



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

85 Years, A Celebration to Remember

By Clara Pon

Important Dates:

- Jun 11—Post Monthly Meeting @ 11 a.m. Post Headquarters
- Jun 14—Flag Day
- Jun 18-26—Boys State @ CSU, Sacramento
- Jun 23—Pre-Convention DEC & Committee Meetings in Fresno
- Jun 24-26—Dept. of CA 98th Convention in Fresno CC.
- Jun 27-July 2—Girls State @ Claremont McKenna College
- Jul 4—Independence Day

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Carl Payne kicks off the post's 85th celebration with a tune only he can ring.

Ring, ding, ding, ring a ding, ding ding ding! Yes, that was the start of a celebratory evening on Saturday, May 21, 2016 at New Asia Restaurant in San Francisco's Chinatown. Carl Payne, the newest member of Cathay Post, SF cable car bell ringing champion and owner of the vintage Rolls Royce parked outside the restaurant brought the crowd to their seats to begin Cathay Post's 85th anniversary officer's installation and 13th annual first responders recognition banquet. The evening's master of ceremonies, David Louie KGO-TV reporter commented with, "What a San Francisco treat that was!"

The 350 guests in attendance all stood up to welcome Lincoln High School Color Guard led by Lt. Col. George Ishikata as they presented the colors. Nearly half the guests were veterans that belong to The American Legion, Veterans of Foreign Wars, AmVets, and/or



Cathay Post No. 384 2016-17 Board of Directors.

Disabled American Veterans. Many are members to all or nearly all these organizations and then some. Our longtime friends from Lt. B. R. Kimlau Post 1291 in New York included PNC Fang Wong and Eastern Division Americanism Chairman Barbara Wong, Boston Chinatown Post 328, and Los Angeles Chinatown Post 628 traveled here to help celebrate with us and our other guests Cathay Post's momentous occasion of being the first and oldest active Chinese American post in The American Legion for 85 years.



We were honored to have a combined trio,
(Continued on page 2)

CELEBRATION, CONTINUED



Left: Cadet C. Chung from Lowell H.S. and Right: Cadet L. Shiu from George Washington H.S. being presented scholarship check by 1st Vice Commander Helen Wong & Commander Nelson Lum.



(Continued from page 1)

dressed in their best, from the Department of California, Commander Larry Van Kuran, NEC Hugh Crooks, and Junior Past Commander Janet Wilson administer the oath to the newly elected and appointed officers of Cathay Post No. 384. They brought their A game and we certainly hope our A game was good enough that evening.

Our awards that night included presenting \$1,000 scholarships to two JROTC cadets, C. Chung from Lowell High School and L. Shiu from George Washington High School, and a \$1,000 scholarship to ROTC cadet J. Profaci from University of San Francisco. Our first responders recognition awardees were SFPD Sergeant Bobby Chung, Airport Bureau, SFPD Officer Anthony Oerlemans, Central Station, SFFD Acting Captain Ed Chu, Truck 9, and SFFD firefighter Brian Kyono, Battalion 1, Chinatown. Cathay Post's Community Hero award went to retired SF Police Officer Alvin Louie. Congratulations to all of you.

We had several special presentations that evening. Assemblyman David Chiu presented a Certificate of Recognition to Cathay Post for its 85th anniversary. Gloria Li presented Commander Lum with a Resolution from

the State Board of Equalization on behalf of Fiona Ma. John Kessler, Director of External Affairs presented a certificate on behalf of Betty Yee, State Controller's office. We would like to thank them again for coming and being part of this celebration.



Outgoing Post 1291 Commander Mark Eng presented to Post 384 Commander Nelson Lum this inspiring Chinese calligraphy scroll.

Lt. Benjamin Ralph Kimlau Post 1291 Commander Mark Eng, incoming Commander Kenny Wong, Vice Commanders Kai S. Chung and Antonio Chuy presented Cathay Post 384 Commander Nelson Lum with an elegant personalized Chinese calligraphy scroll. It reads: Cathay Post in recognition of your 85th anniversary. *To safe guard our nation with devotion*

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98th American Legion Department of California Convention

Fresno, CA

Thursday, June 23 — Sunday, June 26, 2016

www.fresno2016.com

There is still time to plan your trip to this year's Department convention. The website is constantly being updated with event information, so be sure to check back often.

Shirts are also now available on the website.

Friday, June 24—District Caucuses 8 a.m.

Opening Session: 98th Department Convention 9 a.m.

Color Guard Competition begins approx. 4 p.m.

Saturday, June 25—District Caucuses 8 a.m.

Convention Comes to Order 9 a.m.

Sunday, June 26—District Caucuses 8 a.m.

Convention Comes to Order 9 a.m.

Pre-Convention Department Executive Meeting

Meeting Location

Fresno DoubleTree

2233 Ventura St.

Fresno, CA

Thursday, June 23rd @ 9:00am

Contact: Theresa Granados

Phone number: (559) 875-8387

Email: tgranadosdoc@gmail.com

COMMANDER NELSON LUM

During our regular monthly meeting in May, three new members were sworn in. I would like to extend a warm welcome to comrades Anthony Lyau, Carl Payne, and Ivan Seredni. May you find the joy of comradeship at our post.

The annual election of officers was held and a new slate of officers for the 2016 to 2017 year was elected. I want to thank our members for your expression of trust by reelecting me as your commander. I will do my best to represent you and The Legion this coming year. With the authority granted to me by our By-Laws, I have appointed the following members as directors-at-large to the Board of Directors: Comrades Sam Eddy, W.T. Jeanpierre, John Li, Aaron Low, and Ernie Stanton.

Our luncheons wouldn't be as well run and appealing without a group of support members who have been quietly assisting us every meeting for the past few months. They are Frank and Kay Lee, Ms. Helen Wong (no, not our 1st vice commander), and May Lee and Victor Tsang. These support members work tirelessly in the kitchen

or by the grill to prepare our tasty and filling luncheons. Please thank them for their volunteer contributions to our post when you see them.

