



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

SHOULD THE VETERANS CHOICE PROGRAM CONTINUE? By Nelson Lum

Important Dates:

Apr 8—11 a.m. Monthly general meeting
 Apr 9—Palm Sunday
 Apr 10—Passover
 Apr 14—Good Friday
 Apr 16—Easter
 May 13—11 a.m. Monthly general meeting & election

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When critical deficiencies by various VA facilities in their inability to provide timely care for our veterans were discovered a few years ago, our legislators in both chambers enacted a temporary program named Veterans Choice Program as a quick fix for the devastation of ill treatment endured by our veterans. The program was designed to give those veterans who reside in area of the country where there are no VA hospitals within reasonable distance of travel an option to seek private medical care. The funding for that program will run out by August of this year and there is a push to not only make this program permanent, but to further expand it so more veterans may opt for private medical treatment. If this effort is allowed to succeed, we are looking at the beginning of privatization of the VA system.

There are many arguments both pro and con about the merits of privatization. It is important to take note of the survey conducted among veterans who are dependent upon VA care. By an overwhelming margin, veterans are satisfied with the care they received once they are in the system. Needless to say, there were many who were forced to wait for admission into the system due to unforgivable dereliction of duties by some employees of the VA.

The position of The American Legion is that we are against the privatization of the VA. We believe the VA should be

fully funded and its facilities improved and updated to the highest standards. We also believe in limited cases, veterans should be afforded choices if VA care is not reasonably available. However, expansion of the choice program will mean less funding for the VA and may lead to further privatization of the system. It took years of hard lobbying by veterans in order to create the VA for the benefit of veterans. Privatization, if not limited, will lessen the VA's ability to improve its capacity to provide for the type of care that is specific to veterans. Private sector may or may not be equipped to provide such care and the patients will be victimized. Privatization will create an untenable budgetary situation for administrators of the VA. The end result will cause the VA to become smaller and less able to provide the needed care economically. It may even limit the VA's ability to 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. We should stand firm to stop further privatization of veteran's medical system.

Veterans Choice Program

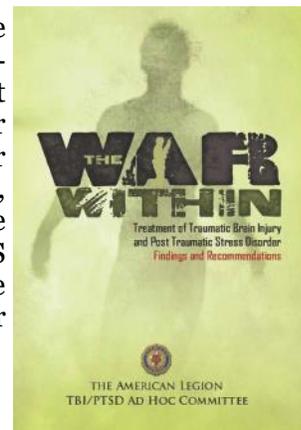
The Veterans Choice Program (VCP) is a temporary program to improve Veterans' access to health care by allowing eligible Veterans to use approved health care providers outside of VA.

To find out if you are eligible and to make an appointment call: **866-606-8198**
 For more information visit: www.va.gov/opa/choiceact

U.S. Department of Veterans Affairs

What is PrTMS? District 22 (ald22.org)

PrTMS is an acronym for Personalized Repetitive Transcranial Magnetic Stimulation. PrTMS is a drug-free, non-invasive, therapeutic treatment approach that has shown the ability to reduce symptom severity for patients who have Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), anxiety, depression, insomnia, and many other neurocognitive disorders. It is the PERSONALIZED version of TMS treatment, which has been cleared by the FDA for the treatment of drug-resistant depression and migraines for over 20 years.



The Science & Treatment Process

Neurons, when exposed to traumatic forces (surgery, tumors, chemotherapy, physical injury, or emotional trauma), go into a mode of "self-preservation," slowing their oscillation. Their "frequency" becomes irregular and disorganized. Typically, pharmaceuticals have been used to treat neurocognitive disorders. However, treatment is not always practical. In fact, these drugs affect the whole brain, can be addictive and may produce unwanted side effects. Additionally, the drugs do not cure the problem and often require indefinite consumption.

PrTMS is an innovative technique that targets specific areas of the brain using brief magnetic pulses inside a hand-sized paddle that is placed over the patient's scalp. This magnetic pulse generates a weak electrical current in the brain which activates neuronal circuits at the stimulation site, at a prescribed rate, promoting neuronal harmony and optimal brain function. UCSD's PrTMS is customized to each patient's unique needs. Most importantly, no drugs are involved!

A physician will design a customized treatment plan using PrTMS based on three domains: the industries "gold-standard" assessments*, a diagnostic Electroencephalogram (EEG), and a physician interview with the patient. The number of PrTMS treatments needed will depend on the individual's diagnosis, severity of symptoms, and response rate. Typically, a patient will receive daily treatments (5) for at least 6-8 weeks (the treatment process can be accelerated if the procedures are done twice a day). Patients with a positive response will start to feel results within a few weeks of starting treatment, with some feeling relief within a few days.

*Gold-Standard Assessment include the following:

Posttraumatic Stress Disorder Checklist (PCL-5)

Hamilton Anxiety Scale (HAM-A)

Hamilton Depression Scale (HAM-D)

Pittsburg Sleep Quality Index (PSQI)

Rivermead Post-Concussion Symptoms Questionnaire (PC)

