



# CATHAY DISPATCH

Veterans - Sounding Off Since 1931

## ARE YOU SELECTING THE BEST LEADERS FOR CALIFORNIA'S FUTURE? By Clara Pon

### Important Dates:

- Jun 1—Post installation of officers banquet
- Jun 9—11 a.m. Monthly general meeting
- Jun 14—Flag Day
- Jun 17—Father's Day
- Jun 16-23—Boys State
- Jun 21—First day of summer
- Jun 21-24—100<sup>th</sup> Dept. Convention
- Jun 22—GI Bill signed into Law
- Jul 4—Independence Day

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As some of you may have heard or read, Department of California recently held its inaugural department Legion college down in San Diego. National coverage of the department's new college was reported on Legion.org by Henry Howard, Assistant Deputy Director of Media, Marketing & Communications as well as a first-person narrative from Jared Morgan, one of the first graduates of the college. The student composition included blue cap Legionnaires, district/county officers, and a few department officers. All the students left with new thoughts, different ideas, and hopefully, a renewed fervor on how to make The Legion a better organization.

A prerequisite of attending department Legion college was completing Basic Training, the updated version of ALEI (American Legion Extension Institute) course which covers the history of The American Legion, the four pillars, and the major programs it supports. It doesn't matter how many years a Legionnaire has been a member, how many officer positions he/she has held, or even holding the highest position of department commander, there is always something to be learned. Even current Department Commander Robert Heinisch whose schedule didn't permit him to be a student and participate for the full three days, sat in for two days and said he learned quite a bit. No Legionnaire knows everything and must always be open to learn at every opportunity.

A major topic that was discussed every day was leadership. It was taught by four different instructors, touching various aspects of leadership, and all in their own distinct method of instruction. Various thought provoking questions were posed, "What traits does a leader have," "How does one lead in a non-profit organization," or "What images does a leader portray?" Those questions and answers lead into other questions on how we recruit members into The American Legion when there is still a negative image and stereotype of Legion halls.

One of those all too familiar reoccurring stereotypes that we've all heard is... I know the Legion as a place where my grandpa hung out at the bar all day long telling war stories and embellishing tales or where all my dad's war buddies sat at the Legion post smoking and drinking. Unfortunately, that stereotype still exists today and it won't change until people confront the issues and to find ways to change it. However, not all Legion posts with bars or lounges are bad. If operated like a successful business, it will bring in the needed funds for the post to support the many charitable Legion programs out there.

If you are Legionnaire who aspires to be a future leader of the organization, how would you answer the questions that were raised in class? As a Legionnaire, what traits and image would you

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## Future Legion Leaders, Continued

*(Continued from page 1)*

want the future leader of the organization to possess? Would you want to see a member of your leadership inebriated all the time, hanging out at a bar all day long, and can't remember who he/she insulted like the stereotypes of yesteryear? Would you want your leader to be able to have an intelligent conversation with other Legionnaires across the country about The Legion and the various problems it has to deal with? Will your chosen leader represent the best interest of its members and make the right choice for the overall benefit of the organization? The American Legion maybe a non-profit organization, but it still needs to be run like a business. The leaders now and those in the future need to be professional, dedicated, knowledgeable, and respectful to his/her fellow

Legionnaires as well as to all the members of the Legion family.

As candidates campaign and elections are conducted across the department, think long and hard about what traits and images your leaders now and in the future should possess. He or she is the face of your post, your district, and the Department of California and will represent not just the Legionnaires, but the Legion family here locally and across the country. So, don't be afraid to ask the hard questions of your future leaders as they campaign throughout the year, up and down the state. Don't let the free hospitality events sway or influence your vote. Make sure he or she is the most qualified, well spoken, effective communicator, and knowledgeable Legionnaire to best lead the organization into and beyond the centennial anniversary.

### **Congratulations to the 2018-19 Cathay Post & CAWVA Officers**

#### **2018-19 Cathay Post officers:**

Commander—Nelson Lum  
 1<sup>st</sup> Vice Commander—Helen Wong  
 2<sup>nd</sup> Vice Commander—Charles Paskerian  
 Adjutant—Ernie Stanton  
 Finance Officer—George Tsang  
 Judge Advocate—Stan Ellexson  
 Sergeant-at-Arms—CJ Reeves  
 Chaplain—Richard Ow  
 Service Officer—David Wong  
 Historian—Roger Dong  
 Quartermaster—Ed Wong  
 War Memorial Commission Delegate—Open



#### **2018-19 CAWVA officers:**

Nelson Lum—Ex officio  
 Roger Dong—Elected  
 Chuck Paskerian—Elected  
 Helen Wong—Elected  
 David Wong—Elected

