



# CATHAY DISPATCH

Veterans - Sounding Off Since 1931

## WHY DID YOU JOIN THE AMERICAN LEGION?

By Clara Pon

### Important Dates:

- Feb 10—Monthly meeting at 11 a.m.  
 Feb 14—Valentine's Day  
 Feb 16—Chinese New Year's
- 
- Mar 10—Monthly meeting at 11 a.m.  
 Mar 10-11—DEC Santa Maria  
 Mar 17—St. Patrick's Day

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Why join The American Legion, the largest veteran organization in the country? Perhaps the better question might be, "Why did **you** join The American Legion?" It's probably safe to say that eligible veterans that became Legionnaires decades ago, in the 20s and 30s joined for different reasons than Legionnaires that signed up throughout the last several decades. Times have changed. How and why we fight in wars have changed. The reasons veterans join volunteer organizations have also changed. The day of altruistic volunteerism is a thing of the past. Everyone wants something. What's in it for me? (WIIFM) What's in it for you?

There are only a handful of Legionnaires that I know who stay in The Legion to work the programs under the four pillars of service of The American Legion. Those few find satisfaction in promoting, supporting, and encouraging at least two of the four pillars, Americanism and Rehabilitation & Veteran Affairs.

They find personal fulfillment helping and watching high school students compete year after year trying to better oneself in the oratorical competition, hearing about a Boy State delegate's week-long experience at Boys State or even at Boys Nation, watching on with pride as an Eagle Scout participates in the ceremonial Eagle Scout court of

honor where he is bestowed the highest coveted rank in the Scouts, or to hear the many stories of students that participated in Legion programs throughout their high school years that eventually led them to get accepted in one of the prestigious military academies.

It is also about working with your local politicians to promote and get them to support the many house and senate bills that affect veteran benefits now and in the future. They find "storming" the halls of our state Capitol in Sacramento during Legion Legislative Day and during the Washington D.C. Conference in March to promote various legislation to improve health care services for veterans, provide longer and more educational, financial, and emotional support for returning veterans trying to adjust to civilian life, and many more bills that impact the lives of those that sacrifice his or her life to protect the people of this country unselfishly a very worthy endeavor.

What happened to that selflessness? What happened to helping your brothers and sisters in arms, not just then, but even now in your own post or in your district? What happened to not just reiterating one of the most important clauses of the Preamble of the

*(Continued on page 2)*



## Join The American Legion, Continued

*(Continued from page 1)*

Constitution, but actually applying it...”to consecrate and sanctify our comradeship by our devotion to mutual helpfulness?”

Your post is a service-oriented entity. It should be providing support, camaraderie, assistance, and be actively involved in many of the programs that fall under the four pillars of The American Legion. What are you doing to make sure your post grows? How and what is your post doing to retain new and current members? Membership is everyone’s job and an on-going mission. Are you and your members out in the community reaching out to eligible veterans to join your post?

What’s in it for a new member?




Four Pillars on the National Headquarters Building in Indianapolis, IN.  
Photo from The American Legion.

## COMMANDER NELSON LUM



Gung Hay Fat Choy! February is here and we are looking forward to celebrating Chinese New Year which will be on February 16. This will be the year of the Dog. In particular, the year of the Earth Dog means trustworthiness and dependability which make Earth Dogs great leaders. Grounded in reality, their sense of fairness enables Earth Dogs to be supportive of others. They are confident and inspire confidence in others. Earth Dogs seem to reflect the values of most veterans.

The renovation project at our post headquarters continues to progress. The replacement of the exterior doors are on order and should be installed within the month. The installation of these doors and push bars will bring our facility in compliance with the stipulations from the San Francisco Fire Department. It will also increase our maximum occupancy to 299 for the building which was our goal.

Having received approval from our membership to purchase two 75" television monitors, our Finance Officer George Tsang went right to work in completing that task. These monitors will enable us to utilize modern technologies for facilitating seminars and meetings. George deserves a big hand for all the time, effort, and hard work he has put forth in this endeavor.

The second floor of our headquarters building is still vacant and in need of a tenant. Please assist us with spreading the word about the availability.

On January 26, 2018, a show we sponsored, God Bless the USA was presented at the War Memorial Veterans Building's Herbst Theater. Once again, the attendees were thrilled by the very talented performances. It was unfortunate that due to scheduling conflicts, we were not able to host the senior veterans from Yountville. We did manage to host some veterans from Fort Miley with a nice lunch and front row seats. Our color detail featured a new twist this year when presenting the colors. Staff Sergeant Ramon Torres, USMC Reserves, joined our detail in full Marine Class A uniform

and was promptly promoted to detail leader. He immediately whipped our detail members, Comrades Roger Dong, Chee Yee, and Tony Lyau into ship shape as they performed the presentation. Our 1<sup>st</sup> Vice Commander Helen Wong took care of the food detail and did an outstanding job as usual. Comrades Chuck Paskerian and George Tsang helped with ushering the attendees into the auditorium. Thank you all for a job well done.

As a member of The American Legion National Legislative Council for California, I will be travelling to Washington D. C. at the end of February to help with advocating for legislation that would benefit us veterans. Aside from accompanying our national commander when she addresses the Joint House and Senate Legislative Committee, I will attempt to set up a meeting with our local congressional representative, Congresswoman Nancy Pelosi to personally urge and request for her support.

Locally, a former member of the Board of Supervisor, Mark Farrell was elected by his colleagues to serve as Interim Mayor of the

(Continued on page 6)



Nelson Lum

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Cathay Post member since: 2005

Branch: Army

Final Rank: SPC

*"Grounded in reality, their sense of fairness enables Earth Dogs to be supportive of others. They are confident and inspire confidence in others. Earth Dogs seem to reflect the values of most veterans."*



**Helen Wong**

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Cathay Post member since: 1990

Branch: Army

Final Rank: Lt. Col.