May is always busy, but this year it was such a hectic month due to the preparation of the 85th anniversary activities that it resulted in one of the most successful celebrations our post has ever hosted. While most people did not have any idea as to the tremendous amount of effort that was required in order to put on such an event, all those who attended the event that I have spoken with universally expressed their amazement of the near perfect execution the evening progressed and our adherence to protocols of The Legion. They also either described it as being great or outstanding.

While many members contributed their efforts toward the banquet on May 21, there was only one person who almost singlehandedly planned, organized, and executed the entire program. I am at a loss for words to adequately articulate how appreciative I and our post is to Ms. Clara Pon for the magnificent job she did. What was

even more amazing was the fact that she was able to attend to all the details in such a meticulous manner while residing in Southern California. Members of our post can be proud that we succeeded in upholding the long heritage of our post and demonstrated the true spirits of The Legion.

Our 85th anniversary celebration was attended by more Legionnaires throughout the bay area, state, and across the country than any event we have held in the past. I would like to take this opportunity to thank our Department of California Commander Larry Van Kuran, Sergeant-at-Arms Wayne Yee, NEC Hugh Crooks, and Junior Past Commander Janet Wilson for their assistance with the swearing in of our officers for the 2016-2017 term.

Our other honored Department of California leaders were Alternate NEC and 2016-17 Department Commander Gary Leach and Area 2 Vice Commander Ron Parshall. A special thank you goes out to our comrades from New York's Lt. B.R. Kimlau Post 1291, Boston's Chinatown Post

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Nelson Lum

nelson1431@aol.com

(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

“Our 85th anniversary celebration was attended by more Legionnaires throughout the bay area, state, and across the country than any event we have held in the past.”



Helen Wong

wong_helen@sbcglobe.net

(415) 797-7384

Cathay Post Member since: 1990

Branch: Army

Final Rank: Lt. Col.

“...he called upon everyone to honor ALL service members and veterans, the fallen, the wounded, those unaccounted for, former prisoners of war, their families, and all who served with appropriate programs, ceremonies, and activities.”

1st VICE COMMANDER HELEN WONG

Last month there were so many events that took us on emotional highs and lows. There was one more event that happened on the morning of our 85th anniversary gala which many did not know about. It came from an email sent by one of our Directors-at-Large, W.T. Jeanpierre. He had received information about a ceremony which was going to be held at Six Flags Discovery Kingdom in Vallejo the morning of May 21st. IT was a dedication to rename Six Flags Discovery Kingdom to America's first Purple Heart Recreation Park. Our comrades from the American Legion Manuel L. Quezon Post 603 was coordinating this event.

So out of curiosity and because I live close to the Park, I called a contact for their post and reached Nestor Aliga who was the coordinator

for the day. Discovery Kingdom had been requested to be the first Purple Heart Recreation Park in the United States, and they rose to the challenge. According to Legionnaire Aliga, The Military Order of the Purple Heart officially records all Purple Heart designated entities worldwide and the city of Vallejo is the only one with six entities: The City, Vallejo City Unified School District, Greater Vallejo Recreation District, California State University-Maritime Academy, Touro University California, and now Six Flags Discovery Kingdom.

A Proclamation was issued on March 26, 2016 from Don McCoy, Park President of Six Flags Discovery Kingdom, Vallejo who urged their millions of customers to salute Purple Heart Medal recipients

for their service, valor, and sacrifice; and he called upon everyone to honor ALL service members and veterans, the fallen, the wounded, those unaccounted for, former prisoners of war, their families, and all who served with appropriate programs, ceremonies, and activities. They certainly did honor the Purple Heart Veterans who came to the ceremony and received certificates and Pentagon Commemorative items.

Despite the weather turning from very pleasant to rainy and wet, it was very uplifting to see the men who attended the event with their families get their recognition. From World War II Veterans to Vietnam Veterans, the ages did not matter as all came together for this very special day in honor of their service and sacrifices.



Above: L-R: John F. Gay, Jr, Commander MOPH Chapter 549 Monterey / MOPH Department of CA Historian Michael Brown, The American Legion Manuel L. Quezon Post 603 Chaplain Nestor Aliga, Post 603 Historian.

Below: Jesse Bethel High School NJROTC Color Guard presenting the colors for the ceremony.



COMMANDER LUM, Continued

(Continued from page 4)

328, and Los Angeles Chinatown Unit 628 for their attendance.

On Sunday, May 29, 2016 was a busy day. Members of Cathay Post No. 384 attended the USS San Francisco Memorial observance at Land's End. It was a beautiful day and the weather, which could be very windy and cold, was sunny and warm. My thanks go to our Adjutant Francis Hall, Comrades Aaron Low and his lovely wife Janice, Ernie Stanton, and the Master of Ceremony of the event, our very own Judge Advocate Stan Ellexson.

On Memorial Day, May 30, our members were at it again. This time we gathered at the parade grounds early in the morning at San Francisco National Cemetery, Presidio. The weather was kind to us once again and no coats or jackets were required as they often are. While awaiting the arrival of our members, I noticed there seemed to be a lot more media representatives present than usual.

As I attempted to organize our group to get in line for the parade march

up to the cemetery, I was suddenly confronted and approached by several officious looking vehicles flashing their red lights. I initially thought our Mayor, Ed Lee changed his low key style of travelling, then I recalled these were the trademarks of none other than the Secret Service VIP protection detail. I then saw the "Senator Bernie Sanders" banner on one of the vehicles.

Senator Sanders' presence at the memorial service added some excitement to the crowd, but as previously arranged and agreed to by all parties, he was not to address the audience. The ceremony was for the remembrance of those who sacrificed for our country and I am proud of our members who gave up their valuable time to show their respect.

I must also congratulate Comrade Wally Levin for being appointed by Mayor Ed Lee as a Trustee to the War Memorial Performing Arts Center. I look forward to working with him to resolve the remaining issues concerning the allocation of space at the War Memorial Veterans Building.

Our members who attended this ceremony were Adjutant Francis Hall, Chaplain Richard Ow, Quartermaster Ed Wong, Comrades Aaron Low, Anthony Lyau, Carl Payne, Charles Paskerian and his lovely wife Dianne, Ernie Stanton, and Chee Yee.