**JUNE 14—FLAG DAY**

## **OLD GLORY**

I am the flag of the United States of America.  
My name is Old Glory.  
I fly atop the world's tallest buildings.  
I stand watch in America's halls of justice.  
I fly majestically over great institutes of learning.  
I stand guard with the greatest military power in the world.  
Look up and see me.  
I stand for peace, honor, truth, and justice.  
I stand for freedom. I am confident.  
I am arrogant. I am proud.  
When I am flown with my fellow banners,  
My head is a little higher,  
My colors a little truer.  
I bow to no one.  
I am recognized all over the world.  
I am worshipped. I am saluted. I am respected.  
I am revered. I am loved and I am feared.  
I have fought every battle of every war for more than 200 years:  
Gettysburg, Shiloh, Appomattox, San Juan Hill, the trenches  
of France, the Argonne Forest, Anzio, Rome, the beaches of Normandy, Guam, Okinawa,  
Japan, Korea, Vietnam, in the Persian Gulf and a score of places long forgotten by all  
but those who were there with me.  
I was there.  
I led my sailors and Marines.  
I followed them and watched over them. They loved me.  
I was on a small hill in Iwo Jima.  
I was dirty, battle-worn and tired, but my Marines and sailors cheered me.  
And I was proud.  
I was at ground zero in New York City on September 11<sup>th</sup> as cowardly fanatics  
attacked America.  
I was raised from the ashes of once proud buildings by brave firefighters. Heroes, who risked  
their lives to save others, showing all that America, although bloodied, will never  
be beaten.  
Those who would destroy me cannot win, for I am the symbol of freedom, of one nation  
under God, indivisible with liberty and justice for all.  
I have been soiled, burned, torn, and trampled on the streets of  
countries that I have helped set free.  
It does not hurt for I have been soiled, burned, torn, and trampled on the streets of my  
country. And when it is by those with whom I have served with in battle, it hurts.  
But I shall overcome for I am strong.  
I have slipped the bonds of Earth and from my vantage point on the moon,  
I stand watch over the unchartered new frontiers of space.  
I have been a silent witness to all of America's finest hours.  
But my finest hour comes when I am torn into strips to  
be used as bandages for my wounded comrades on the field of battle,  
when I fly at half mast to honor my soldiers;  
And when I lie in the trembling arms of a grieving  
mother at the graveside of her fallen son or daughter.  
I am proud.  
My name is *Old Glory*.  
Long may I wave, dear God, long may I wave.

*Note: This is not the original version, but an "updated and modified" version to include our most recent wars and events at home. I hope this version strikes the same chord as the original. This poem was taken from <http://www.goatlocker.org/retire/oldglory1.htm>.*

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## DEPARTMENT OF CA 100<sup>TH</sup> ANNIVERSARY COIN

**C**alifornia Legionnaires, come pick up your Department of CA 100<sup>th</sup> anniversary coin at convention. If you haven't bought a coin or two yet, come by the table. The purchase of the centennial coin is a fundraiser where proceeds will go towards our American Legion veteran service officers program.

We will have certain numbered coins already ordered and engraved. There will be a table set up at convention beginning Thursday, June 21. The times will be announced when confirmed. You will also be able to pick up and buy additional coins at the table. 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 or already 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 each.

We encourage and hope that posts and districts hold an auction to cover the costs of the coin purchase to raise funds for the post or district. Please talk to your districts and posts about purchasing your respective district and or post coins.

Non-numbered coins are \$20.00. These are great for trading with other departments at the national convention.

Non-assigned post numbered coins are \$30.00 ranging from 0001-1000, if not already reserved.

If you placed your order already and will be at the convention, please stop by the table to pick up your coins. Thank you for helping raise funds for our Legion veteran service officer program.

Janice  
Ways and Means Commission Chair 2017-2018  
[janicesomers@charter.net](mailto:janicesomers@charter.net)  
(805) 234.5547



## COMMANDER NELSON LUM

Let me take this opportunity to express my sincere appreciation for you, the members, vote of confidence by electing me as your commander for the fourth term. While most of the daunting tasks to renovate our headquarters building have been accomplished, there remains many "minor" items that will exist till eternity, and our future leaders and members will have to bear those burdens. As I have indicated to most of our members, this will most likely be my last year as your commander. Our post needs new leadership to continue its mission into the future.

Congratulations to all the newly elected officers, thank you all for stepping up and be an important and integral part of our post. I will be announcing the names of the appointed officers before the installation dinner, so you will be installed at the same time. As you assume your duties, please let the executive board know what, if anything you may want to dedicate your efforts toward. Please keep in mind the activities must fall within the realms of the four pillars of The American Legion.

There are many events that will take place toward the end of May.

The first phase of the WWI Centennial Commemoration has begun. There are currently eight huge banners which depict events of WWI from its inception to its end being displayed in the lobby of the San Francisco War Memorial Veterans Building (SFWMVB). Between now and Armistice Day (November 11, 2018), I strongly advise for all of you and your friends to stop by the SFWMVB lobby during business hours (including weekends) and spend some time to study these very informative banners. I can assure you that you will not be disappointed.