*“So, the next time you face some adversity, think of what others have endured and how they handled themselves so that you can put things in perspective and carry on despite it all.*

*Never give up!”*

**1<sup>st</sup> VICE COMMANDER HELEN WONG**

Integrity matters! For the 8<sup>th</sup> year, Cathay Post and Linking Rings Performing Arts presented God Bless the USA Cabaret show in the War Memorial Veterans Building’s Herbst Theater on January 26, 2018. Our Color Guard of Roger Dong, Anthony Lyau, and Chee Yee led by a Marine Corp member did a great job. Other Cathay Post members present were CMDR Nelson Lum, 1<sup>st</sup> Vice Helen Wong, board member Chuck Paskerian, Frank Wong, and Finance Officer George Tsang.

In the beginning of the show, three (3) honorees were presented with certificates: SGT MAJ Richard Kishimoto, Esther Li, and John Winfield. SGT MAJ Kishimoto had a distinguished military career retiring after 43 years of service in the U.S. Army Reserves. Ms. Li is the Vice President/Controller of three (3) related environmental nonprofit organizations founded by the late Douglas R. Tompkins and his widow, Kristine M. Tompkins (Tompkins Conservation, Conservacion Patagonica and Foundation for Deep

Ecology).

Mr. Winfield is an American business entrepreneur, investor, and philanthropist who has contributed to social groups in the San Francisco area and especially in Chinatown. As in the past, the many talented performers were wonderful to watch and hear as they danced, sang, or played their way through the program. This year for the first time, Heiwa Taiko performed. They are a group of “dynamic and energetic grandmas who love to play Taiko and to spread the art and beauty of Taiko.” Chinese ribbon dancer Jasmine Lee performed gracefully and you would never have guessed she works as a software engineer at Microsoft in San Francisco.

From poet Clara Hsu, to actress/singer Maureen McVeery who had her own solo show at Feinstein’s, to Allen Ogi, instructor of traditional Hawaiian dance to pianist Shota Osabe, to exotic dancer/ choreographer Kitty Oaks, and other performers who were very entertaining, none could compare to

what the Grant Avenue Follies dancers led by Cynthia Yee had gone through on Wednesday previous to the Friday show. On the program for four dance numbers, they were spectacular in costumes, dance, and spirit.

It wasn’t until Saturday on Channel 7 news, it was revealed that on Wednesday while the dance group was at On Lok Senior Health Services for a presentation of a large donation, their vehicle was broken into and over \$20,000 in costumes was taken. Their commitment and integrity to the audience meant that the “show must go on” despite their loss. As devastating as it was, the group did not let that stop them from doing what they loved to do, entertain the seniors and veterans in the audience.

So, the next time you face some adversity, think of what others have endured and how they handled themselves so that you can put things in perspective and carry on despite it all.

Never give up!

(Photos on page 6.)

Disclaimer

Opinions or articles expressed herein are those of the author or columnist, and are not necessarily those of the National, Department, District, or of the American Legion. Publication of advertisements does not imply endorsement by the American Legion of the products, service, or offers advertised or profiled.

## 2<sup>nd</sup> VICE COMMANDER AARON LOW

I hope everyone is healthy and doing well.

With recent publicity around a high profile sports organization that claims to “support the military” yet allows their employees to create controversy, I thought I would reflect on a few organizations that actually put their money where their mouth is.

While most of us serve with no expectations of thanks, it is nice to know that there are those that show appreciation through military discounts, free meals on Veterans holidays, and other public acknowledgements of service. Many of these gestures of thanks that can be taken advantage of throughout the year.

Recently, I discovered that many Home Depot stores provide a 10% military discount when you present a form of military ID. Again, the military discount is not

advertised and the discount is left up the individual store to offer. I asked at another national hardware store, but this particular chain said they did not provide a military discount.

Another incredible savings provided to the military (that I just took advantage of) is a discount on Disney tickets. I was able to purchase 4-day Park Hopper pass for \$226 instead of \$425, which is almost a 50% discount. Disney is yet another example of a corporation that supports the military.

Finally, the Military Exchanges such as AAFES and NEX can now be used by Honorably discharged veterans of all United States Armed Forces, including the Air Force, Army, Navy, Marines and Coast Guard as well as the Air Force Reserve, Army Reserve, Navy Reserve, Marine Corps Reserve, Coast

Guard Reserve and National Guard. Many items at these exchanges are priced well below retail and do not charge tax (or shipping in some cases).

Thank you for your service!

### References:

<https://disney-world.disney.go.com/special-offers/military-multi-day-tickets/>

<https://disney-world.disney.go.com/tickets/>

<https://www.shopmyexchange.com/veterans>

<https://www.mynavyexchange.com/Veterans>

Maybe of interest:

<https://corporate.homedepot.com/community>



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Cathay Post member since: 2015

Branch: USMC

Final Rank: Lt. Col.

*“While most of us serve with no expectations of thanks, it is nice to know that there are those that show appreciation through military discounts, free meals on Veterans holidays, and other public acknowledgements of service.”*



### COMMANDER LUM, CONTINUED

*(Continued from page 3)*

City and County of San Francisco. Mayor Farrell is the proud son of an Air Force Major and has been very attentive to issues concerning veterans. We wish him the best and look forward to working with him for the betterment of our City.

Our next monthly meeting will be held on Saturday, February 10, 2018 at

11:00 a.m. at our post headquarters, 1524 Powell Street. As usual, the Executive Board meeting will be held at 9:30 a.m. on the same date.

