



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

CELEBRATING 100 YEARS FROM THE BEGINNING

By Clara Pon

Important Dates:

- Sep 3—Labor Day
- Sep 8—11 a.m. Monthly general meeting
- Sep 11—Patriot Day
- Sep 21—POW/MIA Recognition Day
- Sep 23—First day of autumn
- Sep 30—Preserving Elegance, fashion show fundraiser
- Oct 2-8—Fleet Week
- Oct 8—Columbus Day



The 2018 American Legion centennial convention opening entertainment began with actors portraying Theodore Roosevelt Jr. and other founding members of The American Legion in Minneapolis, Minnesota on August 28. The live entertainers dressed in World War I era clothing were complimented with old movie clips played on the big screen of soldiers and equipment used in the great war, women suffrage, and of the first American Legion convention. It was very well done. Theodore Roosevelt Jr. did an outstanding job of narrating and throughout the nearly 30 minutes of the documentary musical, it left many going down memory lane of their own experiences, stirring up emotions, eliciting a strong sense of patriotism, and made one proud to be a Legionnaire.

For those of us that are part of the Legion family and not a Legionnaire, watching the performance caused many similar feelings and emotions. I certainly felt a resurgence in the cause and being a member of the Legion family.



If you haven't seen it yet, I strongly recommend it. You'll be glad you did. It is available on YouTube and begins about 10 minutes after the introductions.

www.youtube.com/watch?time_continue=673&v=1mndlak2X1Y

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CELEBRATING OUR LEGACY—Team 100 By Clara Pon



“My theme for the year is 'Celebrating Our Legacy,' but, it’s more than that. It’s also about charting the course for our future and remaining strong and relevant. Strength my friends, is paramount” said Brett Reistad¹ who was recently elected as the national commander of The American Legion at the 100th national convention in Minneapolis, MN, where the first convention took place in 1919.

To maintain that strength, Reistad said, “means maintaining a strong membership and working together.”² As the department commander from

2005 to 2006, The American Legion Department of Virginia reached an all-time membership high under his leadership.

“That is why I have chosen ‘Team 100’ to be our centennial membership theme - to bring all our resources to bear, increase our membership and start our second century of service off on the right foot,” he said. “You, my fellow Legionnaires are ‘Team 100,’ and I need your commitment to achieve this success, just as you once committed yourself to serving your country.”³

Increasing membership isn’t about collecting more money from dues. It’s more vital and important than that. A large membership means a large voice on Capitol Hill that brings forth legislation that focuses on protecting and increasing veteran rights and benefits as well as bringing awareness to new benefits and rights that are specific to our veterans serving now that weren’t relevant a few decades ago. So, if we continue to focus and increase membership, our voice gets larger and louder when the national commander testifies to the joint congressional Veteran Affairs Committee every year in February in Washington D.C.

Both the Senate and House of Representatives hear the loud voices of the

over 1.7 million members of The American Legion. Recent legislation that passed include the Harry W. Colmery Educational Assistance Act of 2017, also known as the “Forever GI Bill.” President Trump also signed into law on the stage of the 99th American Legion national convention in Reno last year the Veterans Appeals Improvement and Modernization Act of 2017. These are only two of the many major bills that Legion members helped formulate and lobbied for to their local senators and representatives. Can you imagine how much more Congress will do if 1.7 million members becomes 2 million members?

Many United State presidents and vice presidents over the years have spoken to the assembled members at convention. This year was no different. During the final day of convention on Thursday, Vice President Mike Pence addressed the members. He made mention the efforts that the administration has worked hard to improve the VA, noting there were \$55 million in retroactive benefits paid out to veterans and it was due to the work and advocacy of The American Legion. He also said, “Throughout your storied history, you have advocated for veterans at the highest levels of our government, and your work over the past

(Continued on page 8)