In and around mid-June, in addition to the banners, video monitors will be installed that will showcase significant events that took place during WWI. A major commemoration will take place on Armistice Day at the SFWMVB to honor the sacrifices of those who served. As most of you know, the SFWMVB was built to honor the WWI veterans with The American Legion as one of three beneficiaries.

On May 27, 2018, at 11:30 a.m. our judge advocate Stan Ellexson will once again be the master of ceremony at the USS San Francisco memorial ceremony located at

Lands End. You are all encouraged to attend this moving ceremony and to remember those who gave the ultimate sacrifice for our country. Note: please dress warm as the weather is always unpredictable.

At 3:00 p.m. on the same day, a commemoration of the Chinese American soldiers from California who paid the ultimate sacrifice during WWI and WWII will be held at Saint Mary's Square. This is a joint ceremony between Cathay Post 384 and VFW 91<sup>st</sup> Div/ Chinatown Post 4618.

On May 28, 2018, the Memorial Day ceremony will be held at the San Francisco National Cemetery Presidio. Cathay Post 384 members will meet at 10:30 A.M. at the parade ground to march into the cemetery.

Our 87<sup>th</sup> anniversary installation banquet will take place on Friday June 1, 2018. As usual, we will be honoring the first responders, award scholarships, and swear in the newly elected post officers. The dinner will be held at the New Asia Restaurant, 772 Pacific Avenue. Please be at the restaurant no later than 6:00 p.m. to allow the program to proceed on time.

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Nelson Lum

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(415) 797-7384

Cathay Post Member  
since: 2005

Branch: Army

Final Rank: SPC

*"A major commemoration will take place on Armistice Day at the SFWMVB to honor the sacrifices of those who served."*



**Helen Wong**

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al.net

(415) 797-7384

Cathay Post Member  
since: 1990

Branch: Army

Final Rank: Lt. Col.

*“We need to honor and remember our heroes, our family members, and our friends in the way that makes sense and has meaning to you.”*

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



Above: Golden Gate Nat'l Cemetery, San Bruno  
Below: USS San Francisco ceremony, Lands End

Honor and remember matters! As we move forward past all the Memorial Day services in the month of May, let us not forget the sacrifices of our military members living or dead throughout the year and not just the one weekend or the one Monday to be observed marked by a federal holiday. We need to honor and remember our heroes, our family members, and our friends in the way that makes sense and has meaning to you.

Whether you went to the national cemeteries and placed flags at the gravesites, or attended the USS San Francisco Memorial Day ceremony such as I did along with 2<sup>nd</sup> Vice Commander Aaron Low and Sergeant-at-Arms Ernie Stanton, or the Memorial service at St. Mary's Square remembering the WWI and WWII Chinese Veterans from California who died serving our country, or the Memorial Day services at Presidio of SF National Cemetery or Golden Gate National Cemetery, the point is to continue to remember our fellow veterans.



Above: SF Nat'l Cemetery Presidio  
Below: St. Mary's Square remembrance.



Another way to honor and remember those who were our post forefathers is to read the history of what went on before us. In our post archives, there are past copies of the *Cathay Chronicle* newsletters. We can learn a lot about what went on in the post as most of our present members were not old enough to be eligible for membership so would not know the officers in charge at that time! The newsletter was bilingual, printed in both Chinese and English.

Here is a sample of what went on 63 years ago in May/June 1955. It is interesting to note that the tradition of holding an anniversary banquet continues on to this present time. There was an Auxiliary who also participated in all activities at the Post. I wish I had known some of the past officers

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## 2<sup>nd</sup> VICE COMMANDER Charles Paskerian

This will be my first article for the monthly newsletter as Cathay Post's newly elected 2<sup>nd</sup> vice commander and here is my brief bio.

I have been a member of The American Legion for seven (7) years and transferred my membership to Cathay Post from Newport Harbor Post 291. I became an active member of the post immediately by attending monthly meetings, participating in local and community events and parades, and now by being part of the post leadership.

I served in the U.S. Air Force Intelligence Service in Air during the Korean War from 1953-1957 and then in active reserves for another four (4) years. I was trained as a Flying Officer, plus Electronic Countermeasures, and Missiles Control. I flew over Korea during offensives and sorte missions advising U.S. Air Force Combat & Support Commands where to send bombers, fighters, to support active South Korean landings and battles by U.S. Army and U.S. Marines troops. My final rank when I left the service was a Major in the U.S.A.F.

Every Memorial Day weekend for the past 67 years, both American Legion Cathay Post 384 and Veterans of Foreign Wars, 91<sup>st</sup> Division/Chinatown Post 4618, hold a joint community memorial service to honor 85 fallen heroes from California at St. Mary's Square. The war memorial in St. Mary's Square is a plaque dedicated to the Chinese Americans who were killed while serving in the military in WWI and WWII.