A lunch featuring delightful Chinese New Year's menu will be served by our head chef, support member Victor Tsang. He will be assisted by support members May Lee, Frank Lee, and Kay Lee. Hope to see you all at the meeting.

### GOD BLESS THE USA CABARET HERBST THEATRE—JANUARY 28, 2018



Photos by Helen Wong, 1<sup>st</sup> Vice Commander.



## **Vet Centers Help Veterans Readjust to Civilian Life** By George Smith, ALR Service Officer

Vet Centers provide a broad range of counseling, outreach, and referral services to eligible Veterans in order to help them make a satisfying post-military readjustment. These services are free to men and women who have served in a combat theater and their family members. The Vet Center also provides services to men and women who have experienced military sexual trauma (MST) or harassment while on active duty. The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam-era Vets were still experiencing readjustment problems. There are both group and individual counseling sessions provided. Vet Centers also provide bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel.

The VA has also developed a mobile “app” to help veterans with their readjustment: TSD Coach. The app can help Veterans learn about and manage symptoms that commonly occur after trauma.

Its features include Reliable information on \*Post Traumatic Stress Disorder (PTSD) and treatments that help; \*Tools for screening and tracking symptoms; \*Convenient, easy-to-use skills to help Veterans handle stress symptoms; \*Direct links to support and help; \*Ongoing access, when the Veteran may need it. PTSD Coach has now been downloaded more than 100,000 times in 74 countries around the world. You can get this free application on your smartphone by googling PTSD COACH and downloading it. Check the <http://www.ptsd.va.gov/> for additional resources and apps.

### **5th ANNUAL “WELCOME HOME VIETNAM VETERANS DAY” CLASSIC CAR SHOW MARCH 31, 2018**



**HELD AT THE VETERANS MEMORIAL SENIOR CENTER  
1455 MADISON AVE, REDWOOD CITY, CA.  
SPONSORED BY THE STEVE WARREN MEMORIAL CHAPTER 464 OF THE  
VIETNAM VETERANS OF AMERICA**

**10 AM – 2 PM**

*Welcome Home Vietnam Veterans Recognition Program at 11 AM*

*Raffle – Displays – Barbecue Lunch*

*Best of Show Award*

For Additional Information or Car Registration Form Contact: President Gary Higgins,

650-368-6713 or email: [je.higgins07@comcast.net](mailto:je.higgins07@comcast.net)

## Alameda US Coast Guard Does It Again By Roger Dong

The Coast Guard National Security Cutter “**Stratton**,” home based at Alameda Coast Guard Island recently returned home after a very successful mission where it conducted joint operations with several of the other of 19 nations combatting international drug trafficking operations. On this most recent mission, the **Stratton** in coordination with Her Majesty’s Canadian Ship **Nanaimo**, and several other Coast Guard ships from other locations, delivered 47,000 pounds of seized cocaine, street valued at \$721 million to federal authorities in San Diego where further investigations were conducted and the contraband ultimately destroyed.

These Coast Guard joint operations are not overnight sensations. Many weeks, sometimes months, of sharing intelligence and tracking of suspected narcotics smuggling efforts are always a challenge. The smugglers also use GPS, and the ships used by the criminals are custom built to avoid both radar and visual detection.

Two types of smuggling vehicles are commonly used today, one type uses a low profile, powerful, high speed motors, and the second are the semi-submersible submarines. All are designed to avoid radar and visual detection. Special light-colored paints, compatible with natural seascapes are employed to blend into the background of open oceans and seas.

Skillful techniques, patience and excellent intelligence have paid off for the Coast Guard and her allies as the amount of narcotics seized in recent years has been record setting.

Our best wishes to our Coast Guard for many more successful interdictions. Captain Jonathan Hickey, Commander, Coast Guard Alameda recently visited our post and we congratulated his team on Coast Guard Island.



**United States Coast Guard**  
U.S. Department of Homeland Security

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### Basic Training

Learn about The American Legion in this self-paced online course

**Basic Training Graduate**

Congratulations John!

You have passed the course 1 time.  
Your last graduation date was 09/04/2017.

Print your certificate: [B&W](#) | [COLOR](#)  
Order your cap/lapel pin [here](#)

Where you left off

Resume

### Basic Training

The American Legion's official training program for officers, members, Legion College applicants and those who simply want to expand their knowledge of the nation's largest veterans service organization is now available online.

The American Legion Extension Institute has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. The program should take less than two hours to complete. It is divided into six sections, with a quiz at the end of each one, followed by a final exam.

### How Does it Work?

Use the arrow button to continue your progress through each module. The progress bar shows how much of the topic you have completed.

▶ ↺

When you have finished the module, you will receive a green checkmark. Use the "redo" button to go through the topic again.

✔ ↺



# Come Celebrate 50 Years of Supporting the 101st!

**ADOPTED UNITS  
101<sup>ST</sup> AIRBORNE  
DIVISION**

★★★

**San Mateo - 1968**

A Company  
1-327 Infantry

★★★

**Burlingame - 2004**

B Company  
1-327 Infantry

★★★

**Hillsborough - 2007**

Headquarters Company  
1st Brigade Combat Team

★★★

**Foster City - 2012**

Headquarters Company  
1-327 Infantry

★★★

**Millbrae - 2013**

B Battery  
2-32 Field Artillery

**ADOPTED UNITS  
101<sup>ST</sup> AIRBORNE  
DIVISION**

★★★

**Belmont - 2016**

C Company  
1-327 Infantry

★★★

**San Carlos - 2017**

D Company  
1-506 Infantry

★★★

**San Bruno - 2017**

A Company  
1-506 Infantry

★★★

**Atherton - 2017**

B Company  
1-506 Infantry



## Meet our Adopted Soldiers and Veterans

**Friday, March 23**

**'Sore' with the Eagles Workout**

**Saturday, March 24**

**San Mateo Downtown Parade  
Festival in Central Park ★ Gala Banquet**

**Sunday, March 25**

**Memorial Observance  
at Golden Gate National Cemetery**

City Clerk's Office: 650.522.7040 ★ [www.CityofSanMateo.org/101st](http://www.CityofSanMateo.org/101st)