Preserving Elegance

*Preserving Elegance (Part 3):
This will be a Fashion Show to Remember*

Presented by: American Legion Cathay Post 384,
Department of California

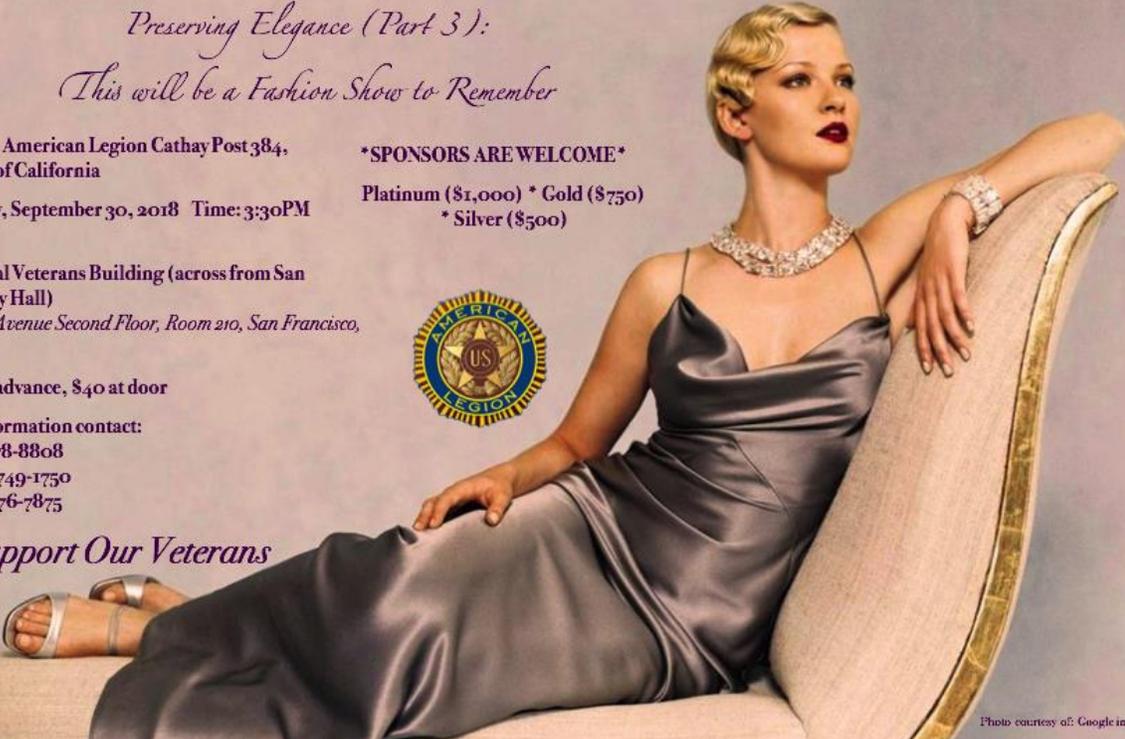
Date: Sunday, September 30, 2018 Time: 3:30PM

Location:
War Memorial Veterans Building (across from San
Francisco City Hall)
401 Van Ness Avenue Second Floor, Room 210, San Francisco,
CA 94102

Tickets: \$30 advance, \$40 at door

For more information contact:
Pierre-415-678-8808
Charles, 415-749-1750
Helen, 650-576-7875

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* Silver (\$500)



Support Our Veterans

Photo courtesy of: Google image search

A fashion show to remember

The September 30, 2018 fashion show will be a blast with all ages and sizes. A great family event. We are very excited about it. If it's your first show, come and witness fashion history for Cathay Post 384.

Tell a friend and bring a guest or two. You will have an enjoyable afternoon.

We need volunteers for setting up the room before and tearing down after the show as well as help greeting and checking people in at the door.

Anyone who's a member of the Rotary, Lions, Kiwanis, Soroptimist, etc., please share this flyer with them for sponsorship or tickets purchases. We would also like sponsors to help with our fundraising show.

Let's sell this show out and start preparing for a larger one next year.

Tickets are available through Eventbrite.

<https://www.eventbrite.com/e/perserving-elegance-tickets-47972547180>

2018-19 MEMBERSHIP RENEWAL DATES

2018-2019 NATIONAL MEMBERSHIP TARGET DATES

EARLY BIRD/NEF KICKOFF	SEPTEMBER 12, 2018	50%
FALL MEETINGS	OCTOBER 11, 2018	55%
VETERANS DAY	NOVEMBER 15, 2018	65%
PEARL HARBOR DAY	DECEMBER 12, 2018	75%
MID-WINTER	JANUARY 17, 2019	80%
PRESIDENTS DAY	FEBRUARY 13, 2019	85%
LEGION BIRTHDAY	MARCH 13, 2019	90%
CHILDREN & YOUTH	APRIL 10, 2019	95%
ARMED FORCES DAY	MAY 8, 2019	100%
DELEGATE STRENGTH	30 DAYS PRIOR TO NATIONAL CONVENTION	

Target dates are the second Wednesday of the month unless a holiday falls on that day or at the beginning of that week.

The November target date will be on the third Thursday due to Veterans Day falling on the previous Sunday.

To maximize the December renewal notice, the January target date will be the third Thursday of the month.

2018-2019 NATIONAL RENEWAL SCHEDULE

<u>DEPT. CUTOFF DATE</u>	<u>CUTOFF DATE</u>	<u>RENEWAL MAIL DATE</u>
MAY 7, 2018	MAY 9, 2018	JULY 2, 2018
SEPTEMBER 10, 2018	SEPTEMBER 12, 2018	OCTOBER 8, 2018
OCTOBER 9, 2018	OCTOBER 11, 2018	NOVEMBER 16, 2018
DECEMBER 10, 2018	DECEMBER 12, 2018	JANUARY 4, 2019
FEBRUARY 11, 2019	FEBRUARY 13, 2019	FEBRUARY 27, 2019
APRIL 8, 2019	APRIL 10, 2019	APRIL 26, 2019

Transmittals not received by the cutoff date may not prevent a subsequent renewal notice from being delivered at or around the renewal date.

Please note that renewals transmitted and received by the cutoff (which is also a national target date) will be updated prior to printing renewal notices, assuming they can be successfully scanned. Membership that must be hand-keyed (new members and renewals that can't be scanned) will take longer to process. Please transmit as early and as often as possible in advance of the target dates to help avoid delays in processing.