On Memorial Day, May 30, 1951, the initial formal dedication of a memorial plaque was a huge San Francisco celebration with planned addresses given by General Albert C. Wedemeyer, Commander of the 6<sup>th</sup> Army and by the Honorable Elmer E. Robinson, the City's mayor. Three years later on Memorial Day 1954, the bronze version of the memorial plaque was completed and rededicated.

Recently, through a great deal of effort by a committee headed by Nestor Tom, member of VFW 91<sup>st</sup> Division/Chinatown Post 4618 as well as American Legion Cathay Post 384, the memorial has been, and is being updated through considerable expense by the two posts, as

well as a matching grant from the Pritzker Military Museum & Library. Comrade Tom deserves a lot of credit for his diligent work on this project. Thank you, Nestor!

The memorial service to honor these men was held on Sunday, May 27, 2018, at 3PM. It was a wonderful Service, and I hope most of you were there. It is important to update this 67-year-old bronze plaque to respect and honor our Chinese American Veterans. The VFW Chinatown Post #4618 and the American Legion Cathay Post 384 alternate the planning and command of this honor each year. This year, the VFW post was in charge. It is hard to see in the picture below, but the plaque is in serious need of repair.



It must be remembered that the Chinese Exclusion Act, was

*(Continued on page 8)*



Charles Paskerian

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Cathay Post member since: 2011

Branch: USAF

Final Rank: Major

*“The war memorial in St. Mary's Square is a plaque dedicated to the Chinese Americans who were killed while serving in the military in WWI and WWII.”*



DEPARTMENT OF CALIFORNIA  
100<sup>th</sup> ANNUAL CONVENTION INFORMATION  
**UPDATED** 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 & District Adjutant**. Use the "SUBMIT" button on each form to ensure the form is delivered to the correct location.

Contact your **District Commander or Adjutant** if you need assistance.

MANDATED FORMS	TO BE COMPLETED BY	RETURN ELECTRONICALLY TO	DUE
<a href="#">Annual Post Data Report</a>	Post Adjutant/ Commander	Dept HQ /will forward to National	<b>APRIL 15</b>
<a href="#">Certification of Post Officers</a>	Post Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 8</b>
<a href="#">Certification of District Officers</a>	District Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">Consolidated Post Report</a>	Post Adjutant/ Commander	Dept HQ /will forward to National	<b>JUNE 11</b>
<a href="#">Certification of Delegates/ Alternates</a>	Post Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">Notification Post/Squadron Commanders</a>	Post Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">District Reps to Standing Committees</a>	District Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">Registration Secretary Appointment Form</a>	District Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">National Convention Delegates/ Alternates</a>	District Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>JUNE 11</b>
<a href="#">Certification of Post Books (2018-2019)</a>	Post Adjutant/ Commander	<b>Dept HQ/District Adjutant</b>	<b>NOV 15</b>

**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

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## DEPARTMENT OF CA BYLAWS, CONTINUED

*(Continued from page 9)*

shall vote by roll call vote the same number of votes as each Post may vote at the next following Department 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.

### **Department of California—Delegate**

(refer to Department website: [www.calegion.org](http://www.calegion.org) for delegate table)

Each Post being entitled to two (2) delegates and two (2) alternates and one (1) additional delegates and one (1) alternate for each fifty (50) members or major fraction thereof paid up forty-five (45) days prior to the date of the opening of the Department Convention. The vote of each Post registering at the Convention shall be equal to the total number of delegates to which the Post is entitled.

### **Constitutional Delegates: ARTICLE IX , Section 5.**

All past Department Commanders, past Department Adjutants, members of the Department Executive Committee and all incumbent elected Department Officers who attend and register as such, shall be Delegates to the Department Convention with voice and vote. Convention registration fees for such Delegate shall be waived by the Department.



**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 a completion certificate signed by the department 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 - 5411 Luce Ave., McClellan Park, CA**  
**12 noon - 4 p.m. in the Overlook Room**

This newly released national Basic Training course is being taught by a national Legion College graduate, *Ken George*.

Register via email now to reserve your seat to: [kgdistrict29cmdr@gmail.com](mailto:kgdistrict29cmdr@gmail.com).  
 Subject Line: **Convention Basic training class RSVP.**

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.

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THE AMERICAN LEGION DEPARTMENT OF CALIFORNIA  
100<sup>th</sup> 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](mailto:dottie@rdysetgo.com)

For Department Executive Committee Officers, Contact Veronica  
559-875-8387  
[veronica@calegion.org](mailto:veronica@calegion.org)

For Convention Hotel Housing, Contact Wendy O'Brien  
916-971-1805  
[johnsjammers@att.net](mailto:johnsjammers@att.net)

## 2018-19 Cathay Post Officer Installation & First Responders Awards Banquet

By Nelson Lum



Officer David Cheng and fellow Central Station police officers with Ms. Yup and Commander Lum.

