides his testimony annually to Congress on Capitol Hill at the end of this month to the House Committee on Veterans' Affairs.

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your local branch or visit us online
at www.sfpcu.org**

*APR = Annual Percentage Rate. Promotional offer effective through March 31, 2017. Purchases and balance transfers must be made within 60 days of account opening to qualify for the 0% APR promotional rate. The new card purchase rate of 0% APR is valid for 6 months from the first qualifying transaction. After the promotional period, the 0% APR promotional rate will return to standard purchase/balance transfer rate (Rate based upon Prime Rate + a Margin of 6-12%). The balance transfer rate of 0% APR is valid for 6 months from each transaction date. Offer is only valid for balance transfers from existing credit card balances at other financial institutions. A balance transfer fee of \$5 or 1% of the amount of each transfer, whichever is greater, will be applied to transfers made during the promotional period (the first 60 days after account opening). All new applications are subject to terms, conditions and credit approval. You must be at least 18 years of age to apply, and show ability to repay future balances or apply with a co-signer if you are under the age of 21. Rates, fees and terms are subject to change at any time, contact us for more information.

PROMO CODE: VNC17

What Is The Official Legion Uniform? By Clara Pon

With a few districts having completed their revitalization and many more on the schedule, it's a good time to welcome and communicate with your new transferred member.

If your post has an orientation packet, a newsletter, or a coffee meet and greet, it's an ideal time to properly introduce them to The American Legion. Reinforce and reaffirm why it's a benefit for them to be part of the largest veteran organization in the world.

Tell them about the Four Pillars: Veteran Affairs & Rehabilitation, National Security, Americanism, and Children & Youth. You can encourage

them to complete the American Legion Extension Institute (ALEI) online, or attend the classroom session, if available. It will provide tons of basic, fundamental information about what being a Legionnaire can be about.

Explain to them the meaning of the Preamble to The American Legion Constitution. And you can't forget the official uniform of The Legion. The American Legion cap is recognized around the world. An informed and educated Legionnaire is a productive Legionnaire.

Here are some instructions on wearing the official uniform of The American Legion.

[Taken from 2015-16 Officer's Guide & Manual of Ceremonies, page 42.]

Wearing The American Legion cap, uniform and regalia

1. The Legion cap, uniform or regalia should be worn by its members only when in attendance at official Legion meetings or ceremonies, as official guests at patriotic or other civil functions, or by individuals when officially representing The American Legion on public occasions. For all ceremonies, the uniforms adopted by a department are recommended. However, an official American Legion cap, dark blue or black civilian coat, dark trousers, white shirt, black four-in-hand tie, black shoes and socks make an attractive uniform. A Legionnaire is considered to be in uniform if wearing an official American Legion cap. Therefore, it is not proper to wear a Legion cap while eating a meal at an official American Legion or civic luncheon or dinner.

2. The cap should be worn in a place of worship only by the guard of honor, color guard and commander of the same while in marching order or standing guard. When one is seated, the cap should be removed.

3. Posts marching in formation into a place of worship should uncover at the door, hold the cap with the right hand over the heart until arriving in the pews and commanded to take seats, and remain uncovered during the entire service. At the close of the service, upon command, the post shall rise, hold the cap with right hand over the hearts, march out of the place of worship, and recover after marching through the door.

Note: The cap should be held over the heart as one approaches the casket, and is not at any time worn in a place of worship except by the guard of honor, color guard or commander of same while in marching order or standing guard.

(Continued on page 16)



Legion Cap, Continued

(Continued from page 15)

4. Legionnaires not in formation will uncover upon entering the place of worship, remain uncovered during the entire service and re-cover after leaving the place of worship.
5. At the graveside, the cap should be held in the right hand over the heart during the entire service. In cold and inclement weather, the cap should not be doffed.
6. In meetings, the cap should be worn except during the Pledge of Allegiance, prayer and while standing in silent reverence in memory of departed comrades, when it should be held with the right hand over the heart.
7. A Legionnaire wearing a cap should behave in proper accordance as to salutes, etc., the same as if wearing a military uniform. If not wearing a cap, observe ordinary rules of etiquette for civilian dress.
8. Female Legionnaires should wear their caps in the manner prescribed for women in the armed forces. This is suitable for most situations, but taste and common sense should prevail. By American Legion tradition, a female Legionnaire may leave her cap on during the Pledge of Allegiance, the national anthem, prayer and meals.
9. Legionnaires wishing to attach decorations and/or other official insignia to their caps are advised of a National Executive Committee resolution on the subject, excerpted below.