COMMANDER NELSON LUM

The month of August was full of activities. The day after our regular monthly meeting, members of our post provided a color detail for the Yee Family Association's centennial celebration. Our detail led the assembly of guests and association members as they paraded through the heart of Chinatown and ended at the Chinese Cultural Center where our detail then presented the colors at that gathering. I would like to thank Sergeant-At-Arms C. J. Reeves, Chaplain Richard Ow, Board member Randle Toy, Comrades Gary Chew and Phillip Leung who assisted me with this detail.

On the 26th of August, Finance Officer George Tsang and I attended the launch party of this year's Fleet Week Committee at Golden Gate Yacht Club. Attending this launch party introduced us to some of the people that we will be working with to arrange and coordinate our annual Fleet Week luncheon where Cathay Post hosts a ship's sailors and Marines for the afternoon. Our annual Fleet Week luncheon also helps promote The American Legion to our active military personnel.

I departed for The American Legion national

convention in Minneapolis on the 24th and attended the Homeland Security/ Law and Order committee meetings the following day. The National American Legion Press Association (NALPA) meeting was held on Sunday, the parade scheduled in the afternoon was moved indoors due to the threat of thunder and lightning. Even though it was held inside the convention center, the jovial atmosphere and lively spirit of the participants were not dampened. There were many high school and Legion marching bands that provided us with uplifting music as we marched. Other Legion state delegations were imaginative with their displays and showcased their state with pride. California Legion leaders should take note that our contingent was ill prepared by comparison.

On Monday, we attended the NALPA award luncheon where awards for excellence were given out for editorials, newsletters, graphic design, photography, video, website, and social media outlets. Of the approximate 44 awards, 11 were awarded to Legion family members from California. Out of that 11, Cathay Dispatch received four (4) awards for newsletter and editorials; and our Historian

Roger Dong, received a first-place award for an article he wrote on long-term health care. Congratulations to Roger and our editor Clara. Our post is fortunate to have you both.

On Tuesday, the official opening of the convention was declared by National Commander Denise Rohan. The gavel she wielded was the same one used 100 years ago at the first national convention of the American Legion in Minneapolis. Having attended many national conventions in the past, this was without a doubt, the best opening I have ever witnessed. The winners of the various Americanism programs were introduced, of special note; the president of 2018 Boys Nation was sponsored by Newport Harbor Post 291.

When the first day of convention recessed, I, along with the rest of the California contingent attended the western states caucus before rushing back to the hotel to get dressed for the national commander's banquet, an elegant formal event to commemorate the outgoing national commanders' term. It was a shameful and disrespectful sight when nearly an entire table from a particularly proud

(Continued on page 7)



Nelson Lum

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Cathay Post Member since: 2005

Branch: Army

Final Rank: SPC

“Other Legion state delegations were imaginative with their displays and showcased their state with pride. California Legion leaders should take note that our contingent was ill prepared by comparison.”



Helen Wong

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(415) 797-7384

Cathay Post Member since: 1990

Branch: Army

Final Rank: Lt. Col.

“If you have rules, but no one knows what they are, then chaos, distrust and inconsistency will take place. No one knows what is expected and no one is clear what the goals are.”

1st VICE COMMANDER HELEN WONG

Communication Matters! Our newly elected Department Commander Larry Leonardo’s mantra of “Membership, Communication, Mentoring” could fit the upcoming football season besides our veteran service organization. For diehard sports fans, games may be their only focus at the moment. But for veterans, communication is a year-round commitment to a group of like-minded people. How are sports similar to a veterans group? Sports team with common goals = membership in a group. Sports teams have rules to follow, whether it is to score to win using a football, baseball, basketball, etc.

Veterans groups have rules to follow also, many strictly by Robert’s Rules of Order, Constitution & Bylaws, Standard Operating Procedures (SOPs), house rules, or unwritten rules, etc. The method for keeping law and order varies in groups, as are the expectations within a sports team varies somewhat with the coaches, managers, owners, and players. Yet the common denominator for both is the communication between everyone.

If you have rules, but no one knows what they are, then chaos, distrust and inconsistency will take

place. No one knows what is expected and no one is clear what the goals are. If you have a coach who can’t communicate what he expects from his players, then they won’t perform to the best of their abilities. Pre-season football games just concluded and there will be players who will be cut from the team, not because they didn’t try hard but maybe because they didn’t learn the playbook, a communication tool, which by all accounts is huge and complex.

Similarly, if you have a commander who has rules and expectations for the year but doesn’t communicate them very well, then his/her officers and his/her members will not be able to carry them out. Or if there are no rules or expectations, then the experience will not be satisfying for those who want a clear direction. If he/she has unrealistic goals because of failure to talk to other more experienced members, then unrest and reluctance to continue as a member will happen which is not too much different from confusion on a football field, therefore not performing well as a team.

What can we do to communicate better? In these electronic social media times, you may

think posting on Facebook, Twitter, Instagram, etc., will do the trick, but nothing beats the old fashion way of contacting members or potential members face to face, by telephone (not texting), or by regular postal mail. The human touch will win out every time. How do you hear voice tones or inflections by an instant message or by email? How can you tell if someone is not feeling well or doing well if he/she doesn’t respond? How can you really tell if the coach or commander is pleased with how you are doing if you just get a brief message not saying anything.