The Department of California will convene its annual convention in a couple of weeks. In addition to being your representative as commander of Cathay Post No. 384 to the convention, and having been reelected as the district commander representing the 8th District Council, I will be attending the convention wearing two hats. I will do my best to lookout for the best interests of both parties as I am again a member of the Department Executive Committee for 2016 - 2017.

Looking ahead, we have a full year of activities that will require active participation by our members. It will be a challenge to most of us, since we must all balance our dedication to our post and to other interests and obligations that we may have. I am open to any suggestions or

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COMMANDER LUM, Continued

(Continued from page 6)

constructive criticisms as to what path our post should take or what

needs to be done in order to fulfill the four pillars of The American Legion. I hope to see all of you at

our next monthly meeting which will be on Saturday, June 11 at 11:00 a.m. at 1524 Powell Street.

CELEBRATION, Continued

(Continued from page 2)

and loyalty. To service our community with vigorous enthusiasm. From New York Lt. B. R. Kimlau Post on May 21, 2016.



Boston Chinatown Post 328 Commander Amy Au (R) and Jr. Past Commander Matt Seto (2L) presented to Cathay Post 384 Commander Nelson Lum and 1st Vice Commander Helen Wong this beautiful plaque.

The next presentation was by Commander Amy Au and Junior Past Commander Matt Seto of Boston Chinatown Post 328. They presented Commander Nelson Lum with a beautiful plaque congratulating Cathay Post for 85 years of service to veterans and the community.

Throughout the night, we paid tribute

to our flag and country, our veterans, our youth, our first responders with awards and entertainment. A special video (<https://www.dropbox.com/s/623ugu4z01priim/cathay%20video%20HD1.wmv?dl=0>) produced by Ken George, District 29 incoming Commander from Newport Harbor Post 291 was presented that illustrated just a small portion of the rich history of Cathay Post. The evening was filled with comradeship, friendship, singing, and many shared memories. We hope everyone who attended had a wonderful evening and we look forward to seeing you again next year.

To see more photos, click on the link: <https://www.dropbox.com/sh/8jofciloefzpz4z/AAAon7fzA8hRZNGmn1JQKXMVa?dl=0>



Legionnaires singing and having a great time.



First Responders award recipients. L-R: E. Chu, B. Kyono, Center—A. Louie, A. Oerlemans & B. Cheung. All 85th anniversary photos by Gene Choi from Michael Mustacchi & Associates.

Special ALWMC Leaders Recognition Awards By Roger Dong

One of the most significant events in the history of the American Legion posts in San Francisco ...

During our 85th post anniversary, I, a former American Legion War Memorial Commission (ALWMC) Chairman (2010-2011) recognized and honored our current ALWMC Chairman Paul Cox and former ALWMC Chairman (2012-2014) Nelson Lum for initiating and managing the successful litigation by attorneys of the international legal firm of DLA Piper, LLC in defense of the Founders' intended definition of "patriotic organization" by the founding members of the War Memorial Trust.

The 2009 Deputy City

Attorney Aiden Vinah's opinion to limit "patriotic organizations" to veterans organizations to those requiring veterans membership to be eligible for the use of space in our War Memorial Veterans' Building (WMVB) had severely limited the ALWMC's capability to invite veterans and veterans' service organizations (VSOs) into our WMVB to serve our veterans. The legal victory prevented the Board of Trustees from eventually turning all, or nearly all, of the WMVB to the City of San Francisco which is not the intent of the American Legion veterans who funded and built both our WMVB and the Opera House in 1931.

Paul Cox's successful persuasion of the DLA Piper organization to provide extensive and aggressive "pro bono" legal service to the ALWMC and Nelson Lum's proactive actions during the time of the litigation was the most significant positive event in the history of the ALWMC which benefits all the veterans and all the members of American Legion posts in San Francisco. We are inviting VSOs to provide many services to our veterans who have made vital contributions to the safety and freedom of our country. Our deepest appreciation and thanks to Todd Toral and his support team at DLA Piper, LLC.



Left: Paul Cox and Roger Dong.

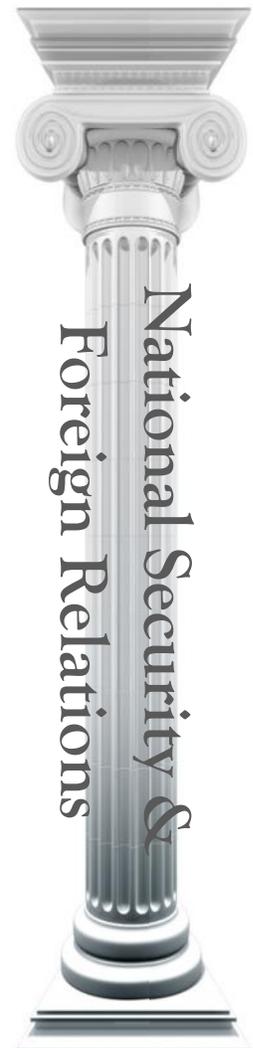


Right: Nelson Lum and Roger Dong.

Photos by Gene Choi from Michael Mustacchi & Associates.

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USS SAN FRANCISCO MEMORIAL By Aaron Low

It was a beautiful and sunny day on May 29, 2016. It was the warmest it has been in many years for the memorial at Land's End. Several Legionnaires and family members (Commander Lum, Ernie Stanton, Sergeant-at-Arms Vic Lum, Adjutant Francis Hall, and my wife Janice Low) from Cathay Post 384 were in attendance for the event.

The event was dedicated to the 100 Sailors and seven Marines who were killed in the action aboard the USS San Francisco during the Naval Battle of Guadalcanal on 12-13 November, 1942. It also paid honor to all those who served, fought, and perished during the 17 major battles that these heavy cruisers participated in during World War II, from Pearl Harbor to the last battle at Okinawa and the unconditional surrender of Japan on 2 September 1945.

The day was also dedicated to the men and women who served and have served on the Nuclear Submarine (SSN-711 which is the third vessel to carry the name of USS San Francisco), protecting America for more than 30 years.