It was a beautiful day and unusually warm for San Francisco. The exceptionally heavy Friday evening traffic created concerns for the planners of the 87<sup>th</sup> anniversary and 15<sup>th</sup> First Responders award banquet. While the program was scheduled to begin at 6:30 p.m., the restaurant was less than half full when the clock reached the time of the carefully planned scheduled. The good news was seeing the large crowd that had arrived and waiting to be checked in at the front door.

It was a bit past 7:00 p.m. when the program got started and the master of ceremony, Ms. Alexis Yup, the 2018 winner of Miss Asian San Francisco and Miss Asian Second Princess impressed the crowd with her flawless delivery and professional demeanor. The fact that she is a beautiful young woman only enhanced her performance. Comrade Larry Leonardo, candidate for 2018-19 Department of California Commander, was on hand to swear in the newly elected officers of American Legion Cathay Post 384.

A delicious nine course dinner was served that was followed by the presentation of awards. First Vice Commander Helen Wong presented

the scholarship awards to JROTC cadets Anna Seth of Burton High School and Lauren Wong of George Washington High School.

The First Responders awards were presented by newly elected 2<sup>nd</sup> Vice Commander Charles Paskerian. The recipients of the police officer awards were Officer David Cheng from Central Police Station and Sergeant Rich Jue from Taraval Police Station. A note of interest is that Officer David Cheng is a veteran who served with the Coast Guard. There is no doubt that both Legion Posts 456 and 384 will be competing for his membership in the Legion. The recipient of the Firefighter of the Year award was none other than Assistant Deputy Chief Anthony Rivera, a member of Cathay Post.

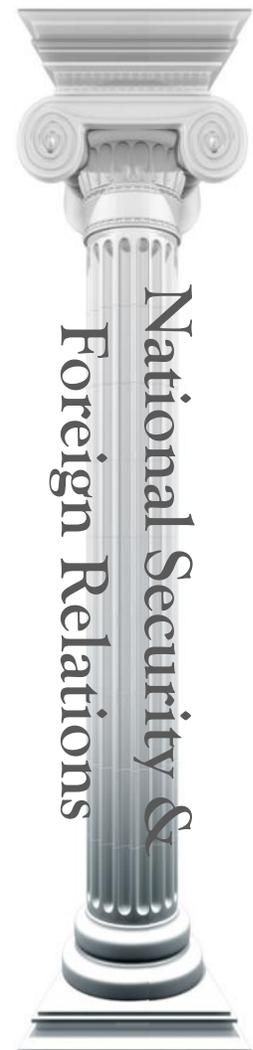


Commander Lum (L), Anthony Rivera (center) accepting award presented by Vice Commander Paskerian (R).

A special recognition was given to 1<sup>st</sup> Vice Commander Helen Wong for the herculean effort she put forth to manage the successful fundraiser.

From my point of view, the entire evening was fun and well managed. A special thank you goes to Finance Officer George Tsang who worked tirelessly in planning and executing the event. Newly elected Adjutant

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### Awards Banquet, Continued

*(Continued from page 13)*

Ernie Stanton and Director Aaron Low put together a 50/50 raffle that netted over \$1,200 for the post as well as one very happy winner, Ms. Liane Corrales. All and all, a job well done. The 88<sup>th</sup> anniversary is just around the corner from the planning perspective. We look forward to seeing you again next year.



Top: SFFD Veteran Firefighters Assoc. members  
Center: Lauren Wong—Washington H.S. JROTC Scholastic scholarship recipient.  
Bottom right: Anna Seth—Burton H.S. NJROTC Athletic scholarship recipient.  
Left: SFP Sgt. R. Jue accepting his award.  
Bottom left: 2<sup>nd</sup> VC Helen Wong accepting her special recognition award.



### Extraordinary Award Presented to Commander Lum

By Roger Dong

On Saturday, May 12, 2018, Cathay Post awarded Commander Nelson Lum with the special Extraordinary Commander award to honor and recognize the many years of service to the post. More precisely, dedicated countless hours and dedication to initiate and complete the remodeling and rejuvenation of our post headquarters at 1524 Powell Street, San Francisco.

Commander Lum utilized his extensive skills, time, and attention to detail to make our post headquarters “Great.” Our newly remodeled building will be enjoyed by our post members and visitors for many years into the future. Post Historian Roger Dong presented the American Legion Marble Award to Commander Lum.



## Should Concealed-Carry Reciprocity be Enacted by Congress? By Nelson Lum

In the May issue of *The American Legion*, a monthly publication of The American Legion, the subject of conceal-carry reciprocity between states was featured and the pros and cons of this issue were argued by Congressional Representatives Richard Hudson and Val Demings respectively.

This issue is of interest to me since I have careered in law enforcement and have been at the leading edge of such issue. Should this bill passed, it will authorize all conceal-carry licensees to travel across any state borders while carrying their weapons concealed without being subjected to local restrictions. The supporters of this bill cite the 2nd Amendment for granting them the right to such action. Those opposed cite the lawlessness that this bill may cause, along with difficulties confronting local law enforcement authorities to deal with such unpredictable phenomenon if this bill is enacted.