After the June 2018 state convention, I had a chance to talk to 1st Vice Commander Isidro A. Raymundo from Post 858. They have had tremendous growth and retention at their post for the past two years. One of their techniques for continuing to grow is to contact their members to remind them of upcoming meetings and activities. He also says he buys birthday cards from the Dollar Store and sends them to their members so they know the post is interested in their welfare. That is an inexpensive way of keeping in touch as older members may not have

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2nd VICE COMMANDER Charles Paskerian

Second Vice Commander Chuck Paskerian has no report this month as he is out traveling the world in the sea and on land. He will be at the Saturday monthly meeting. If you ask, I'm sure he will regale you with the sights and delights of his latest escapades. He will submit an article in next month's Cathay Bulletin.

COMMANDER LUM, CONTINUED

(Continued from page 5)

post from the southern part of the state shows up wearing wrinkled polo shirts, jeans and khakis, and sneakers to this formal event. They were certainly noticed and not in the best way possible. The business end of the convention continued on Wednesday and on Thursday. Leading candidate Brett Reistad from Virginia was elected as our national commander for 2018-2019. Congratulations commander, you have our support.

We were honored to be visited by Past National Commander Fang Wong and his lovely wife Barbara on August 31, 2018. They were hosted by 1st Vice Commander Helen Wong, Finance Officer George Tsang, Service Officer and Past Commander David Wong, Historian Roger Dong, Chaplain Richard Ow and me. After a nice lunch in Chinatown, our distinguished visitors came to our headquarters building where they were shown the renovated facilities.

I would like to remind every member of the upcoming fashion show that will be held on September 30, 2018 at the

VICE COMMANDER WONG, CONTINUED

(Continued from page 6)

access to computers and appreciate traditional methods of attention.

How many of our posts can say they do something personal like calling or sending cards? It sounds simple, but it seems to work as their numbers show the results of their outreach. So,

War Memorial Veterans building, 2nd floor. Please help us by buying or selling some tickets. We will reach our maximum capacity easily if each one of you buys and sells just one ticket.

Our regular monthly meeting will take place on Saturday, September 8, 2018 at our headquarters building located at 1524 Powell Street. Board of director's meeting will be held at 9:30 a.m. and general membership meeting will begin at 11:00 a.m. Hope to see you all there.



L-R: CDR Nelson Lum, 1st Vice Helen Wong, PNC Fang Wong and wife Barbara Wong, Service Officer David Wong, and Chaplain Richard Ow.

Not pictured: Finance Officer George Tsang and Historian Roger Dong.

the goal for the month might be to have each member call or even visit at least one other member in the post who hasn't attended a meeting for a few months.

Communicate, communicate, communicate! Try it, your post might like it!!



Charles Paskerian

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Cathay Post member since: 2011

Branch: USAF

Final Rank: Major



Legacy—Team 100, Continued

century made a difference for all those who serve in the armed forces and their families.”⁴

The common message that Vice President Pence and newly elected National Commander Reistad voiced was to continue the mission to support and advocate for those that served and sacrificed and those that are still serving today.

The American Legion's values, conceived 100 years ago, are “as timeless as the common bond of military service across the generations,” Reistad said. “How The American Legion executes those values — the pillars — is

certain to change as the future unfolds, but the underlying commitment to service, to community, state and nation, under the flag for which so many lives were given to ensure our nation’s freedoms -- will never change. It’s also a legacy– that under my watch – we will continue to celebrate.”⁵

Let us continue to celebrate. Have a great year Commander Reistad.

Ref: ^{1, 2, 3, 5} Celebrating our legacy...and much more, Steven B. Brooks, August 30, 2018, www.legion.org.

Ref: ⁴, Pence vows to continue improving veterans’ care, Henry Howard, August 30, 2018.

A Special Journey—A Vicious Cycle By Nelson Lum



Sarah Lee, Army sergeant who served in OIF arrives at the Golden Gate Bridge on Sept. 3, 2018. Photo by S. Lee’s team.

A *Vicious Cycle*, a journey named by Army Sergeant and Operation Iraqi Freedom combat Veteran Sarah Lee. She journeyed over 4,000 miles on her bicycle in a span of four months, a journey that took her from the Atlantic Ocean to the Pacific Ocean. She chose this form to dramatize the need for post war healing, to honor our fallen heroes and their family members, bring awareness to veterans’ issues, and bring forth the tragic phenomenon of the high rate of veteran suicides taking place daily in our land of opportunities.

At 9:30 a.m. on September 3, 2018, a typical foggy day at the north Vista Point of the Golden Gate Bridge, a small group of veterans began to gather around the parking lot among hundreds of tourists. With the Legion Riders

attired in their “biker” uniforms (ALR beret and vest) and the rest of us in our Legion caps, it soon became noticeable to some of the tourists that we were not there to admire the magnificent bridge; we were there for another purpose that was unknown to the tourists. By the time Sergeant Sarah Lee rode into the parking lot on her bicycle along with her support vehicles, these tourists realized there was

something unusual taking place and they wanted to witness the event.