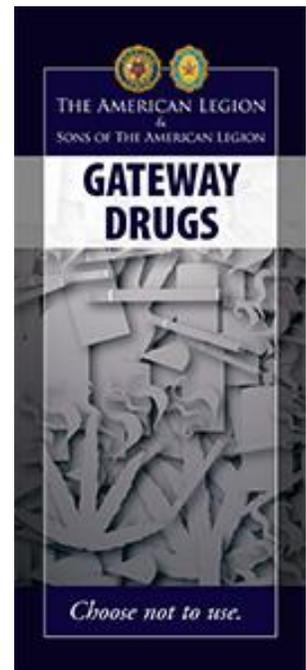
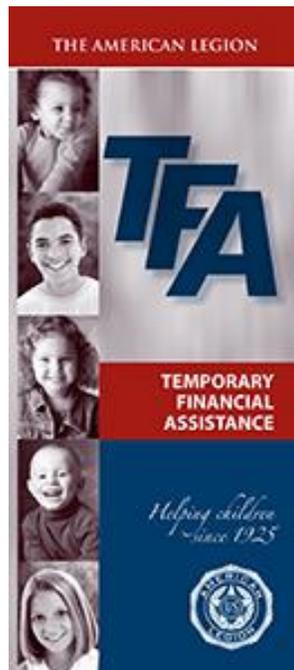
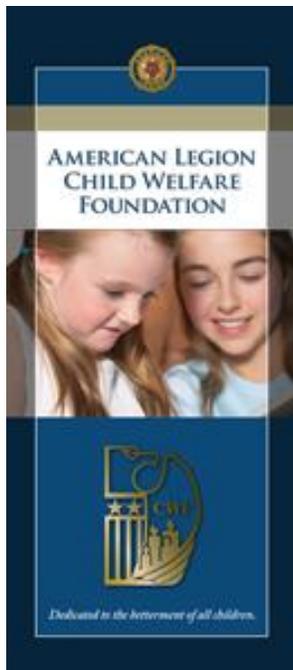
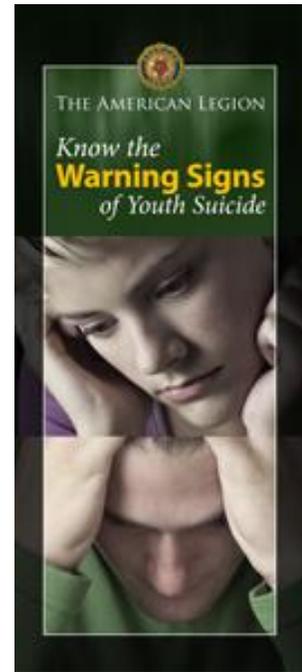
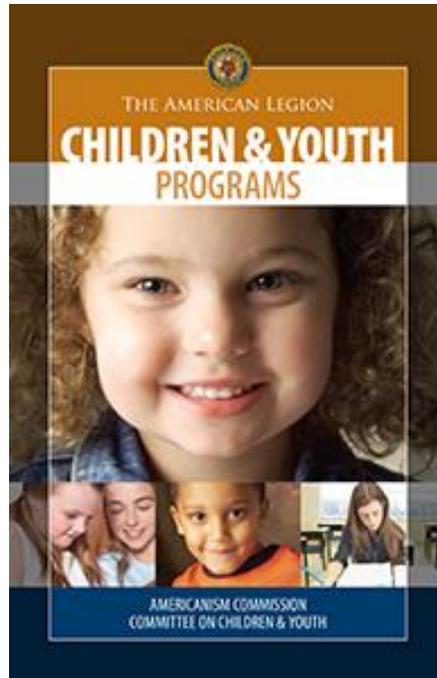
Traumatic Brain Injury Checklist (TBI)

Tinnitus & Hearing Survey (THS)

Substance Use Index (SUI)



APRIL IS CHILDREN & YOUTH MONTH



<https://www.legion.org/publications#children & youth>

DEPARTMENT OF CA 100TH ANNIVERSARY COIN

California Legionnaires will soon be able to proudly show-off their department's 100th Anniversary coin. The Ways and Means commission has worked hard to bring you a coin that we think represents the most iconic symbols of our great state. Through numerous iterations with the designer and with approval from national Emblem Sales, we now have centennial coins available for purchase. We are very excited to bring this fundraiser where proceeds will go towards our American Legion veteran service officers program.

We will have certain numbered coins already ordered and engraved. You can also have a coin or many coins specifically numbered through a special order request. We must receive your special order and payment by Friday, May 11, 2018. No exceptions.

At the convention, a table will be set up beginning Thursday, June 21. Time will be announced when confirmed. You will also be able to pick up and buy additional coins at the table. If you will not be attending convention, it can be mailed to you for an additional \$5/coin. If someone wants to check out coins to sell, they will be responsible for the numbered coins he/she checked out. Coins sold must match the monies turned in plus any extra coins you no longer want to sell.

Here are how the coins are going to be engraved that are ready for purchase and reserved.

- ◆ There will be numbered coins from **1** to **10** for auctioning at the convention. Those numbers are protected.
- ◆ The post coins are numbered **0001** to **1000**. (Four character spaces). Each post coin will cost \$100.00 each. The numbered coins that do not have a post associated with it will be sold for \$30.00 each.
- ◆ District coins are numbered **D1** to **D30**. They will be sold for \$200.00 each. There will not be any other coins marked with a letter 'D' preceding it.
- ◆ Non-numbered coins without a gold bar (no engraved area) will be sold for \$20.00.

Again, special orders are due in by May 11. These coins will be \$30.00. The special order coins will also be protected meaning no one else will be able to order that custom engraved coin(s).

Example orders: (maximum total alpha/numeric is six (6) characters.)
123445 or ABCDEF / P1 to P999 (P for Post) / DOCADJ

For example: Hollywood Post 43 can place a special order with **P43** on it. They can order as many as they want, but each one will cost \$30.00.

The order form is not quite ready yet, but it will be soon. Once the form is online on the department website, an email will be sent out along with a PayPal option. In the meantime, please email or call me with your pre and special orders.

Janice
Ways and Means Commission Chair 2017-2018
janicesomers@charter.net
(805) 234-5547

Final draft of coin artwork. Bronze coin
1.75 inches. Engraved area (gold bar)
will be below the Hollywood sign.



COMMANDER NELSON LUM

I missed seeing many of you for the month of March since I was not present at our monthly meeting. I was in a nice little town named Santa Maria where the Department Executive Committee (DEC) for Spring 2018 was held. The DEC is the governing body for all policies and activities of the Department of California. There is a very orderly process on how the Legion's businesses are conducted and many of you may or may not know how they are done.

Let me try to give you an example as to how the Legion conducts its businesses. Some of you may recall the petition submitted by our post which requested the support of The American Legion for granting WWII Chinese American Veterans the congressional gold medal. That petition was endorsed by our district and then brought forth to the DEC where it was approved and sent onto the state convention floor. It was approved unanimously at the state convention and forwarded to national where it received the needed approval. So, it is currently in both the House and Senate with the endorsement of The American Legion, one of the most powerful veterans group in our country.

One very important item of business at this past monthly meeting was the nomination of officers for the years of 2018 to 2019. Nominations for CAWVA board of directors were also conducted. It is important to note the nomination process is still open until nominations are closed at the April monthly meeting. Those of you who may want to seek a certain office may still do so at that meeting. Once the nomination process is closed, no new nominations will be accepted. Those nominated must either communicate in person or in writing to accept the nomination in order for his/her name to be placed on the voting ballot.