## Long Term Care Insurance...Is It Disappearing? By Roger Dong

What? How can this happen? Many people need long term care (LTC) insurance to cover their senior care expenses. The explanation is simple. The cost to care for us, when most of us become mentally and physically senile (custodial care) has been skyrocketing and the premiums for LTC policies have to follow suit.

A few years ago, there were more than 100 insurance companies offering LTC insurance. Today, there are only about a dozen companies that will sell this type of insurance coverage and protection for seniors. Even the big insurance companies have discontinued new policies and are deep in **red ink** paying off legacy policies.

Major insurance companies like General Electric Insurance and Genworth Financial which are paying off their promises and guarantees underwritten last century, are running in much **red ink**. In 2016, Genworth Financial had to absorb \$2,000,000,000 in **red ink**. Genworth had to sell itself to a Chinese conglomerate. Who knows what will be covered, or how much LTC insurance will cost with the new owner, which has no experience managing LTC contracts in

America and funding the care for American seniors?

What about the seniors who are now using their paid-up policies? The answer is, "That Depends." If a person is currently living in a nursing home or retirement facility, that person might be still protected - if the existing senior home contract included a promise to provide service even if the insurer and the senior both went broke. A few of our Bay Area senior care facilities still guarantee support as long as the senior is living and the insurer no longer pays and the senior cannot pay for the service. Most nursing homes and Continuing Care Retirement Centers (CCRC) cannot afford to provide free service to anyone for a long time (more than a few years), but they can't just throw old clients out into the streets. They are trying to find a solution, but may be stuck.

Unfortunately, whomever we buy LTC insurance from will need to charge a lot to ensure that they don't go broke. A senior who needs a lot of personal attention and assistance can cost a nursing home, or CCRC as much as \$10,000 a month, or \$120,000 a year. Caring for this category of senior for five

(5) years would cost \$600,000 to the insurance company. How much would the monthly premiums be to cover this much eventual expense to the insurance company? Unless you buy LTC insurance at a very young age, it will cost you much more than \$1,000 a month.

Regardless of anyone's age, there is no substitute for long term planning. Planning for retirement and long term custodial care takes a lot of planning and money. If you do take the big step to buy LTC insurance, be aware that the company that sells you that policy must also do long term planning to be solvent to honor the insurance commitments. You should also anticipate escalating premiums.

Based on the facts we know now about rising costs in managing CCRC, LTC insurance premiums will continue to go up steeply. The risk anyone takes buying this type of insurance is that it will cost a lot of money and there is no guarantee that when you need long term care in a CCRC, your insurer may be broke and not be able to pay your CCRC costs. Any current or future LTC customer could lose thousands of dollars paid in premiums when

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## Future of long term care, Continued

(Continued from page 10)

you can no longer continue your LTC policies due to high costs, or the insurer no longer has sufficient funds to pay for the high CCRC expenses.

Each person who needs nursing home care (CCRC) when they are a senior (and need a lot of help to live), may need to have accumulated several million dollars in cash or liquid assets to pay for expensive outside help. With good planning, finding household aides should be cheaper than moving into a nursing home.

There may only be one real possible answer to deal with this serious issue.

Traditional families in many cultures, have jointly pitched in to care for the

entire family, including elders. This tradition has almost disappeared in the new country (America). In fact, the current monthly costs ranging from \$3,000-\$10,000 for quality CCRCs should be sufficient to pay for quality services needed by our elders. It requires planning and the proper attitude about caring for everyone in our families. Housing the entire family in a single housing unit or joint living quarters large enough for all may also be needed in the planning.

Good luck to all in planning for everyone's senior years. Plan and bite the bullet now, before you run out of time to make your feasible plans.

Source: "Millions Bought Insurance to Cover Retirement Cost. Now they Face an Awful Choice." Leslie Scism, Jan 17, 2018, Wall St Journal

For more information on long term care, please visit:  
<https://longtermcare.acl.gov/costs-how-to-pay/what-is-long-term-care-insurance/buying-long-term-care-insurance.html>

## Oh No! Flu Season Has Not Flown Away—Yet! By Roger Dong

Last month in the Cathay Bulletin, one of the articles warned our readers that the flu bug has arrived and that everyone should take precautions, beginning with taking the flu shot. If there is anyone who still has not received their flu inoculation, please do it now. The shot cannot protect you at maximum strength for two weeks, so there is not time to waste. Just because you may not have had the flu before, no one is completely immune. If you still have not gotten your flu shot, do it right away.

Don't be a fool, the "strong and healthy" person who does not know he/she is a flu virus carrier is a great danger to the rest of your family and friends. If you think that you are invulnerable, your closest associates may not be. So please protect your family, colleagues, and friends even if you don't believe the medical experts' advice.

Locally, the flu is rampant. At Coast Guard Island, Base Commander Captain Jonathan Hickey advised me in the first week in January that

60% of his base population of 800 healthy personnel had reported the flu. At our post, our commander and both of our vice commanders were also afflicted by one of the flu viruses.

According to the Center for Disease Control (CDC), this season's nation flu pandemic has not yet peaked. The flu is present in every state. There is no place to evacuate to or to completely avoid the virus. Avoiding unnecessary crowds is a good precaution.