When some of the tourists overcame their curiosity and inquired what we were doing, upon receiving the information, it soon spread quickly throughout the large group of tourists that had gathered. Many of these tourists wanted to have their picture

(Continued on page 9)

Vicious Cycle, Continued

(Continued from page 8)

taken with Sarah which she was happy to accommodate. Channel 7, the local ABC television affiliate arrived to cover the completion of her special journey. Reporter Dion Lim seemed genuinely surprised by the large presence of veterans to support Sarah's journey.

Sarah finally pushed off around 10:45 a.m. from the parking lot being escorted by five members of the Legion Riders on four bikes. The rest of us went ahead to Ocean Beach to await her arrival. She paddled her cycle along the west edge of

the bridge as the riders rode on the nearest traffic lane. As soon as she cleared the toll booths, the procession exited at the Merchant Lane, onto Lincoln Blvd, turned at 25th Avenue, and turned again onto Geary Street. The Legion Riders took care to keep Sarah's presence safe from all vehicular traffic along the road. As we neared the beach, Sarah's bicycle picked up speed as she glided past the Cliff House and into the parking area next to Ocean Beach.

We waited for the television crew to set up their equipment before usher-

ing Sarah onto the sandy beach as she pushed her cycle into the waves of the Pacific Ocean. Four thousand plus miles and five flat tires later, she completed her journey and delivered the message – that we shall never forget those who sacrificed for our freedom.

Congratulations Sergeant Sarah Lee! Mission accomplished. We salute you.

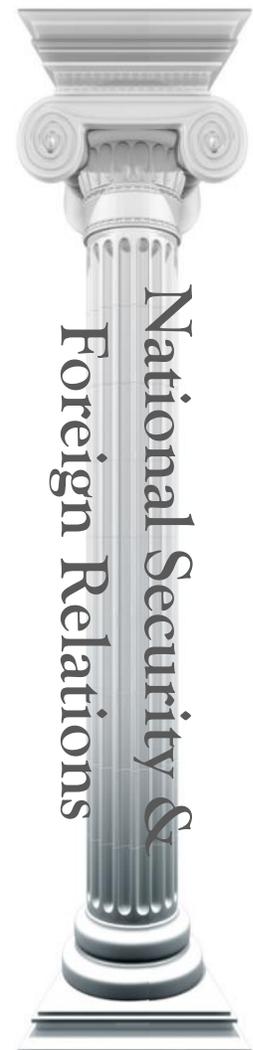
To watch the Channel 7 ABC story, click the link: <https://abc7news.com/society/1-iraq-war-veteran-1-bike-1-remarkable-journey-of-healing/4137861/>



Legion family members greeted Sarah and her uncle at the north end of Golden Gate Bridge Vista Point.

Front L-R: George Smith (ALR DoC Service officer & D26 Commander), Gary Shweid (Chapter 82 Sergeant-at-Arms), Liz Lerman (Sarah's aunt).

Back L-R: Stan Ellexson (Post 384), Nelson Lum (Commander Post 384), Paul Cox (AL War Memorial Commission chair), Tim Keefe (uncle), Sarah Lee, Cory Waddingham (Chapter 82 President) and wife Monique Waddingham, and Denny Riley (Commander Post 315). Photo courtesy of Sarah Lee's team.



A Vicious Cycle—Army Sergeant Sarah Lee’s Journey of healing comes to a finish at Ocean Beach in San Francisco



Top left—Commander Lum, Sarah, and District 26 Commander George Smith.
Top right—ALR Chapter 82 greets and escorts Sarah Lee down to Ocean Beach.
Left—Channel 7 Reporter Dion Lim.
Right—Sarah heading down to the beach to dip her bike in the water.
Bottom right—ALR Riders Chapter 82 representing area 2.

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OFFICER NATHAN CHEW**
SAN FRANCISCO POLICE DEPARTMENT
OFFICERS OF THE YEAR FOR VALOR

OFFICER ANNA CUTHBERTSON
SAN FRANCISCO POLICE DEPARTMENT
OFFICER OF THE YEAR FOR COMMUNITY SERVICE

**FIREFIGHTER/PARAMEDIC MATTHEW LANE
FIREFIGHTER STEVE KELLER**
SAN FRANCISCO FIRE DEPARTMENT
FIREFIGHTERS OF THE YEAR FOR VALOR

FIREFIGHTER DEWAYNE ECKERDT
SAN FRANCISCO FIRE DEPARTMENT
FIREFIGHTER OF THE YEAR FOR COMMUNITY SERVICE

Thursday, October 18, 2018
United Irish Cultural Center, 2700-45th Avenue (off Sloat Boulevard)

No-Host Cocktails 6 PM / Dinner 7 PM
\$60 Per Person

Entrée Choices:
Cross Rib of Beef or Chicken Pomodoro
(Vegetarian Option Available)

*Make checks payable to Greg Corrales and include entrée choice(s).
Send checks to Greg Corrales, 2634-18th Avenue, SF 94116
or Sergeant Patricia Brown, SFPD Crime Information Services*

California wins again at NALPA competition By Clara Pon



California's NALPA award plaques on display after the awards luncheon. Photo by Jared Morgan,

At the 2018 National American Legion Press Association (NALPA) media awards luncheon held on Monday, August 27, 2018 during the 100th American Legion national convention in Minneapolis, over 70 guests were present to celebrate and recognize the hard work of those that won awards in the annual competition. Entrants to the annual NALPA competition are submitted from all over the country from anyone who is a member of NALPA.