On Saturday, March 24, 2018, a group of nine (9) members attended Operation Eagles Coming Home parade held in the City of San Mateo. The weather was threatening during the morning hours, but the sun came out just before the start of the parade and everyone had a great time. It was such a magnanimous gesture by San Mateo for being the very first city in the U.S. to adopt a combat unit that was deployed to Vietnam. A Company, 1st Brigade, 327th Battalion of the 101st Airborne Division was adopted by the City of San Mateo.

Other cities in San Mateo County have since followed the lead and adopted other units within the division. This was the 50th year since the initial adoption. It was deemed to be such an important event by the 101st Airborne Division that a company of troops was dispatched from Fort Campbell, KY. to participate in the parade and celebration. As a former member of the 101st Airborne Division, it was very gratifying for me personally to march in this parade. Having a 1949 Bentley as our show car really helped with our prestige, too. Thanks to our Adjutant Carl Payne's contribution.

The San Francisco Asian Peace Officers Association's annual dinner was held on Friday, March 30, 2018. A group of our members represented our post and attended this event. Our two organizations have been supportive of each other for more than 18 years.

Unfortunately, I will miss our April monthly meeting as well. I will be in Bakersfield to attend the Committee-to-Elect (CTE) meeting. The CTE is a political group comprised of Legionnaires who gather to examine the viability of potential state and national level

(Continued on page 8)



Nelson Lum

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(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

"It was such a magnanimous gesture by San Mateo for being the very first city in the U.S. to adopt a combat unit that was deployed to Vietnam."



Helen Wong

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al.net

(415) 797-7384

Cathay Post Member
since: 1990

Branch: Army

Final Rank: Lt. Col.

“Many of our active post members are Vietnam Veterans so in a way, this was also a welcome home parade for them, too!!”

1st VICE COMMANDER HELEN WONG

“Rendezvous With Destiny” continued! Last month, Operation Eagle Visit Homecoming 50 Years weekend with the 101st Airborne Division’s Screaming Eagles had not happened yet. Now with the March 24th Homecoming parade, celebration banquet, and March 25th Medal of Honor Day ceremony behind us, we can take time to reflect on all that happened.

I am really proud of the post members who turned out to take part in the parade. Not only did they honor the veterans from the original 101st Airborne 1/327, A Co., Vietnam 1968 and other 101st “ABUs” from 1965-1971, but also the present company of active duty soldiers from Ft. Campbell, all 50 strong.

Many of our active post members are Vietnam Veterans so in a way, this was also a welcome home parade for them, too. Our Commander, Nelson Lum and mem-

ber Randall Toy also served with the 101st and they both marched in the parade. American Legion Riders Chapter 82 led by District 26 Commander George Smith also took part in the parade.

March 29th has been signed into law as National Vietnam War Veterans Day by the President of the United States in 2017 to be observed yearly. California observed *Welcome Home Vietnam Veterans Day* on March 30th, a day which California Vietnam Veteran Jose Ramos (now deceased) tirelessly campaigned for over 20 years for recognition.

Respect from the younger generation is something we don’t see often in the community, so it is very refreshing to be around young soldiers and hear “yes ma’am,” “yes sir.” Before the celebration banquet, there was time to interact with these young men and women. They come from all over the country and

for many, military service was their first time away from home. They all seemed dedicated to the Army and whatever they are asked to do, they are ready to serve as a team. That is the attitude that Col. Derek Thomson, First Brigade Commander with the 101st Airborne Division spoke about during the banquet. Before the speeches started, it was nice to talk to the veterans from the 101st who were seated at my table who also came from all over the country to be at this special weekend event. Who knows when the next reunion will happen as this was an extraordinary time and we have to enjoy it when we can.

A special mention should be made of the donations from American Legion Pacific Palisades Post 283 of \$25,000 and from American Legion San Mateo Post 82 of \$2,500 which helped to make the weekend possible.



Events from March 24, 25 and 29.
Photos courtesy of Helen Wong.

2nd VICE COMMANDER AARON LOW

Wow, life can sure be ironic.

Before I start, the names have been left out of this article due to the fact that the Sheriff's report has not yet been filed, and because this event involves a minor.

Initially, I had no intention of referencing my previous month's article on the 2nd Amendment, even with all the March for Our Lives rallies across the nation on March 24.

Yet what happened to my wife, me, and our dog on March 23 changed all of that. The following events occurred at our house in a gated community in the CA foothills.

On Tuesday, March 21, our master bedroom window was broken by what initially looked like a bullet. The builder of our house stopped by and thought it was likely an errant golf ball. Given that we live on the 9th hole and that violence of any kind in this community is unheard of, we accepted this explanation. However, we found it odd that it was in the middle of a storm and observed no golfers at any time during the day. My wife spent the next two hours covering the shattered glass with tape and plastic wrapped

cardboard.

On Thursday, March 23, we discovered that the patch did not survive the rain storm, so we covered the window again, this time using plywood. Early that evening, we planned to go out for a quick dinner. My wife was in the master bathroom getting ready. I walked into the bedroom with our dog to grab a sweater when we heard a loud booming noise and the shattering of our second master bedroom window. I immediately dropped to the ground. This time, we knew for certain this was no golf ball. It was a bullet from a powerful weapon. The bullet came within inches of my head and I had glass fragments and pieces of the other window shade hit my face.

We immediately ran onto the deck as did several of our neighbors with everyone asking "Who shot the gun?" Several neighbors held their young children in their arms and like us, were very scared.

We called the Sheriff's department. Waited three (3) hours for them to arrive with neighbors and us calling them multiple times. A little after 8 p.m., the first deputy arrived. He assessed the crime scene and the fact that this

happened on separate occasion, he called for backup. He advised us to stay away from the bedroom and windows that faced the golf course. In total, six deputies and their sergeant arrived at the scene. Later, two crime scene investigators (CSI) arrived to perform further testing.

The sheriffs worked the crime scene from 8:00 p.m. until after midnight. What we were initially told was that an 11-year-old neighbor boy who was identified by the other neighbors as the likely perpetrator, denied the shooting. His parents also denied owning guns. This convinced the sheriffs to look elsewhere. The sheriffs questioned other neighbors from across the fairway. Shortly after CSI arrived, they determined the origin of the shot which confirmed that it came from the 11-year old's home. With this new information, the sheriffs went back to the original suspect and the boy this time confessed. Along with this, the parents now admitted to owning multiple guns.

The story isn't over.