So, instead of trying to base the justification of reciprocity on 2<sup>nd</sup> Amendment grounds which will ultimately be looked at and decided by our Supreme Court as to its constitutionality, let's try to look at it from the stand point of potential gains vs. losses for the citizenry. Those licensees feel they only need to satisfy their local law enforcement jurisdiction to qualify them to carry weapons concealed upon their person or belongings anywhere in our country and will allow them the means to defend themselves as well as members of their family. They also feel very strongly that they will be an asset in unexpected situations where their weapons may save the day.

The opponents of such bill argue that if this bill is passed, it will diminish

local control of who may carry conceal weapons along with placing local law enforcement personnel in a very precarious position of not knowing who may be armed. Imagine if you are an officer of the law responding to a situation where someone has been shot, and you see someone with a gun that you have no way of knowing if that person is a "good guy" or the suspect.

Most law enforcement personnel have been trained how to react to uniformed personnel if they are involved in an off-duty situation where they have exhibited their weapon. Do most licensees who are authorized to carry concealed been trained how to react in such situation? In jurisdictions that have restrictive carry concealed laws, the officers in that jurisdiction would not normally expect to see anyone with a firearm other than the "bad guys." Situations as these call for split second decisions by law enforcement officers and tragic results can happen needlessly.

As a firearms instructor for law enforcement officers, I have always been in favor of training and more training. A licensed carry conceal citizen from different jurisdictions may or may not have any required training that is standard in our jurisdiction. His/her reaction to how we deal with situations involving firearms may cause more harm than good if our jurisdiction is not given the right to check on his/her standards of qualification.

While there are merited arguments both pro and con on this bill, I for one am not in favor of such legislation. Feel free to express your opinion regarding this issue by submitting an article to our editor.



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### Asian American Pacific Islanders Heritage Celebration

By Helen Wong



Top: Helen Wong and Roger Dong.  
Right: W.T. Jeanpierre and Roger Dong.  
Photos courtesy of Helen Wong.

Three members of Cathay Post 384 attended the annual Asian American Pacific Islanders (AAPI) Heritage Month Celebration on May 23, 2018 on Coast Guard Island in Alameda. Coordinated by Post Historian Roger Dong who brought the strawberry sheet cake, 1<sup>st</sup> Vice Commander Helen Wong brought American Legion literature and some old historical photos and articles about the post. Executive Board member W.T.



Jeanpierre was also in attendance to help serve the main attraction of cake to all the attendees of this AAPI celebration. It was a delicious hit!

### First deployment of F-35 fighter jet in combat, but not by our U.S.A.F.

By Roger Dong

After more than two decades of research, development, test, and evaluation (RDT&E), the F-35 flew in combat in the Middle East not by our own Air Force pilots but flown by Israeli fighter pilots. Called the F-35, "Adir" in the Israeli Air Force, the most advanced "Stealth" fighter in the world, struck two different ground targets. The Israeli's ordered 50 (fifty) F-35 fighters, each priced at \$100+ million, with the total package cost, including spare parts and special services of \$38 billion from Lockheed Martin.

The F-35, after overcoming many expected and unexpected prob-

lems in development and testing, is known for its stealth capabilities, supersonic speed, extreme agility, and very advanced sensor fusion technology.



Lockheed Martin F-35 Lightning.  
Courtesy Wikipedia.

Our U.S.A.F. accepted its first F-35 in August 2016, but to-date has not been used in combat. Our Air Force really needs to learn how capable this new system is against the advanced enemy fighters and whether our cloaking (stealth) technology is

effective against the most advanced air defense systems.

The China Electronics Technology Group Corporation has boasted that they are developing "quantum radars," that are not susceptible to "stealth" technology as they understand our cloaking techniques. If true, we will have wasted huge expenses in our "stealthiness." Along with Canada, Germany, and England, the U.S. are all conducting research quantum radar technology. In the U.S., our Defense Advanced Research Projects Agency (DARPA) has been

*(Continued on page 20)*



## Vital Importance of Sleep by Roger Dong

*A few months ago, we published an article on the importance of getting a good night's sleep. Reportedly, 80% of the American population do not get enough sleep. For the 200 million citizens who are still not sleeping well, here are many good reasons to make sure you get enough sleep and rest every night.*

### Many Reasons Why Good Sleep Is Important

#### 1. Poor Sleep Can Make You Fat

Poor sleep is strongly linked to weight gain. People with short sleep duration tend to weigh significantly more than those who sleep well.

If you are trying to lose weight, getting quality sleep is absolutely crucial.

#### Bottom Line:

Short sleep duration is associated with a drastically increased risk of weight gain and obesity, in both children and adults.