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## Flu Vaccine, Continued

By Roger Dong

Annually, the flu scourge surges and peaks anywhere between January and May. The flu, which engages humans, is not consistent and has an impact that varies every year. Its impact on any specific human varies. Some victims will recover in a few days while others will take longer.

Flu symptoms are well known and consistent. They include, some or several of the following annoyances:

- ✓ Fever (not all victims will have a fever!)
- ✓ Cough, sore throat, runny (stuffy) noses;
- ✓ Muscle and/or body aches;
- ✓ Headaches;
- ✓ Fatigue;
- ✓ Vomiting and/or diarrhea (more common with children than adults.)

If a person does not get well in about two weeks, or you feel horrible, visit your doctor. You might need to be prescribed antibiotics. Young children, pregnant mothers, and adults over 65 (hey, that means a lot of us) are at the greatest risk for severe flu. Individuals with chronic ailments are also more susceptible for severe flu. It is logical that anyone whose health is weak is much

more vulnerable to many ailments.

If I get flu, what should I do? Antiviral drugs such as Tamiflu can lessen the symptoms and may shorten the duration of illness. Most people who get the flu have mild illness and don't need antiviral drugs. However, people who are very sick or people with flu symptoms who are at high risk for serious complications should be treated as soon as possible with antiviral drugs.

Also, if you, or your children are sick, stay home. Don't go to the post, the Veterans Building, or your work place to avoid spreading it to unsuspecting others, especially people who have weak immune systems and are at higher risk.

We must report that Tamiflu, even though the manufacturer states that there is an adequate supply in America, unfortunately poor distribution networks has created shortages throughout the country. In fact, it is recommended to call your pharmacist and check on local availability before you visit your pharmacy.

How do most people get infected. While physical contact, such as hand shaking does spread the virus, it can attack us

through the eyes, the mouth, or any opening that offers access to your throat.

This is a repeated reminder to wash your hands frequently. Keep your hands out of your mouth, nose, eyes, and ears. If the virus is not stopped by strong resistance of a strong, healthy body, it can eventually invade the bronchial tubes and lungs which may result in pneumonia, a great threat to life if you are a senior.

At home, keep your family's toothbrushes separated. Keep your electronic remote controls clean with disinfectant wipes, that includes your cell phone and tablet.

We should all avoid unnecessary close contact with other human beings. It's waving time, not handshaking or hugging time. If you do have contact, wash your hands right away.

Good luck. Stay safe. Don't let the bed bugs bite.

If you find some Tamiflu at your local pharmacy, it may be a wise investment to buy a few packages (just for you and your family members).

## Welcome to Camp Humphreys—America's Biggest Overseas Base

By Roger Dong



Aerial view of USAG Humphreys.  
Courtesy of USAGH Facebook.

**U.S.** Army Garrison Humphreys is a secure 3,500 sq. acre US Army military base located 40 miles south of Seoul, South Korea. However, it has both a military mission and a civilian support mission. Many have called it an overseas American city. There is a very high perimeter wall laced with sharp edges around this camp, various sensors installed, and other security measures such as M1 Abrams tanks in front are there to provide security for the entire camp. There are also guard dogs in place to deter human invaders if everything else doesn't scare you off.

A large segment of this base is dedicated to support the dependents of the soldiers assigned to South Korea. There are 12 schools, a central public library, medical facilities, a large shopping center (yes, Star-

bucks and McDonald's are here), an Olympic size swimming pool, a bowling alley, also golfing and putting facilities.

This is the best simulation of a completely managed American city anywhere outside of the USA. There are approximately 650 buildings of many sizes and shapes. For the Army, there are several helicopter landing sites, shooting ranges, and other special military training facilities, and of course, Officers' and Enlisted Clubs. (Forgot slot machines, too!)

Why are we spending time on this location? Some sources have noted that until most/all our military dependents and local and overseas American employees are safely evacuated from Humphreys, a conflict initiated by either side, now or in the future would have significant global implications. Senator Chuck Shumer from New York has strongly and publicly urged the immediate evacuation of all American civilians if we are serious about starting war against north Korea.

Camp Humphreys is too far from the Demilitarized Zone (DMZ) to be threatened by the reported 15,000 long/medium range artillery and multiple rocket launchers staged by the North Koreans (NK) in the DMZ, but all of Camp Humphreys can easily be attacked with conventional munitions by NK Scud missiles and/or submarine launched ballistic missiles. The installed U.S. THAAD anti-ballistic missile defense system is a high altitude missile defense system and is not designed to counter short range, low altitude missile attacks. THAAD is useless in defending against artillery or short range rockets installed at the DMZ. Many innocent civilian lives would be lost. The unnecessary loss of military dependent lives would be most painful and unacceptable to many people.

Both sides have been locked and loaded, ready to unleash massive munitions, which would destroy both military and undefended civilian locations. While there are air raid shelters on both sides, a sudden attack would catch both Seoul and Pyongyang vulnerable.

*(Continued on page 17)*



## Are We Losing Our Minds? By Roger Dong

Do not be alarmed, but as I/we age, everyone has memory problems. Even young people have trouble remembering matters. It was that way during high school exams, I recall. Why even senior officials in the highest offices in the land have trouble recalling facts when questioned by other high ranking officials!

I have been writing articles after reading more information and data on the aging of our brains and am sharing information, not fake news, that I find in reliable sources.

If any of our readers finds any additional or new information about aging and our brains, please email it to me so that we can share this critical information with all our readers.