The Master of Ceremonies was Captain Stan Ellexson Jr., USN (Ret), who is also the Judge Advocate of Cathay Post. Captain Ellexson facilitated and directed the program flawlessly. He reminded all of us of the sacrifice the men on board the USS San Francisco made and how that sacrifice along with others in this fierce naval battle had transformed the tide and aided in the victory of the war against the Imperial Empire of Japan.

The 2016 Chair of Honor was Sgt. Don Reid, USMC. Mr. Reid served in the USMC (1951 to 1954) in combat in the Korean War with the 1st Marine Division. He earned three battle stars and, along with his Division, was awarded the Presidential Unit Citation. He was honorably discharged as a sergeant. Following his time in service to our country, Mr. Reid earned his BBA (1958) and JD (1962) from St. John's University, New York. He graduated from the American Banker's Graduate School of Banking at Northwestern University in 1960, and in 1987 his alma mater, St. John's University, awarded him the Degree of Doctor of Commercial

Science Honoris Causa.

He served on the Board of Trustees, the Executive Committee, and chaired the Finance Committee for the 1st Marine Division Association at Camp Pendleton, CA. From 1997 to 2013, he served as president of the U.S. Marine Corps Coordinating Council of Northern California which acts to advance Marine Corps interest in the Bay Area.

Mr. Reid spoke of several memorial days in his life to include days in the Korean War to key moments regarding the creation of the Korean Memorial in San Francisco. In addition to being a supporter of the Korean War Memorial, he is also a very generous contributor to the memorial which is currently under construction in the San Francisco Presidio and is scheduled to be dedicated on August 2016.

It should be noted in addition to the usual color details, this was the first time the color detail from the Navy Junior Reserve Officers Training Corp (NJROTC) of Burton High School participated in the ceremony. Of the seven high

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USS San Francisco, Continued

schools in San Francisco that feature the JROTC program, there is only one school with its program supported by the Navy, the rest are supported by the Army.

Members of Cathay Post No. 384 are very proud of our involvement in saving these programs in the San Francisco Unified School District. At the conclusion of the cer-

emony, certificates of appreciation were handed out to supporting organizations and Commander Lum accepted the certificate on behalf of Cathay Post No. 384.

St. Mary's Square WWI & WWII Tribute By Nelson Lum

At three o'clock in the afternoon on Saturday, May 29, our members gathered once again at St. Mary's Square in Chinatown. This memorial gathering was to join with members of Veterans of Foreign Wars (VFW) to pay tribute to those Chinese American

veterans who paid the ultimate sacrifice during WWI and WWII.

I would like to express my appreciation to VFW Chinatown Post Commander Raymond Wong for conducting the ceremony. My hat off to the members who attended

this remembrance on our post's behalf: 1st Vice Commander Helen Wong, Sergeant-at-Arms Vic Lum, Chaplain Richard Ow, Quartermaster Ed Wong, Comrades Chee Yee, Charles Paskerian, Ernie Stanton, and Nester Tom.



Memorial Day at SF National Cemetery By Chuck Paskerian

On May 21, 2016, a magnificent and memorable 85th anniversary banquet and celebration for Cathay Post No. 384 took center stage in Chinatown. It was followed a week later by our members' participation and march in the Memorial Day service at Presidio

National Cemetery in San Francisco, honoring our fallen heroes of American conflicts.

As our Comrade Nestor Tom, who was quoted in the San Francisco Chronicle by saying, "The Memorial Service is dedicated to the heroes

who didn't make it back."

The Memorial Day service began at 1030 hours with the 191st Army Band leading the parade of patriotic groups into the atrium of the cemetery where the

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Presidio, Continued

(Continued from page 10)

memorial service was held. Cathay Post 384, under the leadership of Commander Lum, had an active group of comrades who participated in the march and attended the service. As we marched along the cemetery grounds through the Presidio, we could hear the hushed respectful voices and enthusiastic applause from the large crowd of over 1,000 of our countrymen and women. During the short walk, our thoughts turned to those American military personnel who are currently at risk, and of our own comrades who served in battle. We observed the thousands who are now buried here, and in our minds, we could visualize those comrades who are buried in other places throughout the world.

They died so that we might live in a free Democratic society in a country created by our forefathers for all immigrants.



Cathay Post No. 384 waiting to march into the cemetery. L-R: Commander Nelson Lum, Carl Payne, Anthony Lyau, Quartermaster Ed Wong, Chuck Paskerian, Chaplain Richard Ow, Adjutant Francis Hall, Directors-at-Large Ernie Stanton and Aaron Low.

They were black, brown, white, and yellow, who came wanting to start a new life in a free country. Even those who were brought to this country unwillingly as slaves, they became free men and women and were joined by those who came as railroad workers and day laborers to form the back bone of this country. They, thereafter, voluntarily became unified in the most cohesive humane Democracy ever created in the world. They raised families and educated their children to do better. These are the men, women, and descendants,

ceremony paid special tribute to the veterans of the Korean War, the 50th anniversary of the Vietnam War, and to 150th anniversary of the Army's six all African American Units nicknamed the Buffalo Soldiers.

The event's featured speaker, retired judge, former San Francisco Supervisor, CA State Senator, Korean War Veteran, and current President of the Korean War Memorial Foundation Quentin Kopp saluted the new Korean War Memorial (under construction) which is expected to be dedicated this summer at the Presidio. Kopp referenced the large crowd that was present and calling it a direct refutation that the public has a short memory of the



who went to war, and many sacrificed their lives, so their families and all of us might remain free.

This year's

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Presidio, Continued

(Continued from page 11)

sacrifices of our comrades.

We are all equal in God's eyes, and this is, as it always should be in a country that recognizes this fact. America's citizens of all races and

religions must continue to bond together against the common enemy of this philosophy. This was well stated in the Gettysburg address, recited without notes by Mr. Noah Griffin at the Service. The program was well coordinated and the

atmosphere very quiet and respectful throughout the ceremony. Post 384 can be proud of its participation in this important nationally held memorial service to our veterans and heroes. May God give peace to all.