As an expert in both rifle and pistols, a U.S. Marine Corp veteran,

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Aaron Low

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(415) 418-8640

Cathay Post member since: 2015

Branch: USMC

Final Rank: Lt. Col.

"The bullet came within inches of my head and I had glass fragments and pieces of the other window shade hit my face."



COMMANDER LUM, CONTINUED

(Continued from page 5)

candidates. This group will offer financial support to the candidates it chooses for their run for office. The offices that CTE supports are: department commander, department sergeant-at-arms, national executive committeeman (NEC), and alternate national executive committeeman (Alt NEC). As I have indicated to you before, there are many intriguing facets to the Legion and it takes years for one to acquire the knowledge and skills to maneuver the system. I encourage you to get involved and help to promote some positive changes.

I just received notification from our national commander that someone has published on Facebook the "official design" of the Legion's 100th year commemorative coin. That is fake news. The Legion has not completed the design selection process as yet and thus, that information on Facebook is not true. Once the design has been

Vice COMMANDER Low, CONTINUED

(Continued from page 7)

distinguished expert (NRA) as a young teenager, and a rifle instructor, what keeps me wondering is how people can own guns and not keep them safe so that an adolescent cannot get his hands on them and create this type of terror.

While the child knew enough to accurately shoot the bullet into our master bedroom window on two separate occasions and also confess to me that he shot our house with a hollow point bullet, he did not learn the basics of gun safety.

The backstop for his "shooting cans" claim should not have been our home. The weapon crossed the fairway before

selected, we will receive official notification of when and how it will be unveiled. There are too many unreliable people out there trying to create falsehood to mislead others. I hope this will clarify this issue for the time being.

On the other hand, at the state level, the department's centennial coin design is complete with approval and is very nicely done. It reflects the Legion and our golden state beautifully. I will let you know when you can place your order.

Our next meeting is scheduled on Saturday, April 14, 2018 at our post headquarters. The time for the board of directors to meet will be 9:30 a.m. and the general meeting will start promptly at 11:00 a.m. Lunch will be served after the meeting. Our 1st Vice Commander Helen Wong will chair the meeting. Please come and participate in the meeting to nominate the post's next officers.

entering our home, passed through two 2x4 rails on our deck, then through a double pane window and a window blind, across the room and through a kitchen cabinet door approximately 40 feet away, before finally ricocheting off the back wall of our cabinet where the bullet fragment broke glassware, melted and embedded itself into the shelf.

As with last month's article, this story which I am fortunate enough to be here to tell, should give us all something to think about. Again, I don't profess to know the answers or feel that I should voice my opinions in this forum. However, this should give us all another angle to think about the gun violence issue that faces our United States of America.



12th Annual American Legion Rider Department of California convention in beautiful Oceanside will begin on Friday, April 19 through Sunday, April 22. For more information, please check the ALRDOC website at: <http://alrdoc.org>



THE AMERICAN LEGION *Centennial celebration*



101st Airborne Division's Screaming Eagles parade through downtown San Mateo. Cathay Post 384 group led by Post Commander Nelson Lum (center).

Photo courtesy of Nelson Lum.

CATHAY POST 384

87th Annual Installation & First Responders Awards Banquet

**FRIDAY, JUNE 1, 2018
DINNER AT 6:30 P.M.**

**NEW ASIA RESTAURANT
772 PACIFIC AVE, SAN FRANCISCO**

**\$550 Per Table of 10 or \$60 per Person
RSVP by Tuesday, May 22, 2018**

For tickets, contact: Nelson Lum (415) 205-0120
Helen Wong (650) 576-7875
George Tsang (415) 608-6312



2018-19 Cathay Post Officer Duties By Clara Pon

There are 13 positions that are available for candidate nominations. All members current on 2018 dues are eligible for making nominations as well as accepting a nomination based on the following criteria as outlined in the current Cathay Post bylaws.

The following officer positions must be a member of Cathay Post 384 for at least nine (9) months prior to installation: Sergeant-at-Arms, Quartermaster, and Judge Advocate.

The following officer positions must be a member of Cathay Post 384 for at least 21 (twenty-one) consecutive months and have held an officer's position for at least 12 (twelve) months prior to installation: First Vice Commander and Second Vice Commander.

The Commander must be a member of Cathay Post 384 for at least 33 (thirty-three) consecutive months and have held an officer's position for at least 12 (twelve) months prior to installation.

Post bylaws describes the duties and responsibilities for each of the elected positions are as follows:

Post Commander: The Post Commander shall preside at all meetings of the Post and has general supervision over the business affairs of the Post. Such officer shall be the Chief Executive Officer of the Post and shall perform such other duties as directed by the Post. The Commander shall approve all orders directing the disbursement of funds and shall make an annual report covering the business of the Post for the year and make recommendations for the ensuing year.

First Vice Commander: The 1st Vice Commander shall assume and discharge the duties of the office of Commander in the absence or disability of, or when called upon by the Post Commander.

Second Vice Commander: The 2nd Vice Commander shall assume and discharge the duties of the office of 1st Vice Commander in the absence of or disability of such officer and shall perform such other duties as directed by this Post.

Adjutant: The Adjutant shall have charge of and keep a full and corrected record of all records as the Department and National Organizations may require, render reports on membership annually or when called upon at a meeting, and under direction of the commander, handle all correspondence received by the Department or National Organization. He/She shall also supervise the annual nomination and election process.

Finance Officer: The Finance Officer of the Post shall have charge of all finances and see that they are safely deposited in a local bank or banks and shall report once a month to the Executive Committee the condition of the finances of the Post, with such recommendations as may deem expedient or necessary for raising funds with which to carry on the activities of the Post. He/She or two (2)

(Continued on page 12)



Officer Responsibilities, Continued

(Continued from page 11)

members of the Executive Board shall sign all checks disbursing the monies of the Post. The Finance Officer shall be bonded under a blanket bond procured from the Department Headquarters and paid for by the Post at cost.

Secretary: The Secretary shall have charge of and keep a full and correct record of all proceedings of all meetings and under the direction of the Commander handle all correspondence of the Post.

Historian: The Historian shall be charged with the individual records and incidents of the Post and Post members, and shall perform such other duties as directed by the Post or Executive Board. The Post Historian is also charged with photographing and documenting Post events.

Sergeant-at-Arms: The Sergeant-at-Arms shall preserve order at all meetings and shall perform such other duties as may be from time to time assigned to him/her by the Commander or Executive Board.