Research has uncovered much about our brain the last few decades, but it appears that we have just begun to learn about the very complex organ. Certainly, our knowledge of how we can either slow down and/or avoid brain deterioration is excruciatingly needed, and needed badly. Hopefully and quickly so that I/we can take action and avoid the ravages of brain deterioration.

According to a very recent issue of the AARP magazine (Jan 2018), there are several forms of cerebral deterioration known as Dementias.

### 1. Frontotemporal Dementia (FTD)

Famous victim: Monty Python's Terry Jones

Symptoms: Inappropriate inhibition, loss of empathy, apathy

Help: Assn for Frontotemporal Degeneration; theaftd.org

### 2. Vascular Dementia

Famous victim: UK Prime Minister Margaret Thatcher

Symptoms: Easily confusion, trouble concentrating, impaired judgement

Help: Alzheimer's Association

### 3. Lewy Body Dementia

Famous Victims: Robin Williams, Casey Kasem

Symptoms: Alertness, Confusion and balance issues, rigid muscles, visual hallucinations.

Help: Lewy Body Dementia Association (of course, we guessed that.)

### 4. Huntington's Disease

Famous Victim: Woodie Guthrie

Symptoms: Difficulty walking, jerky body movements

Help: Alzheimers 's Association.

### 5. Creutzfeldt-Jacob Disease (CJD)

Famous Victim: Barbara Tarbuck

Symptoms: Memory and coordination loss, twitching, big mood swings

Help: Creutzfeldt-Jacob Foundation; cjd.foundation.org

Spell checker does not help with these unusual names.

Is there anything we can do to fight Alzheimer's?

General recommendation: Eat more healthy fats. We can protect our brains with fat soluble vitamins like A, C, E and K. Nuts, avocados, and greens dressed with olive oil are suggested by some medical specialists.

Nuts are also helpful with heart disease problems. If you like nuts, don't miss the next article on Cashews.



**CASHEWS—Good For You!** By Roger Dong**This is the story of  
Cashews !!!**

This special report is only for those people who either "love cashews" or "hate cashews." Whether you are in the 1<sup>st</sup> camp or in the 2<sup>nd</sup> camp, this is the unique story about cashews. If you love cashews, you must read this report.

FYI. Cashews are not grown or made in America. For our scientific scholars, the cashew is correctly known as "anacardium occidentale." The cashew nut is actually an appendage of the cashew apple. Its shape is very unique and the cashew apple is found in multiple colors ranging from bright red to green to bright yellow.



Cashews have important health benefits, too! This delicious nut is anti-cancer, lowers blood pressure, low in fat and good for your heart, low in cholesterol, good for healthy hair, great for bone health, good for nerves, prevents gallstones, and helps in controlling weight. No wonder cashews cost so much today.

Today, the cashew industry is a \$6.5 billion business. Annually, more than 700,000 tons of cashews are harvested, roasted, and delivered across the globe. There are cashew aficionados everywhere. They taste good and are good for you. The harvesting, processing, and sale of cashews is a very big and lucrative business. We should all be in this delicious business. When

business is down (rarely), you will have a lot more cashews to eat. When business is going nuts, you will make so much money, you can enjoy prime rib, or your favorite seafood feast at a great crab restaurant - with a cashew salad, of course.

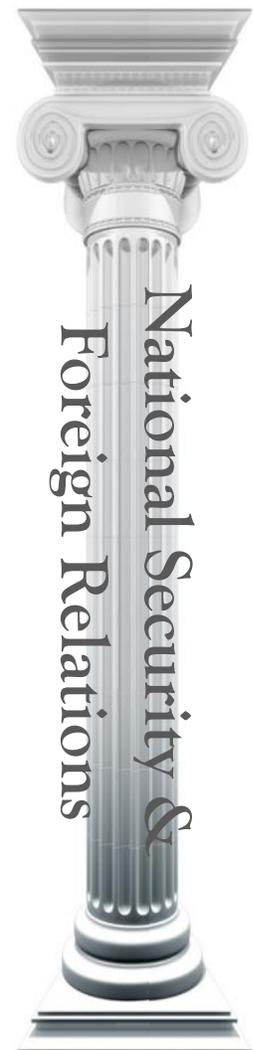
Few of us have ever seen a cashew tree in the west, so where are they from? Cashews were discovered in Brazil (in the 16<sup>th</sup> Century) and then first transplanted to India, and later, to Vietnam and several nations in Africa.



Before we talk about the secret, unknown origins of the best nut in the world, here's some history you did not learn in school. From what is recorded in history, the cashew was discovered in its nearly nude state in Brazil by Portuguese explorers and sailors. After devouring tons of the nut before sharing, cashews were then shipped to India.

The primary destination was Kollam, India. Initially they were hand-picked and lovingly processed by manual grinding and roasting, a very slow preparation cycle. After several generations of automation and machinery, it has replaced the thousands of nimble and very dexterous Indian women, who for several centuries have manually performed the task of shelling and peeling the cashew nut from its host, the cashew fruit. After peeling and sorting (the larger sizes were sorted

*(Continued on page 16)*



## Cashews, Continued

(Continued from page 15)

out to capture their premium prices), all the raw cashews are roasted in huge ovens. Because of the global demand for this tasty nut, generations of individuals and families of the natives of Kollam village became financially dependent on this unique and exceptional business. The cashew processing clans knew no other trade, which meant that entire villages were very vulnerable to changing appetites or competition.

Several hundred years of communal hard labor had developed a profitable, capitalist business, and which provided essential community benefits including pensions and health care. With the cashew business providing work for many people, poverty was eliminated for generations. The profitable business funded schools, public libraries, and a world class hotels. All was well until ... *competition emerged.*

Visitors from Vietnam arrived in the 1990s. The cashew barons assumed that the Vietnamese would become growers and supply them with the raw cashews for processing. But, the Vietnamese had greater ambitions. In 20 years, the Vietnamese cashew businesses took over a large portion of the global cashew business.