Restrictions:

- (a) The left side (emblem side) of any American Legion cap cannot contain other than the official American Legion emblem, and lettering as set forth previously in this resolution for post, county, district, department or national caps.
- (b) No member of any organization, such as drum and bugle corps, bands and so forth, sponsored by any post or intermediate organizations between the department and post levels, or by any department, shall wear the overseas caps having the color, or combination of colors, authorized for the sole use of county, district, department or national officers, when the members of uniformed groups are not appearing in the full uniform of their group.

Ask your post commander or vice commander about the different style (colors) of covers that other Legionnaires wear. Remember, there's no dumb question.

There are also unwritten (or at least not in recent publications) traditions and protocols. On a recent trip to Indianapolis, IN, we learned some new things. For starters, you should never lay your cover down on a table or any surface with the Legion emblem side down. The emblem should always be face up. Also if you're one of those guys that slips it under your belt, again, the emblem should be facing outward. We know you don't want to scratch all the pins you have on the other side of your cap, but it's a no-no to place your pin side cap face up. Some Departments are known to charge their members \$5 if they're caught with their cover with emblem faced down. So be fore warned!



Hoping to Party with National Parks Service By Roger Dong

News follow-up. Our planned January outing to the beautiful Muir Woods was cancelled due to bad weather - high winds and heavy rain, and will be rescheduled when the damage done to the walking trails by mud slides and falling redwoods, has been removed and repaired.

We are all looking forward to this great outing as soon as we hear from our friends with the National Park Service. After we receive an updated

report on the restored condition at Muir Woods, we will communicate and coordinate to make up a new list of attendees.

We understand that we now have received an adequate amount of rain for relief this summer. However, we still need more rain to replenish our underground water wells that have been pumped out excessively for several years. Hopefully, we will be visited by El Nino again next fall/winter.



Medicare, What You Should Know By Roger Dong

The January/February 2017 issue of the AARP newsletter published an article "Why Medicare Matters. How proposed changes could affect your wallet and your healthcare." I want to share this article with you because it will impact most everybody, including our veteran readers of our Cathay Dispatch. Further, national politicians are actually talking about modifying Medicare terms, including increasing the age of eligibility for Medicare health care coverage.

Whether anyone approves the discussed potential changes, you and I need to be fully aware of how changes in

Medicare coverage will impact your medical expenses if you have an accident, our get sick. Note if you are worth around \$10 million or more, you may have sufficient funds to pay major medical expenses. If so, you can stop reading my article and proceed with your life and not worry too much about major medical expenses that are the major reason why individuals and companies go bankrupt.

To illustrate, once you are eligible for Medicare coverage, if you are hospitalized, as much as 80% of your eligible medical bills will be paid by Medicare. The remainder can be covered by

insurance, if you have supplementary health insurance. If not, you will owe that 20% to your hospital and related medical expenses.

Well, how much might you be financially responsible? That, of course, depends on the size of your medical bills. Everyone should be advised that medical costs are out of control, and one day of hospitalization can cost \$10,000 or more.

To provide a real example, if you are hospitalized at Alta Bates Acute Recovery Center or a heart attack, stroke or cancer, your daily bill may run about \$12,500.

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Medicare, Continued

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If you don't eat in, you could save a few bucks, but your doctor may not allow you to eat food brought in from home or McDonalds. As distasteful as hospital food may be, the menus must have the proper balance of protein and vegetables to help you recover. So, if all you have is Medicare, you will still need to pay about \$2,500 each day you are hospitalized.

Some county and local hospitals cost much less, but the quality of medical care is less. It's your call.

Veteran service organizations including The American Legion, offers the opportunity to get special coverage if you get hurt traveling on any legitimate transportation carrier, including your own vehicle and also handy cash if you are hospitalized for any reason, except suicide. Some people opine that if you don't have Medicare

and supplemental insurance, you may be committing financial suicide.

Hospitalization and certain drugs are extremely expensive. An example would be a one night stay in the USF ICU unit can run about \$18,000. Even if you own a home worth several million dollars, do you want to lose all, or most of that value to your doctor and or hospital? It doesn't seem right to save money all your life to dispense it to doctors and hospitals. Again, that's your call. AARP and others are giving everyone a fair warning. If you are under 65 and not yet eligible for Medicare, you should still understand that someday, you will be 65 and you want to know now what you will be facing when you are a senior and 65 years old.