For the past few years, the number of entrants continue to rise, increasing the field of competition vying for one of the three coveted award spots for each category. The winners from this year's competition are from 14 departments: California, Florida, Georgia, Iowa, Indiana, Kentucky, Maine, Michigan, Minnesota, Nebraska, New Jersey, New York, Ohio, and Virginia.

Cathay Post accepted four awards this year for best newsletter and editorials in our respective categories. Cathay Dispatch since 2014 has placed in the top three annually for the Al Weinburg Publication Award. Several of our editorials have also been recognized and awarded for the past five years in one of the three spots for the William E. Rominger Awards editorial's category. Past winning writer's include Nelson, Roger and myself. This year surprisingly, I had two articles that placed. Reigning National Color Guard won second place and National Commander Rohan in California won third place. Unfortunately, I won't be writing another article on the color guard team as they did not fare so well this year. Next year, I hope to see Nelson and Roger win editorial awards.

Roger was unable to attend convention this year, so Nelson gracious-

ly took his lunch ticket and accepted Roger's award for best guest editorial on Long Term Care Insurance on his behalf. I also attended the annual NALPA awards luncheon and accepted the publication and editorial awards. Nelson was also willing to transport all the plaques back to Cathay Post. I'm sure he will be presenting the awards at the upcoming monthly meeting.

California did well again this year. We took home 11 of the 44 awards that were given with stiff competition among at least 15 other departments. Congrats - John 'Durk' Durkin did well again this year for his work for Sons of The American Legion. His submissions included department newsletter, squadron website, detachment video, and detachment graphic design. Congratulations to Jared Morgan from Santa Monica Post 123

(Continued on page 13)



NALPA Competition, Continued

(Continued from page 12)

for his guest editorial on his perspective on attending the first session of California American Legion college published on www.legion.org.

I say we can do better next year. In fact, I know we can. Last year in 2017, California brought home 15 awards. We dominated in nearly every category. This year, we, California

swept a complete category, Editorial – William E. Rominger Award – Original Effort-Editor.

We have until late April of 2019 to get our creative minds working by writing articles, designing flyers, taking photographs, making videos, managing great websites, or administering the most active social media sites there are. So, let's get started.



Left and center:
Clara Pon with
NALPA President
Mark Sutton
Right: Nelson
Lum accepting
Roger Dong's
award.

Photos by Ken
George.

Where to apply for service connected benefits

By David Wong, PSO

Those veterans who are thinking about applying for benefits relating to service connected disability, this article will explain to you the various options that are available to you.

The American Legion has three service officers in the Oakland office that

will provide assistance and is free of charge to veterans and dependents. The

address in Oakland is at the Federal building, 1301 Clay St., Room 1135N. The hours are Monday thru Friday, 8:00 a.m. – 4:00 p.m. The telephone number is: (510) 834-0310.

Another option is the County Veterans Service Office, which is under the City and County of San Francisco, as part of its Human Services Agency. The loca-

tion is No. 2 Gough St., San Francisco. The hours are Monday thru Thursday, from 9:00 a.m.-12:00 noon and from 1:00 p.m.-4:00 p.m. No appointment is necessary but is recommended to avoid delays of waiting. The telephone number is: (415) 934-4200. A number of our Post members have taken this route for assistance.

Another option is to file a claim online with the United States Department of Veterans Affairs. While this practice is available, I would suggest that a veteran do not take this route. A veteran needs to improve his/her chances of not having the claim rejected or denied. This is where a certified or accredited claims officer would be able to provide valuable assistance and guidance in completing out the claim form.



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We are running out of caregivers when we really need them

By Roger Dong

The senior population is growing fast, and we do not have enough caretakers. In fact, every day, 10,000 people turn 65. By 2020, there will be 56 million people 65 and older, up from 40 million in 2010. Many people may expect to move into a senior home when they need help, but the cost of quality senior housing, includes a high entrance fee (\$200,000-\$900,000+) and there is also a stiff monthly fee of

\$3,000-\$10,000+ a month. If you are not a multimillionaire, you will not qualify to enter a Continuing Care Retirement Center (CCRC). Although VA housing is less expensive, but after senior leaves, the family will be billed the full fair value of his/her residence.

Among those of us who don't win the lottery when we are seniors, the estimated costs for full time caretakers, or living

in quality CCRCs, can be over \$1 million. For many people, senior years will be tragic and devastating. It is shameful, that we do not do more for our seniors.