Memorial Day at Golden Gate National By Helen Wong

Sergeant-at-Arms Vic Lum and I attended the 75th Annual Memorial Day Observance "Heroes Forever" at Golden Gate National Cemetery in San Bruno. The program was presented by Avenue of Flags Committee of which I am a recent member. It was well attended by over 300 veterans, friends, and family members on a typical sunny day.

The San Bruno Police Dept. Honor Guard did the presentation and retirement of colors. In addition to the traditional songs played by the San Andreas Brass Band, bagpiper Lynne Miller did the honors of playing several selections. The speakers were USCG CDR Gennaro Ruocco, USCG Reserves and COL Peter Gleichenhaus,

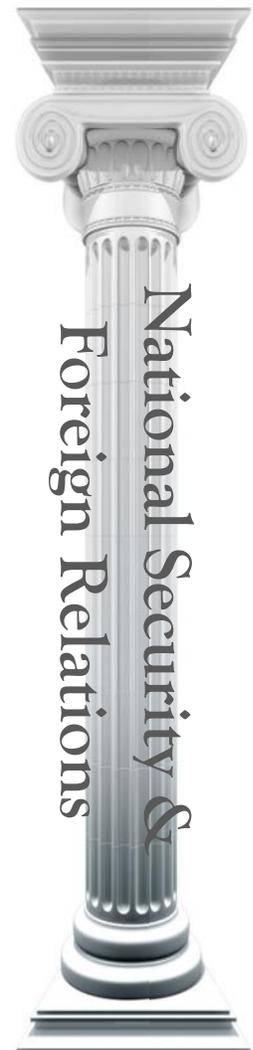
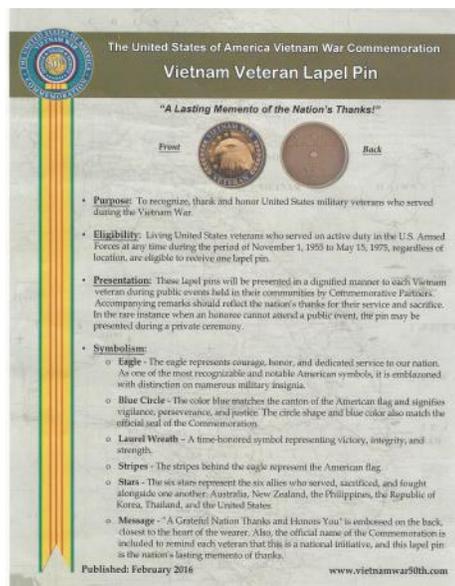
USA (Ret). The Gold Star wreath laying was done by Jackie and Ben Sigua whose son was killed in Iraq. The rifle salute was conducted by the 31st Regiment, U.S. Volunteers—America Chief-of-Staff led by Col. Leo McArdle.

There was a special recognition for over 100 Vietnam era & in-country Vietnam Veterans with a 50th Commemoration lapel pin handed out which Vic and I received. The observance went well and it was very touching to see the numerous people who attended to honor our fallen "Heroes Forever."



Above: USCG Commander Gennaro Ruocco speaking at Golden Gate National Cemetery.

Right: Explanation of the 50th Commemorative Vietnam Veteran lapel pin.



Memorial Day at Pacific View Memorial Park By Ken George



Newport Harbor Post 291 Color Guard team.

Down in Corona del Mar on a not too hot and sunny day, the 58th annual Memorial Day Service was held at Pacific View Memorial Park “in memory of those men and women who gave the full and final measure of their devotion for our freedom.” It is one of the large events that the Newport Harbor Post 291 Legion family participates and co-hosts in every year. Newport Harbor Post 291 Commander Doug Nye welcomed everyone to the service, Michael Villani, member of the Sons Squadron 291 was the master of ceremonies, and I, 3rd Vice Commander read the General Order No.

11 from the Grand Army of the Republic.

Cat Katz, Auxiliary Unit 291 President, Matt Parsons, Sons Squadron 291 Commander, and Dan O’ Sullivan, Yacht Club Vice Commodore presented floral wreath offerings. The Howard sister’s Taylor and Kylie, junior auxiliary members, was Miss Poppy and Junior Miss Poppy respectively. Taylor read the history of the poppy and Kylie recited the poem Flander’s Field.

Post 291’s Color Guard team led by Brian Flemming presented the colors, the rifle squad fired the 21-gun salute, Honor Guard bugler Richard Grogan played “Taps,” and Steve D’Arca of Post 291 sang the national anthem.

The keynote speaker was US Navy Rear Admiral Sandra E. Adams, (Ret.) who spoke of heart felt and encouraging words of bravery, service to country, and continuing praise for her fellow veterans and active military personnel to trudge on. The hundreds of guests were also treated to the amazing and delightful group, Mountain Fifes and Drums.

They were sharp and fantastic.

It was a wonderful tribute to honor those that believed in freedom and fighting for our country.



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All **Cathay Post** members and their families are eligible for Membership!

*Offer valid through 7/31/16. New Member Bonus: SFPCU will pay the \$25 opening deposit in the savings account required to establish membership. Members who join online will pay the \$25 opening deposit and SFPCU will reimburse this amount within 15 business days. This amount shall be reversed and returned to SFPCU if the account is closed within 12 months after date opened. Business accounts are not eligible. Current Annual Percentage Yield (APY) on a regular share account is .10% as of 5/1/16. Minimum account balance to open account and obtain APY is \$25. Checking Promotion Bonus: To qualify for the \$50 bonus, the new member must open a new Global ATM Checking account with a \$25 minimum opening deposit during the promotion period, and within 60 calendar days of account opening, a \$500 monthly direct deposit must be initiated. The bonus will be deposited into the new checking account within 60 business days after meeting the \$500 direct deposit requirement. Referral Bonus: Referred member's checking account must be opened within the promotion period. Within 15 business days of the new checking account opening, \$25 will be credited into referring member's savings account. Bonuses may be tax-reportable. All new accounts are subject to the SFPCU account opening procedures and standard account terms and conditions. Fees could reduce earnings on the account. Rates, terms and conditions are subject to change.