#### 2. Good Sleepers Tend to Eat Less

Studies show that sleep deprived individuals have a bigger appetite and tend to eat more.

#### Bottom Line:

Poor sleep affects hormones that regulate appetite. Those who get adequate sleep tend to eat fewer calories than those who don't.

#### 3. Good Sleep Can Improve Concentration and Productivity

Sleep is important for proper brain function. This includes cognition, concentration, productivity, and performance.

Good sleep, on the other hand, has been shown to improve problem solving skills and enhance memory performance of both children and adults.

#### Bottom Line:

Good sleep can maximize problem solving skills and enhance memory. Poor sleep has been shown to impair brain function.

#### 4. Good Sleep Can Maximize Athletic Performance

Sleep can enhance athletic performance.

#### Bottom Line:

Longer sleep has been shown to improve many aspects of athletic and physical performance.

#### 5. Poor Sleepers Have a Greater Risk of Heart Disease and Stroke

We know that sleep quality and duration can have a major effect on many risk factors.

#### Bottom Line:

Sleeping less than 7-8 hours per night is linked to an increased risk of heart disease and stroke.

#### 6. Sleep Affects Glucose Metabolism and Type 2 Diabetes Risk

Experimental sleep restriction affects blood sugar and reduces insulin sensitivity.

Those sleeping less than 6 hours per night have repeatedly been shown to be at increased risk for type 2 diabetes.

#### 7. Poor Sleep Is Linked to Mental Depression

Mental health issues, such as depression, are strongly linked to poor sleep quality and sleeping disorders.

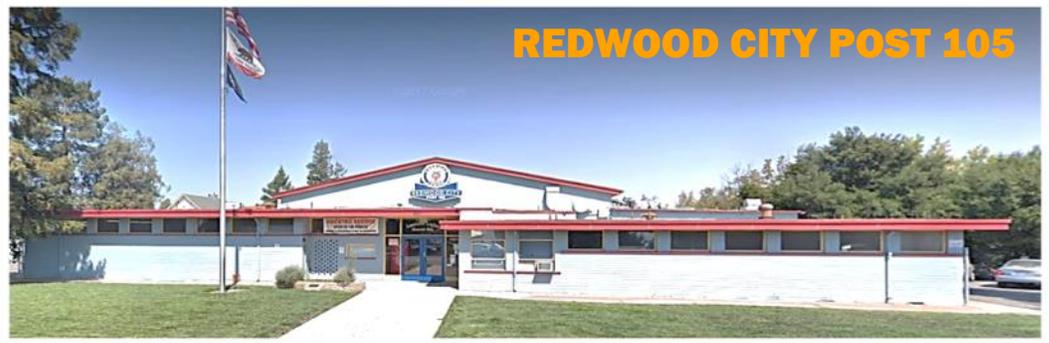
#### Bottom Line:

Poor sleeping patterns are strongly linked to depression, particularly for those with a sleeping disorder.

#### 8. Sleep Improves Your Immune Function

*(Continued on page 20)*





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## Sleep, Continued

(Continued from page 18)

Even a small loss of sleep has been shown to impair immune function.

If you often get frequent colds, ensuring that you get at least 8 hours of sleep per night could be very helpful. Eating more garlic can help too.

### Bottom Line:

Getting at least 8 hours of sleep can improve immune function and help fight the illnesses like the common cold.

### 9. Poor Sleep Is Linked to Increased Inflammation

Sleep can have a major effect on inflammation in the body. In fact, sleep loss is known to activate undesirable markers of inflammation and cell damage.

### Bottom Line:

Sleep affects the body's inflammatory responses. Poor sleep is strongly linked to inflammatory bowel diseases

and can increase the risk of disease recurrence.

### 10. Sleep Affects Emotions and Social Interactions

Sleep loss reduces our ability to interact socially. Researchers believe that poor sleep affects our ability to recognize important social cues and process emotional information.

### Take Home Message:

Along with nutrition and exercise, good sleep is one of the pillars of health. You simply can not achieve optimal health without taking care of your sleep.

Sources and related material:

<https://www.nhlbi.nih.gov/node/4605>

<https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

<http://www.health.com/health/gallery/0,,20459221,00.html>

## F-35 Stealth Fighter, Continued

(Continued from page 17)

funded to study and develop quantum radars, too.

Quantum radars are being developed to detect stealth aircraft, and also be resistant to radar interference (jamming). Scientists believe that the successful development of quantum radars will reveal what an aircraft is made of, and even what it is carrying.

Western scientists are quite skeptical and believe that "quantum radars" are still in laboratory mode and very difficult to build and test within a laboratory environment. This conclusion is probably not based on real knowledge of its status in China, but a logical

deduction and assumption that such a sophisticated system could be built and tested in such a short time.