Chaplain: The Chaplain shall be charged with the spiritual welfare of the Post comrades and will offer divine but nonsectarian service in the event of dedications, funerals, public functions, and adhere to such ceremonial rituals as are recommended by the National or Department Headquarters from time to time.

Service Officer: The Service Officer shall be generally that of prosecuting claims and protecting the rights and privileges of all veterans, their dependents and survivors and to handle such other matters as may properly be considered service work.

Judge Advocate: The duties of the Judge Advocate shall be to advise the Post Officers on the construction and interpretation of the Post Constitution and By-Laws; and to perform such other duties as are usually incident to the office.

Quartermaster: The Quartermaster shall supply and purchase all goods and materials necessary for Post operations.

ALWMC Delegate: Duties of the Delegate and Alternate Delegate to the American Legion War Memorial Commission (ALWMC). The Delegate, and the Alternate Delegate if Delegate is unavailable, shall attend the monthly ALWMC meeting and represent the best interests of Cathay Post No. 384 in its dealings with the War Memorial Veterans Building. He/She will also be responsible for providing timely updates to Cathay Post members at the general monthly meetings or through written correspondence.

If you are a recent member or new to the post and would like to become a more active member, contact the commander or one of the vice commanders to see how and where you can get more involved. Your support is always needed and appreciated to make your post the best it can be.

It is also important to mention that leadership positions such as *commander*,
(Continued on page 13)



Officer Responsibilities, Continued

(Continued from page 12)

vice commanders, and *adjutant* are your posts' chief communicators. The post commander keeps all the members informed about what is going on at the various levels of the Legion: district, area, department, and national. The post vice commanders convey to members what is going on at the post in regards to membership, fund raisers, events, and other programs that fall under the Legions' four pillars of service.

The post adjutant is everyone's go-to person. You may have read the feature story about "Leadership" the adjutant, "...is a critical leader in the long term success of a post." He/she interacts with all the post officers, new and interested veterans who may wish to join, as well as the posts' own members. The adjutant also receives information from the department on all the administrative dealings that are required for every post in The American Legion. The commander, vice commanders, and adjutant are big influencers in the success of any post.

2018-19 Cathay Post & CAWVA Officer Nominations

Nominees for 2018-19 Cathay Post officers:

Commander—Nelson Lum
 1st Vice Commander—Helen Wong
 2nd Vice Commander—Aaron Low
 Adjutant—Ernie Stanton
 Finance Officer—George Tsang
 Judge Advocate—Stan Ellekson
 Sergeant-at-Arms—CJ
 Chaplain—open
 Service Officer—David Wong
 Historian—Roger Dong
 Quartermaster—Ed Wong
 War Memorial Commission Delegate—Open

Nominees for 2018-19 CAWVA officers:

There are four (4) positions available on the CAWVA board with the fifth member automatically being the post commander that is elected. The nominees are:

- Roger Dong, Dale King, Richard Ow, Jay Pon, David Wong, and Helen Wong

There will be another round of open nominations at the April meeting. The election will be by written ballot held at the next general meeting on Saturday, May 12, 2018. Please be sure to bring your 2018 Legion membership card to vote.

Newly elected officers will be sworn in at the annual installation and first responders banquet on Friday, June 1, 2018 at New Asia Restaurant. Make your reservations early. The flyer with ticket information is on page 10.



Asian Peace Officers Assoc. Celebrates 25 Years By Nelson Lum

On Friday, March 30, 2018, the San Francisco Asian Peace Officers Association (APOA) held its annual celebration at the Grand Harbor Restaurant in the City of Burlingame. This marks the 25th year since the forming of the association. The founding members were recognized as well as its past presidents. The event was attended by over 400 guests and there being a special mayor's election in June, many of the mayoral candidates were in attendance. American Legion Cathay Post 384 has been a strong supporter of the APOA for more than 18 years and its members and supporters of our post attended the celebration.

While the founding of the APOA dates back 25 years, the forefather of this association, the Northern California Asian Peace Officers Association (NCAPOA), was formed in 1974. At that time, there were only five (5) Chinese American officers in the San Francisco Police Department (SFPD). The NCAPOA was formed by members from multiple agencies including federal and state law enforcement agencies. The founding members included the late Sergeant Herb Lee, the first Asian officer of the SFPD in 1957 and former Police Chief Fred Lau, who was the third Asian officer in the department.



The combined members initiated discussions with the department regarding the lack of Asian representation in its ranks. The NCAPOA also assisted with recruitment of Asians to other branches of law enforcement. Due to its efforts, the number of Asians entering law enforcement began to grow and by 1993, the number of Asian officers in San Francisco was sufficient to form its own association to deal with issues that pertain to SF police officers exclusively. Since the establishment of the APOA, there has been two Asian police chiefs and close to 600 Asian officers within the ranks of the department with a total of 2,400 officers. Asian police officers have occupied the various ranks and specialties within the department. The current members of the APOA must not forget those forefathers who were pioneers that endured extreme difficulties to clear the path for this and future generation officers.

Congratulations to the APOA. You will always have the support of the veterans at Cathay Post 384.



APOA dinner photos courtesy of Helen Wong.



Cathay Post members at APOA dinner.



Americans now stealing Chinese jobs by Roger Dong



Roger Dong in front of the dragon's head in the Marysville Bomb Day celebration.

On 17-18 March 2018, our Post Historian Roger Dong, that's me, who also is the chairman of Chinese American Heroes visited Marysville, CA, the oldest Chinatown in America for the annual Bokkai Festival and the Bomb Day celebration. If you did not know, Marysville, California is considered the oldest Chinatown in America because most of the earliest Chinese immigrants who came to America in the 1850s were seeking gold in the Gold Mountain. Many camped near the gold mines which were very close to Marysville. A few lucky ones found sufficient gold that other miners didn't find who had a few years head start, returned to China. Most did not find much gold and joined the 12,000 Chinese who helped build our greatest infrastructure project of the 19th Century, the infrastructure that "united" the United States, our Transcontinental Railroad. HOORAY!

Today, for a number of different reasons, there is a shortage of young



Beale Airmen and Airwomen performing in Marysville. Photos courtesy of Roger Dong.