Promo Code: REF/CHK

A Legend Who Was A Draft Resister By Nelson Lum

We recently learned of the passing of the greatest boxer the world has ever known, Cassius Marcellus Clay Jr., or otherwise better known as Muhammad Ali. He became a household name during my youth and was a man whom I admired. I even imitated some of his moves inside the ring even though I never possessed anything close to his God given athleticism. As a boy of minority descent growing up in the early 1960s, Muhammad Ali was a strange role model. He showed me he could stand tall and did not kowtow to the masses. He was willing to turn the table and stood by his religious principles. Even though I was among those who felt he should have served our country during the time of war, my admiration for him was further conflicted once I was in the Army.

The news of him defying the order to be inducted was met by most of my comrades with disdain, yet, in the quiet moments of my being, I felt empowered by his defiance. I recalled watching his interviews where he was questioned by mostly hostile reporters. While I did not agree with some of his views, I

nevertheless came away with the realization that he was genuine in his beliefs and was willing to face the consequences of his action.

Discrimination against blacks, as they were referred to in that era, was an accepted behavior in the early 1960s. That behavior also transcended to other minority groups. African Americans and other minorities were commonly portrayed as lacking intelligence, uneducated, and prone to violence. When you turned on the television, there were few, if any actors that were not white. The few black people that you did see were portrayed as stupid, ugly, or totally reliant upon the white race for survival. Of course there was "Hop Sing," the faithful Chinese servant in the TV series "Bonanza." He was told to speak with an exaggerated accent even though he was born in this country and spoke perfect English. Needless to say, only white features were considered to be pretty, beautiful, or handsome.

Growing up in that era, my parents taught me to overlook many of the discriminatory practices. They were concerned about my well being and

chose to teach me to be non-confrontational. With that as my upbringing, it was shocking for me to see Muhammad Ali declare to the whole world how pretty he was and how he should be regarded as the greatest. As unabashed as those statements were, his actions encouraged the rest of us to view the world differently. That an African American had the courage to tell the world he was smart, good looking, and could achieve greatness while fending off throngs of hostile doubters.

Ali did not attend college. I am not sure if he ever completed high school. Yet, he had produced some very famous quotes that merit our appreciation, "Service to others is the rent you pay for your room here on earth." "Don't count the days; make the days count." "I am so mean, I make medicine sick." "Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a

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Muhammad Ali, Continued

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dare. Impossible is potential. Impossible is temporary. Impossible is nothing.” Ali’s understanding of life far exceeded his level of formal education. It took me years to finally recognize the relevancy of his actions and to appreciate the man that he was.

When most of us responded to the call of our country, Ali felt the call of his religion and was willing to be accountable for his decision to resist

the draft. He gave up four years during the prime of his career and subjected himself to be ridiculed by the masses. Those who were granted Conscientious Objector status and there were many, did not face anything close to the level of vindictiveness as Ali did. The only conclusion one could draw was that Ali was singled out mainly because he was a black man who dared to challenge the values of the status quo. The Supreme Court ultimately exonerated Ali and he

once again was able to offer the world his gifted boxing talent, but his message of peace after his gloves were long retired resonated even louder and made him the legend that he is.

I am proud to have served my country and I am just as proud to know that a legend spoke up for me and all those who were deemed as less than equal. Muhammad Ali taught the world a lesson about humanity. May he forever rest in peace.

Stroke Awareness By Roger Dong

Last month, we were briefed on the symptoms of a stroke. For anyone that has high blood pressure, or is diabetic, or is overweight, you should heed this medical warning to avoid being a victim. Here is stroke prevention information from the Alta Bates Summit acute stroke rehabilitation facility in Oakland (you can confirm on WebMD or similar sources). Their advice is as follows:

1. Be active and in motion at least 30 minutes each day.
2. Stop that expensive and damaging addiction of smoking tobacco!

3. Stop drinking alcoholic beverages, but if you cannot resist, no more than 2 drinks a day. For ladies, if you are pregnant, no more than one (1) drink a day.

4. Eat your F&V (fruits and veggies). Diet is essential for good health. Eat healthy. Focus on eating foods that **are low** in fat, sodium (salt), trans-fats, or cholesterol. Eat foods that are **high** in *fiber*. At a minimum, reduce your consumption of foods that are not healthy.

5. With the advice of your doctor, maintain safe levels of cholesterol. Take your prescribed

medications.

6. If diabetic, follow the advice of your doctor, and take your prescribed medicine.

7. Keep a healthy weight. Obesity opens the door for many health threats, not just stroke.

8. Avoid drugs, including birth control pills.

9. Talk to your doctor if you have sleeping problems (sleep apnea).

Most of the above health advice should not be news to most of us, so always try to use good

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Stroke Warnings, Continued

(Continued from page 16)

judgment.

You will benefit the most and so will your friends and family who all want

you to be healthy. If you or anyone displays stroke symptoms, do not hesitate. Call 9-1-1. The first few hours after a stroke are important to limiting brain damage.

Note the time of the victim's first signs of stroke. Medical/EMT personnel will want that critical information.

Southern Pacific Post 412

By Mark Whittaker

This article is the fourth in a series based on archival material stored at the War Memorial Veterans Building in San Francisco.

The history of the American Legion in San Francisco is notable for the variety of secondary identities around which veterans formed posts. Many posts had military themes, such as type of service (e.g. C.C. Thomas "Navy" Post 244, Joan Stevens "Navy" Post 713, Floyd Bennett "Aviation" Post 333), specific units (363rd Infantry Post 408), specific battles (Bataan Post 600), and fallen comrades (Zane-Irwin Post 93, Richard A. Hurley Post 825). Posts also formed around ancestry (e.g. the "Italian-American" Galileo Post 236, the "Chinese-American" Cathay Post 384), sexual orientation and gender identity (Alexander Hamilton Post 448), opposition to war (Bob Basker "Peace" Post 315), and by neighborhood (Twin Peaks Post 233, Park-Presidio Post 276, Mission Post 347, Marina Post 348, Sunnyside Post 366, Rincon Hill Post 407, Parkside Post 505, Haight-Ashbury Post 760).