The article can be found at: <http://www.aarp.org/politics-society/advocacy/info-2016/why-medicare-matters-special-report.html>



If you're interested in what your local politician is doing or not doing, you might consider traveling up to Sacramento on March 14, 2017 for the annual Legion Legislative Day at the State Capitol. Go see and experience what your Legion representatives are lobbying for in regards to your VA rights and the benefits you deserve.

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CHINESE AMERICAN HERO MAYA LIN



Name in English: Maya Lin

Name in Chinese: 林璎

Name in Pinyin: Lín Yīng

Year of Birth: October 5, 1959

Place of Birth: Athens, OH

Maya Lin was one of the first female Heroes added to the CAH website. In 2005 when CAH was initiated, it was very difficult to identify any Chinese American female who had made one or more national contributions to qualify for national recognition. When we found Maya, we found a real heroine. Not only was Maya clearly a heroine, she was first nationally recognized for her creative achievement when she was just 21 years old. It is most unusual for anyone, regardless of age or gender, to earn national recognition at the young age of 21 years.

Maya Lin was a 1959 baby and was the human production of a marvelous gene pool. Her father, Henry Huan Lin, born in Fuzhou, Fujian, was a ceramist, and former dean of the Ohio University College of Fine Arts. Her mother, Julia Chang Lin, born in Shanghai, is a poet and taught literature at Ohio University. Also of genetic significance, Maya was the niece of Lin Huiyin, who was one of the first female architects in China. With such inherited talent, Maya Lin designed many extremely imaginative and creative monuments and projects.

Profession (s): Architectural Design

Education: Yale University, B.A. 1981, M.A. 1986, Architecture

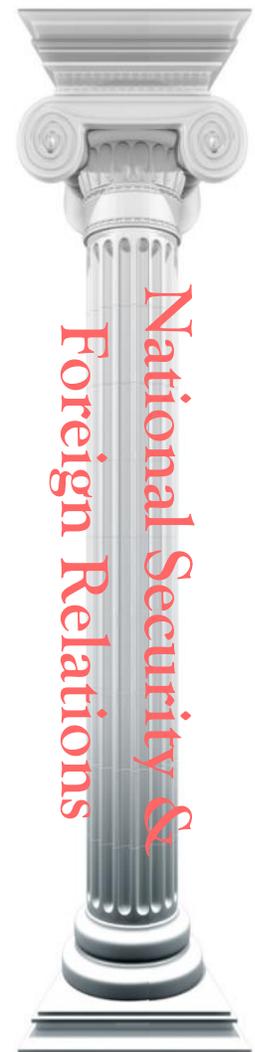
Awards: In 2005, Lin was elected to The American Academy of Arts and Letters, as well as the National Women's Hall of Fame in Seneca Falls, New York. In 2016 she was awarded the Presidential Medal of Freedom, by President Barack Obama, the Nation's highest Civilian Honor.

Contribution (s): Designed the Vietnam Veterans Memorial in Washington, DC after her design was selected in a nationwide contest among 1400 artists. After Lin was declared the winner, a number of Vietnam veterans and national politicians were surprised and displeased that a young and inexperienced, Asian/Chinese college girl had been selected the winner. To obtain the acceptance of her objectors, Lin had to explain and justify her work to the United States Congress.

Subsequently, Maya added the bronze figures of American military figures and an American flag which then included a patriotic, human touch to her outstanding memorial wall that displayed the names of all our fallen Vietnam warriors. Today, her monument is a must stop visit for many visitors to Washington D.C. Her Vietnam Memorial Monument is also professionally recognized. In 2007, the American Institute of Architects ranked



(Continued on page 20)



CAH—Maya Lin Continued

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her memorial #10 on their list of *America's Favorite Architecture*.

She designed the Civil Rights Memorial honoring Dr. Martin Luther King and the Civil Rights movement in Montgomery Alabama.

She also designed the Women's Table honoring women at Yale University, the Museum of African Art in NY, Groundswell at Ohio State University and the clear glass 14 foot clock at Penn Station in NYC.

In 2005, she also designed the new plaza that anchors the Claire Trevor School of the Arts at the University of California, Irvine.

Lin installed *Above and Below* in 2007, an outdoor sculpture at the Indianapolis Museum of Art in Indiana. The artwork is made of aluminum tubing that has been electrolytic ally colored during an anodization process.