For more detailed information, here is recent source report: America Is Running Out of Family Caregivers, Just When It Needs Them Most, *By Clare Ansberry | Wall Street Journal*, 07/21/18

(Continued on page 16)

Elizabeth Dole receives American Legion Distinguished Service Medal

At the national convention in Minneapolis, former Senator Elizabeth Dole just received American Legion's highest honor, The American Legion's Distinguished Service Medal for her "outstanding service to the nation and to the ideals of The American Legion." After a long career in public service, Elizabeth Dole turned her attention on helping a group she knows intimately: caregivers of wounded military personnel and veterans.

"Experts estimate that veteran caregivers provide nearly \$14 billion a year as an unpaid workforce," she said. "On top of everything else, caregivers usually assume responsibility for the household: paying the bills, handling legal and financial challenges, and raising children.

"Caring for a wounded veteran is complicated and all-consuming. And it takes an enormous toll. Caregivers experience elevated rates of isolation, depression, physical ailments, family strain, and financial and legal trouble."

Dole said that the veteran caregiver crisis "is a societal issue that requires a national response. That's why the Elizabeth Dole Foundation has built a national coalition of more than 300 organizations, including The American Legion and (American Legion) Auxiliary, to introduce new services and programs that empower, strengthen and honor our veteran caregivers."

The Elizabeth Dole Foundation's mission is to support and honor the millions of the nation's military caregivers. The foundation "adopts a comprehensive approach in its advocacy, working with leaders in the public, private, nonprofit and faith communities to recognize military caregivers' service and promote their well-being."

For more on the article, Elizabeth Dole presented American Legion's highest honor by Steven B. Brooks; <https://www.legion.org/convention/243004/elizabeth-dole-presented-american-legions-highest-honor>



Robotic caregivers, Continued

(Continued from page 15)

In Japan and parts of China, they have recognized that caring for seniors must be addressed. Some might feel it shameful that others seem to care more for their seniors than we do. If we don't, we will, when we get old and broke, and alone.

Twenty years ago, the Japanese were the first to tackle the problem and they worked feverishly to go digital and began designing automatic (robots) solutions to fill the requirements for healthcare, nursing aides, and companionship for their elders. Note even in Japan where family values are strong, not everyone has family members capable or willing to give seniors their needed care.

Today, after two decades, Japanese scientists and computer specialists have developed the most sophisticated humanoid robots that perform many needed tasks for their elderly (and for all ages). Some robots can even dance with a professional dance group. They have systems that meet many types of needs and their robots can even go shopping with a person accompanying a robot who might not even be a senior yet. Japanese ladies get so

attached to Pepper, they dress their Pepper in all types of garments. In June 2015 when Pepper went on sale in Japan, the first batch of 1,000 units costing US\$1,680 each) sold out in the first minute. Pepper recently arrived in America to sell beer. With facial recognition, Pepper sends human feelings. (<https://www.softbankrobotics.com/emea/en/robots/pepper>)

Then there is Paro, one of many, cuddly robot pets that provide emotional reinforcement and positive stimulation for many seniors with dementia, cure snoring for many, and comfort victims of a tsunami. Children love Paro. It would take a lot of writing to describe these marvelous innovations, so if interested, click and check this links. <http://www.parorobots.com/>

There are many variations of Japanese robotics. Some different types of robots are: Humanoid Entertainment Robots, Androids, Animal (four-legged) Robots, Social Robots, Guard Robots, and many more.

China, with a population around 1.4 billion people have the exact same problem with senior care. They are also seriously exploring digital solutions. Amazingly,

even though Japan started roughly 10 years earlier, innovators in Hong Kong, have surprised the world with several brilliant developments that have been noted globally, but barely in America. The very famous "Sophia" from Hanson Robotics in Hong Kong needs an introduction.



"Sophia" from Wikipedia.

Why is Sophia so worthy of note? She/it has been in development of about a decade before she/it was revealed to the world in April 2015 - thus, Sophia is barely three years in existence. Her developer intends for her/to serve in healthcare, customer service and education.

A companion like Sophia, if acceptable to her/it owner can make life interesting for a severely handicapped, or a lonely senior. Warning: Her gaming and chess skills are already legendary. One more thing, Sophia has usually

(Continued on page 17)



Robotic caregivers, Continued

(Continued from page 16)

appeared without a head of hair, her face resembles Audrey Hepburn. Some seniors know who Audrey is.

According to Wikipedia, "Sophia is a social humanoid robot developed by Hong Kong-based company Hanson Robotics. Sophia was activated on April 19, 2015, and made her first public appearance at South by Southwest Festival (SXSW) in mid-March 2016 in Austin, Texas, United States. She is able to display more than 50 facial expressions. Sophia has been covered by media around the globe and has participated in many high-profile interviews. In October 2017, Sophia, the robot became the first robot to receive citizenship of any country. In November 2017, Sophia was named the United Nations Development Programme's first ever Innovation Champion, and the first non-human to be given any United Nations title.

The robot, modeled after actress Audrey Hepburn, is known for her human-like appearance and behavior compared to previous robotic variants. According to the manufacturer, David Hanson, Sophia uses artificial intelligence, visual data processing and facial recognition. Sophia also imitates human gestures and facial expressions and is able to answer certain questions and to make simple conversations on predefined topics (e.g. on the weather). Sophia uses voice recognition (speech-to-text) technology from Alphabet Inc. (parent company of

Google) and is designed to get smarter over time. Sophia's intelligence software is designed by Singularity NET. The AI program analyses conversations and extracts data that allows her to improve responses in the future."