In addition, numerous posts united veterans by profession. Veterans formed posts based on government employment (Federal Post 315, Municipal Post 429, Treasury Post 767), location of employment (S.F. Naval Shipyard Post 737), and career-type (S.F. Firefighters Post 97, Insurance Post 404, S.F. Nurses Post 452, S.F. Police

Post 456). Another Post, now long gone, brought together veterans working for the Southern Pacific Railroad, which is also long gone.

In 1865, a group of businessmen formed the Southern Pacific Railroad in San Francisco. Its first line ran to San Diego, but over time Southern Pacific expanded to cover more than 13,000 miles of track in the western and southwestern United States, carrying passengers and freight.

During 1930, several World War I veterans working for Southern Pacific held meetings in the Southern Pacific Building at 65 Market Street. The result of these meetings was the formation, in March 1931, of Southern Pacific American Legion Post 412, with membership restricted to "employees of Southern Pacific Co. and affiliates." Post 412 was the only railroad post in California until the late 1930s, when some veterans in Los Angeles formed the Southern Pacific Daylight Post 576.

Southern Pacific Post 412 was never one of San Francisco's largest – it had 112 members in 1937, and 46 members

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Southern Pacific, Continued

(Continued from page 17)

by 1973 – but was notable in several respects. Post members were avid bowlers, traveling in 1940 (by train, of course) to Los Angeles to vanquish their rivals in Post 576, and winning the 1947-48 championship of the Lincoln Division of the San Francisco American Legion bowling league. The Post also sponsored a Junior American Legion baseball team, which was “Class C” champion of the mid-winter league in 1935-36.

Like other American Legion posts, Post 412 was very engaged in community activities and actions to support U.S. servicemen and women during World War II. The Post held annual Christmas dinners in the War Memorial building, and sponsored Boy Scout Troop 143. In 1943, the Post “bought [War] Bonds, gathered phonograph records, magazines & books; [and] did hospitalization work.” Several photos in the Post’s archives from September 1943 show the smiling faces of Geraldine Johnson and Kay Hansel – members of Post 412’s Auxiliary (which formed in 1936) – as they solicited donations for the troops, holding a sign that read: “Only a nickel will send a pack of American made cigarettes to some hero on a far flung battle front on land or sea.” Press clippings from the Oakland Tribune and San Francisco Chronicle show that in April 1953, Post 412 unveiled a flag commemorating the 5,915 Southern Pacific system employees who entered the military after WWII, including 45 who died in service.

Like other posts in San Francisco – past and present – Post 412 was politi-

cally active. The Post’s archives contain fragments of its activities, but a common theme is anti-communism. The notes of the Post meeting held 19 December 1934 in Room 215 of the War Memorial Veterans Building contain extensive insights from Eldon Spofford, who was then Adjutant of the San Francisco County Council of the American Legion. For example, Spofford noted: “Communist leaders are in no sense morons. What you find in the police courts may be of low

(Continued on page 19)

VETERAN ORGANIZATIONS AND THEIR ALLIED SOCIETIES

American Legion

Department of California—James K Flak dept adjutant, 457 City Hall
 San Francisco Post No 1—Meets in Civic Auditorium every Thursday evening; Jas C Espey commander, Vern B Anderson adjutant
 Golden Gate Post No 40—Meets in Civic Auditorium every Tuesday evening; Archie McLones commander, Nathan Merenbush adjutant
 Zane-Irwin Post No 93—Meets in Civic Auditorium 1st and 3d Wednesday evenings; Major F A Royce commander, Frank Schilling adjutant
 George Washington Post No 114—Meets in Civic Auditorium every Monday evening; John E Madocks commander, Wm Arnold adjutant
 Fred G Bunch Post No 116—Meets in Civic Auditorium 2d Wednesday at noon and last Saturday evening; John C Carroll commander, Chas H Brunling adjutant
 Realto Post No 203—Meets Francis Borgia restaurant every Tuesday noon; Harold Abraham commander, Osborne C Doane adjutant
 Daylight Post No 229—Meets in Exchange bldg every Thursday noon; Lloyd Jacobs commander, Mrs Adele G Moran adjutant
 Hellenic Post No 230—Meets in Civic Auditorium every 2d and 4th Thursday evening; Dr A T Pappas commander, Geo C Constantine adjutant
 California Post No 234—Meets in Native Sons Hall 1st and 3d Tuesday evenings; Dr E L Woodruff commander, W W Brette adjutant
 Galileo Post No 236—Meets at 678 Green 1st and 3d Monday evenings, Wm F Traverso comamnder, John Spaogle adjutant
 C C Thomas Post No 244—Meets in Civic Auditorium every 3d Monday evening; Harmond D Skillen commander, J T Haslinger adjutant
 Advance Post No 266—Meets in Civic Auditorium 2d and 4th Wednesday evenings; Royal S Lavetts commander, Melville Boynton adjutant
 Park-Residio Post No 276—Meets at 727 2d av every Monday evening; John J Hayes commander, Frank Smith adjutant

American Legion Auxiliary

Mrs Elizabeth I Grendell dept sec-treas, 457 City Hall
 San Francisco Auxiliary No 1—Meets in Civic Auditorium 2d Friday afternoon and 4th Friday evening; Mrs Evelyn Wilson pres, Mrs F Estelle Shephard sec
 Golden Gate Auxiliary No 40—Meets in Civic Auditorium 2d and 4th Tuesday evenings; Mrs May Nicholson pres
 George Washington Auxilliary No 114—Meets in Civic Auditorium 4th Monday evening; Mrs Alice Folker pres, Miss Effie Ployher sec
 Advance Auxiliary No 266—Meets in Civic Auditorium 2d and 4th Wednesday evenings; Mrs Harry Gottsfield pres, Mrs Dorothy DeMoro sec



Southern Pacific, Continued

(Continued from page 18)

mentality or pinks, but the real leaders of the reds are intelligent. Recently in Chicago a white woman married to a negro communist was tested by doctors, who declared her not only not mentally deficient but she was exceptionally bright mentally.”

Post 412's files also contain a short and cryptic letter dated October 28, 1936, noting that Comrade Frank Morning would represent Post 412 on an American Legion "Anti-Subversive Activities" committee in San Francisco. During the 1930s, the American Legion's involvement in "anti-subversive activities" in San Francisco took the forms of vigilantism against union strikers, and spying on fellow San Franciscans for the FBI; however, the archives do not detail any of Post 412's specific activities or involvement.