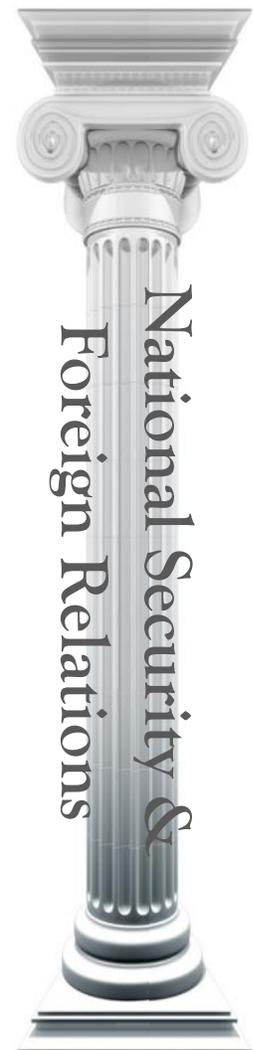
Chinese men in Marysville, and thus, the Chinese Chamber of Commerce recently approached the Commander of Beale AFB and asked for help. The Commander, reportedly a former bomber pilot was asked to help on Bomb Day in Marysville.

"You need help with Bomb Day? Of course," was his immediate reactionary response. Thereafter, 50 of Beale's younger and stronger Air Force members joined in their base Community Volunteer program.

On Sunday, March 18, 2018, Bomb Day in Marysville, they donned bright Chinese costumes provided by the Chinese Chamber of Commerce and lifted the 175 foot, made in China, Dragon and brought life to the silk cloaked beast by hoisting and prancing the colorful Chinese caricature through the town of Marysville. Without a sharp eye, parade watchers did not notice that there were no Chinese performers. The entire dragon performance was joyfully performed by Beale AFB's airmen and a few airwomen who volunteered for this one-day event fulfilled their community involvement obligation.

It was a tough job, but the Air Force volunteers came through like true warriors.

A news flash: "Americans are now stealing Chinese jobs - at least in Marysville, California. Of course, volunteer jobs threaten no one's rice bowl, thus there is no harm done and this "pilfering of jobs" is forgiven.



Districts 8 & 26 Membership Revitalization By Romie Bassetto



Districts 8 and 26 started their membership revitalization program at the end of February. That was just the first phase. Hundreds of letters were printed, folded, stuffed, sealed, and dropped off at the local United States post office in San Francisco and in Redwood City. Responses from Post 1000 members are coming back and need processing. These members will be transferred to local posts based on his/her zip code or if a member specifies a specific post on the signed Member Data Form (MDF) that we get back. As we continue to transfer Post 1000 members to a local post from the mail campaign, we are getting ready to move onto the second phase of the districts' membership revitalization efforts, email and phone calls.

There will also be training available on membership. Training is scheduled for April 19, 2018 from 9 a.m. to 11 a.m. on the new online transmittals process that bypasses department and goes directly to national headquarters. There will also be other aspects of membership and revitalization training.

Military veterans in and around the San Francisco/Peninsula area are invited for a special service session hosted by California American Legion at Redwood City American Legion Post 105 located at 651 El Camino Real in Redwood City. Department and district team members from The American Legion will be in town to discuss veteran's benefits and services to the community.

All wartime veterans in this area are invited to the post to learn more about The American Legion and veteran benefits. Membership and veteran information staff will be available on April 19 & 20, 2018 from 9 a.m. to 4 p.m. and on April 21, 2018 from 9 a.m. to 12 noon.

A veteran service officer will be available to assist all area veterans with claims or other veteran benefit related questions during these times. Please pass this information along and hope to see you there. For more information, contact me, Romie Bassetto at (650) 207-0426 or via email at: post105rc@aol.com.

Veterans Outreach Effort Coming to San Francisco Area: <https://www.legion.org/membership/241658/veterans-outreach-effort-coming-san-francisco-area>

Disclaimer

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Have you done your 2017 taxes yet? Beware of Scammers!

By Roger Dong

April 17th is fast approaching and many of us have not yet completed the annual dreaded journey known as tax return preparation. Not unlike previous years, we all are subject to criminals who try to use our tax preparation process to scam us.

Here is a list of scam activities you need to know about. You may be aware of some of these operations, but here is a long list to educate all of us.

Phishing schemes

- Anyone can receive an email or website asking for your personal information, this is a dead giveaway of a phisher – criminals who try to trick you into revealing your bank account information.
- The scam is deceptive to facilitate getting IRS refunds deposited directed into your bank account. They may identify themselves as the IRS or a collection agency. With your bank account information, all the funds in your bank account will be accessible to the criminals.
- You should already know that the IRS never contacts taxpayers by email for their personal information. If they are really interested in your return, you will be asked to visit one of their neighborhood offices.

Phone scams

- If someone calls and threatens to arrest you, or deport you, place a lein on your home, or revoke your license over a tax bill, it is not the friendly IRS. They are not that friendly.
- The crooks, pretending they are IRS, will send tax bills which can simply be paid via your debit/credit cards.

- If you receive such a call, cut them off and report the call to the IRS at (800) 829-1040.

Identity theft

- Some crooks may pose as you and steal your individual taxpayer identification number or Social Security number to try heist your tax refund before you. You will spend a lot of time and money trying to get your money back.
- Avoid becoming a victim by using computer software that has antivirus and firewall protections. Sometimes these crooks simply want permission to get on your computer to solve your computer problems. If you allow them, they can find financial information like bank account data on your computer.

Fake charities

- Fake charities will attempt to get you to donate to them, exploiting your kind and generous heart.
- Fake charities don't qualify for a tax deduction and your money will only help the prankster.
- Verify that a charity is authentic before you donate. Check out the name of the charity carefully, as some fraudulent charities will use names that sound like legitimate charities. There have been fraudulent people soliciting donations for wounded warriors. We veterans are vulnerable to appeals to help our comrades who were harmed in warfare, except your donations only enrich the scammers.
- If you donate, use a check or credit card so that you can document the transaction. Never give them greenbacks. Always protect your

(Continued on page 20)



THINKING ABOUT BUYING A HOME?

**NOW IS A GREAT TIME TO APPLY -
OUR RATES ARE STILL LOW!**

Enjoy Savings and Benefits with an SFPCU Mortgage:



Personal, customized service from a local lender



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No hidden costs or pre-payment penalties



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**GETTING A HOME LOAN DOESN'T
HAVE TO BE OVERWHELMING!**

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For more information, visit
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at 800.222.1391

Equal Housing Opportunity.