By 2016, Vietnam grew and sold quadruple the volume of business that their teachers in Kollam could produce and sell. The key to the Vietnamese success was a brilliant man, Mr. Nguyen Van Lang. He saw that cashew processing was constrained by the manual labor involved in the process. With machines, Nguyen mechanized the

process.

Subsequently, a brilliant and entrepreneurial Vietnamese woman, Ms. Pham Thi My Le purchased many of his machines, further leveraged the power of automation with more machines, and the rest is history. Le's 170 employees now produce what 2000 workers previously produced - around 66,000 lbs. of cashew nuts each day.

She is one of Vietnam's most famous millionaires, Ms. Pham Thi My Le. Her other successful local and international businesses include construction, real estate, food and beverages, hospitality, and jet air transportation.

Being shrewd business people, the Vietnamese entrepreneurs did not export their special indigenous cashew processing machines. The Vietnamese cannot grow enough cashews to meet the demands of the global market. Today, they import cashews. They have started their own cashew farms in African countries including Tanzania, Gold Coast, and Nigeria where the raw cashews are grown and harvested.

It is ironic that politically, Vietnam is officially a Communist/Socialist nation, a Karl Marx progeny. It appears that today, Vietnam is a Socialist nation with capitalist characteristics. China makes the same claim.



THE AMERICAN LEGION  
*Centennial celebration*

## Camp Humphreys, Continued



Behind fences, gates and walls topped with razor wire, USAG Humphreys is a "little piece of America" Photo by Jon Letman.

(Continued from page 13)

Again, it is estimated that both sides could each lose around 2 million lives and many wounded in two days of conflict. Hopefully, this potential for dramatic human loss in both Koreas is a significant deterrent to both sides. The medical services on both sides would be overwhelmed. This potential for dramatic human loss in both Koreas is a significant deterrent to the US initiating a conflict with North Korea.



**LUKE C. CHAU, POST 43, CLASS OF JANUARY 2018, FORMER BOYS STATE, MARINE AND ANNAPOLIS NAVAL ACADEMY.**

**"My American Legion Basic Training was conducted in the most professional manner. My instructors, Olivia, Tim, and Don were incredibly knowledgeable in the subject material and made the class fun and interactive. Overall, I had a very positive experience and came away with a much more in depth understand of the American Legion's history, mission, and purpose."**



**You served your country.**

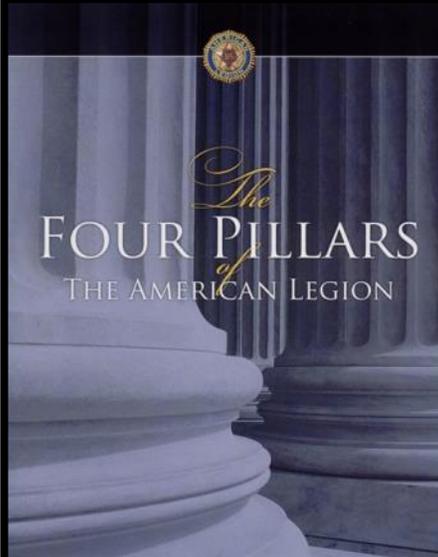


**As a veteran, your life of service has just begun.**  
 Help your community, your country  
 and your fellow veterans.  
 And have a good time making differences  
 with people who get you.

**Be part of the legacy. Share the vision.**



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**The**  
**FOUR PILLARS**  
 OF  
 THE AMERICAN LEGION

# LEGISLATIVE AGENDA—115<sup>TH</sup> CONGRESS 2<sup>ND</sup> SESSION FEBRUARY 2018



## Protecting the American Flag

The American Legion strongly believes the flag is a symbol of our nation's freedom and all that we hold in common as Americans, secured by the servicemen and women who sacrificed so much for all citizens. That is why The American Legion continues to urge Congress to propose and approve an amendment to the U.S. Constitution that would allow Congress to prohibit the physical desecration of the flag of the United States, our nation's enduring symbol of unity and freedom. Our belief is not to silence those who protest perceived injustices. Americans have the right to voice their views in respectful ways. We are not alone in this belief. The U.S. House of Representatives has routinely passed such an amendment. Every state has endorsed such a resolution. And surveys show that a majority of Americans agree that the flag should be protected. Rather than facing

*The American Legion is the voice of 2 million American veterans and servicemembers. As a resolution-based organization, The American Legion's positions represent the views of its members and are based on our four pillars: Veterans Affairs & Rehabilitation, National Security, Americanism, and Children & Youth*

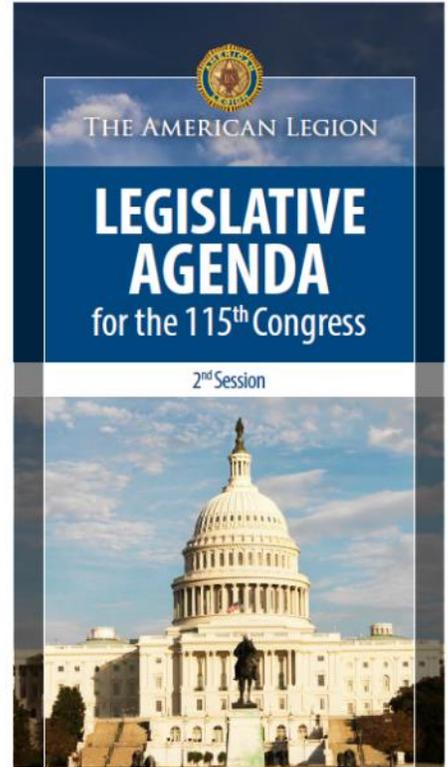
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THE AMERICAN LEGION  
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## THE AMERICAN LEGION LEGISLATIVE AGENDA FOR THE 115<sup>TH</sup> CONGRESS