The formal relationships between the FBI and the American Legion lasted from the 1930s until at least 1966. As described in a 1985 article by Athan Theoharis in *Political Science Quarterly*, the FBI's American Legion Contact Program enlisted informants from the ranks of the American Legion, through close collaboration with American Legion leadership and the Legion's Americanism Commission. Theoharis notes "the American Legion Contact Program had been conducted in secrecy, without public or congressional awareness of FBI officials' deci-

sion to encourage spying on American citizens by a private, self-proclaimed patriotic organization." Nonetheless, "by October 1943 approximately 60,000 legionnaires had been contacted for recruitment as informers," and the Contact Program continued in a scaled back but refined manner during the 1950s and 1960s.

According to Theoharis, "While FBI officials received little information of value from their American Legion contacts, the ability to recruit thousands of 'confidential informants' radically expanded the FBI's surveillance of American dissidents." Moreover, "FBI officials...intentionally leaked information from FBI files to Legion publicists and officers as part of a broad-based program to 'educate' public opinion."

Among the Post's archives was a delightful little time capsule: a green metal box filled with memories of a Post and an era gone by. The box contains red Buddy Poppies from 1949, safety pins identified as being "unswallowable," sets of playing cards wrapped in foil or secured in sturdy boxes, and #2 pencils from Southern Pacific engraved with the slogan "Your Friendly Railroad." Also in the box are two 16mm films, one of which is labeled "Picnic 1936," and is no doubt its own little time capsule, awaiting to be opened.

EMMY Winner - A Celebrity Among Us By Nelson Lum

News flash. I have just learned that one of our members, Comrade Charles Paskerian and his lovely wife Dianne, received an Emmy award for their video documentary titled "They Died So We May Live." Throughout the history of our post, there have been many outstanding accomplishments by our members. However, I am willing to bet that winning an Emmy must be the first of such honor. https://www.youtube.com/watch?v=cXWWz5RrkCw&feature=em-share_video_user



- ◇ Do you know what the four pillars of the American Legion are?
- ◇ Can you identify these acronyms to your fellow comrades: NEF, PUFL, FODPAL, ALEI, LEAD, TFA, or SAL?
- ◇ True or False? MyLegion.org is a website for potential veterans to join your post.
- ◇ True or False? I can earn a 4-year undergraduate degree if I attend Legion College.

Do you want to know the answers to these questions?

Go to: <http://www.legion.org/membership/213680/taking-lead-training> & <https://www.legion.org/alei> to find the



**THE AMERICAN LEGION
EXTENSION 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.

The American Legion Extension Institute has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. To register and take the course, visit www.legion.org/alei. The program is divided into six sections, with a quiz at the end of each one, followed by a final exam.

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

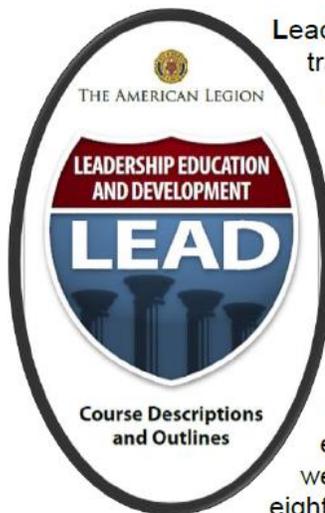
- History & Organization
- Veterans Affairs & Rehabilitation
- National Security
- Americanism
- Children & Youth

Upon successful completion of the final, the graduate will receive a digital certificate of recognition, a lapel/cap pin and completion certificate from the National Commander.

The online course is \$4.95 for members of The American Legion and Sons of The American Legion. The registration fee is \$9.95 for non-members. Payment can be accepted securely and conveniently on the course registration page.

The American Legion
Certificate of Completion
The recipient completes that
JOHN E. LEGIONNAIRE

Leadership, Education And Development Training



Leadership, Education And Development, (L.E.A.D) is a block of training sessions designed to provide professional development for posts, districts and department level members. National staff subject matter experts have developed 25 classes covering a wide range of topics relevant to the operations of The American Legion. Currently the instructors, lesson plans, handouts and training materials are provided at no expense to departments. Departments are only responsible for identifying and providing the training facility and audio visual equipment.

Any combination of 25 offered classes may be selected. If eight hours of instruction is provided, whether over a weekend or to include multiple visits, those who have attended eight hours will receive a LEAD pin representing the training they have received. One classroom is needed for each eight hour session. If department desires a repeat of sessions or selects more than eight hours training, additional classrooms and equipment may be required.

June 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--------------------------|------------------------------------|-----|--|--|--|
| | | | 1 | 2 Post 105 Bingo night volunteer 4:30 | 3 | 4 |
| 5 | 6 | 7 ALWMC Meet- ing, 6:00 p.m. | 8 | 9 Dist. 8 Meet- ing 6:00 p.m. | 10 | 11 Post Meeting 11 am |
| 12 | 13 | 14 Flag Day | 15 | 16 | 17 | 18 |
| 19 Father's Day | 20 Summer Solstice | 21 | 22 | 23 AL Dept. of CA Conven- tion in Fresno | 24 AL Dept. of CA Conven- tion in Fresno | 25 AL Dept. of CA Conven- tion in Fresno |
| 26 AL Dept. of CA Conven- tion in Fresno | 27 | 28 | 29 | 30 | | |

July 2016

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|----------------------------------|----------------------------------|-----|------------------------------------|-----|-----------------------------------|
| | | | | | 1 | 2 |
| 3 | 4 Independence Day | 5 ALWMC Meeting, 6:00 p.m. | 6 | 7 | 8 | 9 Post Meet- ing 11 am |
| 10 | 11 | 12 | 13 | 14 Dist. 8 Meeting 6:00 p.m. | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

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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.

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2014, 2015



2014, 2015



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

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- 1st Vice Commander:** Helen Wong
- 2nd Vice Commander:**
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- Finance Officer:** George Tsang
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