THE AMERICAN LEGION DEPARTMENT OF CALIFORNIA
100th ANNUAL CONVENTION
JUNE 21 - 24, 2018



McClellan Conference Center
5411 Luce Ave., McClellan Park, CA 95652

[Click Here for Directions](#)

CONVENTION HOTEL



For District Housing, Contact Dottie Deerwester
707-972-5055
dottie@rdysetgo.com

For Department Executive Committee Officers, Contact Veronica
559-875-8387
veronica@calegion.org

For Convention Hotel Housing, Contact Wendy O'Brien
916-971-1805
johnsjammers@att.net



Tax return scams, Continued

(Continued from page 17)

social security number and other personal information.

False income

- Do not be tempted to claim you make more money than did to reap benefits such as refundable tax credits. Of course, you wouldn't do this!
- Some people create fake 1099-MISC forms, which show non-employee compensation to adjust their income or gain access to money in accounts that are "hidden away."
- If caught, false claims will be recouped, including interest and penalties. That's when the IRS can put liens on your property. If it's your tax preparer who encouraged such fraud, you still have to take responsibility since you signed your tax return.

Tax preparer fraud

Yes, there are dishonest tax preparers.

- This batch of trained conmen will get you fraudulent refunds. Then the IRS can put liens on your property and maybe three hots and a cot for a vacation.
- Do some research on any professional with whom you work.
- Every tax preparer should have a Preparer Tax Identification Number, or PTIN with the IRS. The IRS records will show whether they have appropriate qualifications, including whether they are an enrolled agent, certified public accountant, or an attorney.

Inflated refunds

- Beware of the scammers who promise an unexpected large federal tax returns. They will encourage you to claim benefits, rebates or

tax credits that are exaggerated and inaccurate.

- These criminals might even file a false tax return using your name and receive your refund. This is not deductible in your next year's return either.
- Scammers also use the venue of public events to gain your trust through presentations at religious groups and community events. They have used phony storefronts, advertisements, and flyers to gain your business.
- Many people fail to carefully read your tax return before signing. Signing your return is certifying the accuracy of your return.

Inaccurate tax disputes

- While you can dispute your tax bill in court or through an administrative appeal with the IRS, you cannot avoid your obligations to pay them.

Padding deductions

- In the pursuit of a larger refund or a lower tax bill, a few taxpayers inflate their deductions or try to get credits and refunds they have not earned.
- Some people exaggerate charitable donations or business expenses or claiming the earned income tax or child tax credits.
- Including exaggerated and inaccurate information on your return may increase the likelihood of an audit, which may result in steep financial penalties and even criminal prosecution.

Offshore accounts

It may be tempting to let overseas accounts go unreported to the IRS, but the agency is focusing on these tricks.

(Continued on page 21)

Tax returns scams, Continued

(Continued from page 20)

Abusive tax shelters

- Some individuals evade their taxes by hiding assets through financial instruments such as trusts or captive insurance.
- The IRS is wise to these schemes so beware. The schemes can involve insuring implausible risks or duplicating commercial coverage.

False business credits

- Crooked tax-return preparers may take advantage of legitimate credits by exaggerating in situations where they are not always applicable.
- The IRS is aware of two fraudulent credit claims, specifically, the research credit and the fuel-tax credit claims.

Remember that if your tax preparer makes improper claims, you, the taxpayer are still on the hook to pay the consequences.

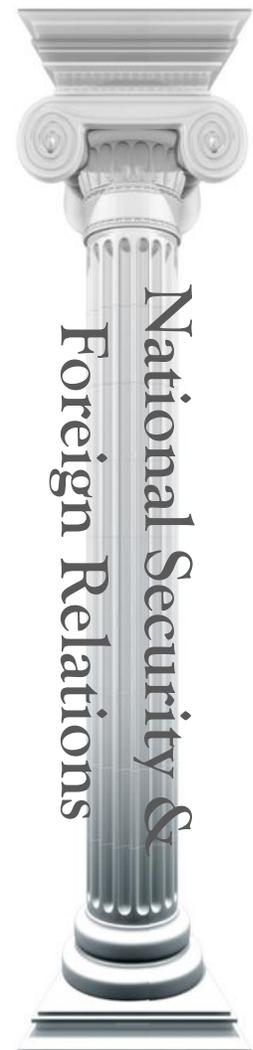
Enjoy doing your tax returns, you only have to do it once a year. If you haven't started doing your 2017 tax returns yet, you may wish to get started soon.

MAY—Mark Your Calendars / Save The Date

~ Asian Heritage Month & Poppy Program ~



- May 9 **Armed Forces Day**
- May 12 **Cathay Post No. 384 meeting and election of new 2018-19 post officers.**
- May 13 **Mother's Day**
- May 27 **USS San Francisco Memorial, Ft. Miley @ 11:30—1:30 p.m.**
St. Mary's Square WWI & WWII Memorial @ 3 p.m.
- May 28 **Memorial Day**—San Francisco National Cemetery, Presidio
Memorial Day Parade and Ceremony @ 11 a.m.
- Jun 1 **Cathay Post 87th Anniversary Banquet & Honoring First Responders at New Asia Restaurant beginning at 6:30 p.m. (See flyer on page 13.)**



DEPARTMENT OF CALIFORNIA
100th ANNUAL CONVENTION INFORMATION
ANNUAL MANDATORY FORMS AND DUE DATES

The forms below are mandatory and must be returned by the dates indicated on the chart. Click on the form name to access the form.

Retain a copy of each form for your records and submit a copy to your **District Commander & Adjutant**. Use the "SUBMIT" button on each form to ensure the form is delivered to the correct location.

Contact your **District Commander & Adjutant** if you need assistance. The PDF forms must be opened in Adobe Acrobat Reader to properly work. [Get the Free Adobe Reader Here](#). The PDF forms will not work inside an internet browser. [View the Instruction Video Here](#).