### Support VA's suicide prevention efforts

As our nation deals with the effects of nearly two decades of war, the need for mental health services for our veterans will no doubt increase in the years to come. It is imperative to combat VA's staffing shortage by increasing recruitment and retention budgets, while also expanding direct hiring authority to medical center directors to expedite the hiring process of mental health professionals. All health care possibilities should be explored and considered to find the appropriate treatments, therapies and cures for veterans suffering from visible and/or invisible wounds. The American Legion strongly advocates for complementary and alternative therapy and urges Congress to provide VA the necessary funding to increase its Integrative Health and Wellness Program. (Resolutions 28 and 165)

### Limit outsourcing, unify VA's programs

Continued focus is needed to ensure VA can meet challenges in delivering high-quality, timely benefits and health care to veterans. In 2018, critical policy choices must be made, primarily the future of the Veterans Choice Program, which expires in August. A community care option is now a basic expectation for enrollees in VA's health-care system. Excessive outsourcing would render VHA too small to function economically or preserve quality of care and essentially dismantle it. Congress should pass legislation to unify VA's multiple non-VA care programs with VA as the coordinator and guarantor of care. (Resolution 372)

### Fully fund a superior national defense as the global war on terror continues

It is critical to maintain a well-funded national security strategy to ensure a strong national defense. The United States must enhance foreign policy, improve military intelligence, and increase cyber operations and capabilities. The American Legion advocates for a good quality of life for our troops and an improved transition process from military service to civilian life. The Legion vows to fight against those who desire to reduce the benefits of veterans, servicemembers, and their families to obtain short-term budget gains. (Resolutions 17 and 86)

### Create lifetime electronic health record

The American Legion supports VA in finally implementing a quality lifetime electronic health record (EHR) system that works in concert with the Department of Defense system to ensure that veterans' medical documents transfer seamlessly from active service to VA and community providers. (Resolution 83)

### Reclassify cannabis for medical research

The American Legion supports increased research into cannabis as part of the larger effort to develop complementary and alternative treatments and therapies. Cannabis is classified as schedule I drug and drugs such as cocaine, methamphetamine and methadone are classified as schedule II drugs. The American Legion urges Congress to amend legislation to remove Cannabis from schedule I and reclassify it in a category that, at a minimum, will recognize cannabis as a drug with potential medical value, and further urge the Drug Enforcement Agency to license privately-funded medical cannabis production operations in the United States to enable safe and efficient cannabis drug development research. (Resolutions 11,160,165)

### Institute gender-specific health care for women veterans

Women veterans face remarkably different experiences than their male counterparts when transitioning in and out of combat roles, in between services or back to civilian life. VA must ensure an improved quality of life for women veterans with gender-specific health care to meet their needs. (Resolution 147)

### Support those who care for wounded veterans

There are 5.5 million caregivers who go unnoticed while they care for America's wounded. Military caregivers suffer higher rates of depression and health problems than others. The American Legion is committed to supporting these hidden heroes. (Resolution 146)

### Defend veterans education benefits

As the primary author of the original GI Bill, The American Legion continues to focus on the sustainability of this important earned benefit, while ensuring that veterans receive the most benefit possible from it. (Resolution 349)

### Repeal unfair offsets that penalize disabled veterans and widows

Many military retirees must forfeit some of their retirement pay to receive their VA service-connected disability compensation. It is equally outrageous VA survivor benefits (DIC) are offset from military Survivor Benefit Plan annuities. The American Legion supports legislation to repeal both of these unjust offsets. (Resolutions 85 and 224)

### Provide mandatory end-of-service exams for reservists

Active-duty servicemembers have the right to physical examinations when separating. After all, servicemembers retiring from active duty are required to have such examinations. This same right to an end-of-service exam is only partially authorized for reserve component servicemembers. This unfair treatment must be changed. (Resolution 85)

### Ensure those returning from active duty retain re-employment rights

The Uniformed Services Employment and Re-employment Rights Act protects the rights of servicemembers to be re-employed after returning from active duty, including reserve or National Guard members. The American Legion wants to prohibit employers from pressuring a veteran into waiving his or her veteran's employment rights and protections. (Resolution 315)

### Continue funding programs to end veterans homelessness

To fully implement VA's pledge to eradicate veterans homelessness, Congress must continue making responsible investments in affordable housing and programs such as Supportive Services for Veteran Families that move veterans and their families off the street and into stable housing. (Resolution 340)

# February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 ALWMC Meet- ing, 6:00 pm	7	8 Dist. 8 Meeting 6:00 pm	9	10 Post Meet- ing 11 am
11	12	13	14 <b>Valentine's Day</b>	15	16 <b>Chinese New Year's</b>	17
18	19 <b>President's Day</b>	20	21	22	23	24
25	26	27	28			

# March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 ALWMC Meet- ing, 6:00 pm	7	8 Dist. 8 Meeting 6:00 pm	9 DEC Santa Maria	10 Post Meeting 11 am & DEC
11 DEC Santa Maria	12	13	14	15	16	17 St. Patrick's day
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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2014, 2015, 2016, 2017



2014, 2015, 2016, 2017



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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

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American Legion**

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- 1st Vice Commander:** Helen Wong
- 2nd Vice Commander:** Aaron Low
- Adjutant:** Carl Payne
- Finance Officer:** George Tsang
- Historian:** Roger Dong

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