In 2008, Lin completed a 30-ton sculpture called *2 x 4 Landscape*, made of many pieces of wood, which was exhibited at the M.H. de Young Memorial Museum in San Francisco, California. Her current projects include an installation at the Storm King Art Center.

Lin completed her largest work to date in 2013 with *A Fold in the Field* created using 105,000 cubic meters of earth covering 3 hectares. It forms part of a private collection within a sculpture park owned by Alan Gibbs located north of Auckland, New Zealand.

Acknowledging her profession design credentials, Lin served on the selection jury of the World Trade Center Site Memorial Competition. A trend toward minimalism and abstraction was noted among the entrants, finalists, and the chosen design for the World Trade Center Memorial.

Lin completed *Silver River*, her first work of art in Las Vegas, which is part of a public fine art collection at MGM Mirage's City Center, which opened December 2009.

Lin now owns and operates *Maya Lin Studio* in New York City. Her many designs and works of art are nationally recognized and are a great credit to all women in the design field. Locally, few people know that in Alameda, CA at 825 Taylor St. is the Maya Lin School, a Title 1, federally funded establishment to help low income students excel in the arts and academics. The No Child Left Behind Act mandates that this program provide money to our school district based on families' income.

Her latest and last project is, *What is Missing?* Is a cross-platform, global memorial to the planet, located in select scientific institutions, online as a website, and a book, calling attention to the crisis surrounding biodiversity and habitat loss.

External Links:

<http://architects.arbitat.com/lin>
http://www.myhero.com/myhero/hero.asp?hero=m_lin
<http://www.mayalin.com/>
<http://www.art21.org/artists/maya-lin>
<http://www.achievement.org/achiever/maya-lin/>



Article courtesy from our friend & partner:

CHINESE AMERICAN HEROES
 chineseamericanheroes.org



February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Groundhogs Day</i>	3 <i>GOD Bless USA Show</i>	4
5 Super Bowl 51	6	7 ALWMC Meeting, 6:00 pm	8	9 Dist. 8 Meeting 6:00 pm	10	11 Post Meeting 11 am & CNY parade
12	13	14 Valentine's Day	15	16	17	18
19 Area 2, Oratorical	20 President's Day	21	22	23	24 Legion D.C. Conference	25 Legion D.C. Conference
26 Legion D.C. Conference	27 Legion D.C. Conference	28 Legion D.C. Conference				

March 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Legion D.C. Conference	2	3	4 Dept. Oratorical Contest 1 p.m.
5	6	7 ALWMC Meeting, 6:00 pm	8 Legion Birthday	9 Dist. 8 Meeting 6:00 pm	10 Spring DEC	11 Spring DEC
12 Spring DEC Daylight Savings	13	14 Legion Legislative Day Sacramento 9am	15	16	17 St. Patrick's Day	18 Post Meeting 11 am??
19	20	21	22	23	24	25 Area 2 Caucus
26	27	28				

CATHAY POST NO. 384



Headquarters
1524 Powell Street
San Francisco, CA
94133
Tel: (415) 797-7384
Fax: (415) 797-7384

E-mail: cathaypost@gmail.com
www.cathaypost384.org

 Cathay Post #384



San Francisco War Memorial
Veterans Building Office #2
401 Van Ness Ave, Rm 213B
San Francisco, CA 94102

CATHAY DISPATCH STAFF

Clara Pon — Interim Publisher & Editor-in-Chief
cathaypost384events@gmail.com

Nelson Lum & Helen Wong—Cathay Dispatch Writers

Roger Dong — Contributing Reporter
rogerdong@hotmail.com

Jamie Lopez & Lily Wong—Editors and Proofreaders

We welcome article or letter submissions but reserve the right to publish, republish or not publish any submission and to edit articles or letters as appropriate. Submissions must include your name and an email address or phone number. All submissions should be emailed to cathaypost384events@gmail.com.

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2014, 2015, 2016



2014, 2015, 2016



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

Gulf War/War On Terrorism

Desert Shield/Desert Storm/OEF/OIF
8/2/1990 to present

Panama—*Operation Just Cause*
12/20/1989 – 1/31/1990

Lebanon/Grenada
Lebanon War/Operation Urgent Fury
8/24/1982 – 7/31/1984

Vietnam War
2/28/1961 – 5/7/1975

Korean War
6/25/1950 – 1/31/1955

World War II
12/7/1941 – 12/31/1946

World War I
4/6/1917 – 11/11/1918

**Cathay Post No. 384
American Legion
Executive Committee
2016-2017**

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- Secretary:** VACANT

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