MANDATED FORMS	TO BE COMPLETED BY	RETURN ELECTRONICALLY TO	DUE
Annual Post Data Report (PDF)	Post Adjutant/ Commander	Dept HQ /will forward to National	APRIL 15
Certification of Post Officers	Post Adjutant/Commander	Dept HQ/Dist. CMDR & Adjutant	JUNE 8
Certification of District Officers	District Adjutant/Commander	Dept HQ/ Dist. CMDR & Adjutant	JUNE 11
Consolidated Post Report (PDF)	Post Adjutant/Commander	Dept HQ /will forward to National	JUNE 11
Certification of Delegates/Alternates (PDF)	Post Adjutant/Commander	Dept HQ/ Dist. CMDR & Adjutant	JUNE 11
Notification Post/Squadron Cmdrs (PDF)	Post Adjutant/Commander	Dept HQ/ Dist. CMDR & Adjutant	JUNE 11
District Reps to Standing Committees (PDF)	District Adjutant/Commander	Dept HQ/ Dist. CMDR & Adjutant	JUNE 11
Certification of Post Books (2018-2019) (PDF)	Post Adjutant/Commander	Dept HQ/ Dist. CMDR & Adjutant	OCT 1

Department of California Bylaws

ARTICLE IX Administration

Section 22. The District Commander and District Vice-Commanders shall be elected at the Annual District Meeting held within the District for which they are elected, said election to take place at least fourteen (14) days prior to holding of the Annual Department Convention and not more than forty five (45) days prior to such Annual Department Convention. The term of office of the District Officers shall correspond with that of the elective Department Officers elected at the following Annual Department Convention. The District representative on the Department Convention Standing Committees shall be elected at the Annual Meeting and any vacancies shall be filled at the first (1st) caucus of the District Delegates held at the Department Convention. At each such election, each Post shall vote by roll call vote the same number of votes as each Post may vote at the next following Department

DEPARTMENT OF CA BYLAWS, CONTINUED

(Continued from page 22)

Convention. The Delegates accredited to the Annual District Meeting shall cast the votes of their respective Posts by roll call vote, such Delegates to be certified by the Post Commander and Adjutant to the District Commander. The result of each election shall be certified to the Department Adjutant immediately upon the election of the District Commander and the District Vice-Commanders.

Section 23. The Department Adjutant shall furnish the various District Commanders with certified lists of any Post delinquencies at least sixty (60) days prior to the Department Convention. No Delegate from any Post shall be accredited at the Annual District Meeting unless all Post obligations to Department and to the District Council to which it belongs shall have been paid or satisfied at the time of the Annual Election, including the following:

- A. The certification to the Department of the Officers elected and/or appointed by the Post for the current year.
- B. The payment of Delegate fees to the Department Convention for prior years.
- C. The payment of said obligations contracted thirty (30) days prior to the Annual District Meeting.
- D. The certification to the Department of an examination of the Post books of account, as outlined in Article V, Section 9. (Should be Section 18.)
- E. The obtaining of all bonds required by Post Officers.
- F. The approval of the Constitution and/or Bylaws of the Post and any amendments thereto by the Constitution and Bylaws Commission. Department of California Articles of Incorporation & By-Laws (June 2016) Page 34 of 53
- G. The payment of all per capita dues or other moneys due from it to the District Council.
- H. Properly Executed Post Consolidation Reports.

LEGISLATIVE NOTE by Robert Brower

The American Legion, Department of California's Legislative Commission has so far this session supported 23 Bills or Senate Concurrent Resolutions (SCRs) during this second half of the 2017-2018 two-year legislative term. It is expected in the 2018 session that commission will review about 70 pieces of legislation. In 2017, The American Legion supported, opposed, or watched and followed over 80 veterans and military bills.

California American Legion Legislative Day at the state capitol is only a couple of weeks away on Wednesday, April 25, 2018.



NEWLY RELEASED
OFFICIAL NATIONAL
BASIC TRAINING CLASS



THE AMERICAN LEGION
EDUCATION INSTITUTE



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.

Already taken the old course? The American Legion Extension Institute has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. It is divided into six sections, followed by a final exam.

The sections closely follow The Legion's Four Pillars of service. They include:

- History & Organization
- Veteran Affairs & Rehabilitation
- National Security
- Americanism
- Children & Youth

This course is FREE. Upon successful completion of the final, the graduate will receive in the mail a completion certificate signed by the national commander. A *Basic Training Graduate* lapel pin can be purchased via your *mylegion.org* account for \$4.95.

Thursday, June 21, 2018
McClellan Conference Center
Exact time & location - TBD (afternoon)

This newly released national Basic Training course is being taught by two national Legion College graduates, *Ken George & Jere Romano*.

Register via email now to reserve your seat to:
kgdistrict29cmdr@gmail.com, email subject line: Convention Basic training class.

Be sure to sign up by **Wednesday, June 13, 2018**.
Please include your full name, post/squadron/unit number, email address, and telephone number so we can confirm your seat. We look forward to seeing you then.

April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1 Easter April Fools	2	3 ALWMC Meet- ing, 6:00 pm	4	5	6	7
8	9	10	11 95% Member- ship Target	12 Dist. 8 Meeting 6:00 pm	13	14 Post Meeting 11 am
15	16	17	18	19	20	21
22	23	24	25	26	27	28 ROTC Drill competition, Lincoln HS
29	30					

May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1 ALWMC Meet- ing, 6:00 pm	2	3	4	5
6	7	8	9 Armed Forces Day 100% Member- ship Target	10 Dist. 8 Meeting 6:00 pm	11	12 Post Meeting 11 am
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25	26
27 USS SF Memorial a.m. & St. Mary's Square p.m.	28 Memorial Day ; SF Nat'l Cemetery parade	29	30	31		

CATHAY POST NO. 384



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 Cathay Post #384



San Francisco War Memorial
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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.

Cathay Dispatch is a proud member of the *National American Legion Press Association (NALPA)* & *California American Legion Press Association (CALPA)*.



2014, 2015, 2016, 2017



2014, 2015, 2016, 2017



www.legion.org

Join Cathay Post No. 384 in San Francisco, one of the oldest and most active posts in San Francisco. We welcome all qualified retired or active men and women.

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 384
American Legion**

2017-2018 Officers

Commander: Nelson Lum

1st Vice Commander: Helen Wong

2nd Vice Commander: Aaron Low

Adjutant: Carl Payne

Finance Officer: George Tsang

Historian: Roger Dong

Do you want to receive the *Cathay Dispatch* or need to update your email address, please contact us at: cathaypost@gmail.com. We'll get right on it. If you would like to place an ad or inquire about rates, please email the Editor-in-Chief at: cathaypost384events@gmail.com. Thank you for your support!