Sources and related media:

<https://www.cnn.com/2018/05/22/politics/f-35-fighter-jet-combat-israel/index.html>

f-35 us joint strike fighter jet profile orig \_00010105

F-35 Adir (and F-16) of Israel Defense Forces

<http://www.aereo.jor.br/2017/11/04/caca-f-35i-adir-de-israel-iniciara-operacoes-completas-em-dezembro/>

"The Quantum Gap with China," *Foreign Policy*, November 18, 2017





## AI—Not taking over all our jobs! by Roger Dong

In the previous Cathay Dispatch, we reported that AI (artificial intelligence) running machines were going to cost millions of jobs. But a few companies have already begun to prove us wrong. Rather than just fire everyone on the assembly line, a few companies got creative and created new jobs in the same factories. In Ansbach, Germany, research and analysis revealed that some dangerous jobs, or jobs requiring a lot of strength, now done by humans, would be converted to machines (robots), but some of the humans who lost their jobs, were re-trained to oversee, supervise, and maintain the robots.

Well designed robots not only can handle superhot metal pieces and heavy parts without injury, these machines could do it faster and safer, without coffee breaks or lunch breaks. Robots could also work round the clock, and did not need maternity/paternity leave. They are never an human resource problem. Today's automated company can benefit from more productivity and also fewer in-factory injuries that cost time, money and production. This creative solution is good for Man, good for companies, and made robots really happy :-). The creativity of some human minds have inspired many more companies to analyze their operations to figure out the best blend of man and machine partnership.

The big business issue today is to figure out which industries provided the most opportunities to automate and benefit the employer and employee, and is more efficient and more profitable.

The first principle discovered was to automate repetitive and precision tasks that are best performed by "Robby the Robot." Bright human minds would be assigned to problem

solving duties, requiring imagination and experience, Robby has not yet learned. Some of these smart shops have trained human staffs to handle the monitoring of the production of the machines/robots.

In the service sector, timetable spreadsheet work is easily automated, leaving humans to perform higher value tasks. Work that requires multiple senses, such as touch and depth perception are still best performed by normal human beings.

In the automobile industry, *BMW AB* in South Carolina uses people to deal with functions requiring judgment and/or quality control. Some jobs requiring strength are best for "Robby the Robot," but the trained human eyes are best to conduct final quality checks. Smart division of labor has increased the speed of production in these plants.

At *Tesla*, most of their automobile assembly, involving welding, painting and body work are all mechanized, but in the final assembly phase, it utilizes a well-trained human technician. It should be noted that many assembly line worker are not be capable to perform final assembly quality control of complex products like an electric vehicle. That means that the people losing simple assembly jobs may not be capable of performing the higher level machine management positions.

One service industry financial institution, the *Asian Development Bank* has identified that 800,000 low tech service jobs were eliminated over the last decade, but 3.5 million higher skill level jobs were created, according to a 2017 study by Deloitte Touche.

In Germany, automation has increased

(Continued on page 22)

## Robots, Continued

(Continued from page 21)

the productivity in many companies and these companies are much more competitive with higher quality products at lower prices.

Another German firm, *Electrolux AB*, a builder of washing machines and similar devices, reports that machines have freed their technical staffs to spend more time on creative tasks that are "impossible" to automate (at this time). People who work well with their hands are still needed in most factory operations.

For all automated factories, it is believed that most business models would fail if not for the implementa-

tion of intelligent machines. But it is generally accepted that humans are needed to make sure that when the machines breakdown, there must be humans to fix or replace the robots.

However, I hear that machines are being built to monitor and anticipate machine breakdowns, and apply fixes or replacement parts before a machine fails.

Who is going to make a robot to check the robots that check the robots? That's the job for a very smart human being!

Sources: Big Companies Fine Tune the Robot Revolution, WSJ, 180515, p. A1, A8.



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## June 2018

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Post installation gala 6:30 p.m.	2
3	4	5 ALWMC Meeting, 6:00 pm	6	7	8	9 Post Meeting 11 am
10	11	12	13	14 <b>Flag Day</b> Dist. 8 Meeting 6:00 pm	15	16 Boys State, CSU, Sac.
17 Boys State, CSU, Sac. <b>Father's Day</b>	18 Boys State, CSU, Sac.	19 Boys State, CSU, Sac.	20 Boys State, CSU, Sac.	21 100 <sup>th</sup> Dept. convention <b>Summer Solstice</b>	22 Boys State, CSU, Sac. & 100 <sup>th</sup> Dept. convention	23 Boys State, CSU, Sac. & 100 <sup>th</sup> Dept. convention
24 100 <sup>th</sup> Dept. convention	25	26	27	28	29	30

## July 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 ALWMC Meeting, 6:00 pm	4 <b>Independence Day</b>	5	6	7
8	9	10	11	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
29	30	31				

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**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**

**2018-2019 Officers**

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**1st Vice Commander:** Helen Wong

**2nd Vice Commander:**  
Charles Paskerian

**Adjutant:** Ernie Stanton

**Finance Officer:** George Tsang

**Historian:** Roger Dong

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