YouTube has dozens of videos, including interviews with David Rose, actor Will Smith, Jimmy Fallon, NPR reporters and dialogues with Elon Musk. Her developer David Hanson, brought her/it to California in 2017 and she conducted meditation classes.

Today, with access to the cloud, Sophia has access to more data than any human being who does not have equal computer access. With a few more years in development, Sophia can replace university teachers. Who can be smarter than Sophia who has real time access to all the data in the "Cloud." In 2015-2016, her verbal responses were limited to pre-recorded responses, and if a novel question were asked, her responses were often gobble-di-gook.

No garbage in, no garbage out.

If you do, check out the dates of the videos. Compare Sophia in 2016, 2017, and 2018. Her progress and development is stunning. She speaks English and reportedly is learning Chinese Mandarin.

By the way, you can even contact Sophia directly at www.sophiabot.com. She can be found interviewed by Jimmy Fallon, and you can click on many "videos" starring Sophia.

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An Urgent Matter Needs Your Help

By Commander Brett Reistad

Dear American Legion Family and Friends,

I had wanted my first email communication to you to be about Team 100 — my theme for this historic year as The American Legion transcends its first century of service into its next.

There will be plenty of opportunities in my year as national commander to discuss Team 100, pay tribute to the Legion's century of accomplishments and celebrate our rise into the next 100 years.

But I learned of an urgent matter today that has a potentially significant impact on The American Legion and all its members. I am asking for your support.

The United States Postal Service has proposed a rule that would prevent The American Legion (and other nonprofits) from sending merchandise or goods like calendars, stickers, etc. in nonprofit marketing mail. Instead, the USPS would classify these mailings as first-class mail.

This is not a simple change in the category of how mail is sent. This change would eliminate the use of premiums in nonprofit fundraising mail — and would increase The American Legion's mailing cost by 200 percent.

That significant increase would critically impact our programs dedicated to helping and advocating for veterans, mentoring children, assisting transitioning servicemembers, providing scholarships for students, comforting the afflicted throughout every community in our great nation.

We must quickly work together to let the USPS know this proposal is unreasonable. My team has prepared a sample templated letter. I encourage you to [download the template](#), personalize it with your information and email it to the USPS (ProductClassification@usps.gov) with the subject line: USPS Marketing Mail Content Eligibility.

Please don't delay. This is an urgent matter and the letters must be emailed no later than Friday, Sept. 14.

Thank you for your assistance, and for what you do every day on behalf of our nation's veterans, servicemembers and their families.

#Team100.



Brett Reistad
National Commander





American Legion Veterans' Lecture Series—China By Roger Dong

Our American Legion District 8, **Veterans' Lecture Series**, which was initiated in June 2017, continues the next two months with three (3) lectures presented by Post Historian Roger S. Dong. As a China specialist in the Air Force and Department of Defense for several decades, Roger Dong has been presenting information on developments in China to spread information on modern China and increase understanding of modern China in America. As most people realize, the growing economic, political and military power of China is challenging America and there is a real possibility that if both sides cannot learn to live with each other, conflict could happen. War between America and China would not, just be catastrophic, it could be the last war, if it goes nuclear and then the whole human race could be at risk.

Many statesmen have declared the relationship between America and China is the most important issue in the 21st Century. These two major powers, that are economically interdependent, need to eschew other interdependencies, to focus on positive and constructive activities. Trade wars and destructive competitive behavior needs to be toned down and managed. Our two countries are very differ-

ent, and both nations need to understand that mutual respect and tolerance of our differences is necessary to avoid the Thucydides Trap. Harvard Professor and former DoD policy advisor for several of our presidents conducted a study of the last 500 years of recorded history and revealed that 75% of the time when a dominant nation is challenged by a rising nation, war was the result. The good news is that 25% time, war was avoided. We would all like to avoid any more wars. All our military services are exhausted because we have been at war since 2001. America needs a decade or two, for our military to recuperate. China's long term strategic plans, publicly announced by Chinese President Xi Jinping, do not include any war with a major nation. Even though our Navy and Air Force are believed by many to be the most powerful in the world, our military superiority did not result in victories in the Vietnam War or the Korean War. Our modern armaments, and well trained military, cannot guarantee victory. Other issues, not just military strength can determine military success. For any American leader who believes that we must fight China now, not when they get stronger, we should exercise maximum caution, because they do have nuclear

weapons and they have the means to deliver them - unlike North Korea. If we decide to push China into a war with us, it is within the realm of possibility that we could lose.

Little Vietnam, and little N. Korea were not defeated, Big China with Big bombs and long range missiles will be even more difficult to defeat. And the main point is, China wants to challenge and beat us, but in economic and political terms, not military terms. They are unlikely to initiate a war, and we should be likewise. 1.4 million Chinese spread over 3.7 million square miles with approximately 300 nuclear weapons, and even though her nuclear submarine force is limited, a war with China will not be a cakewalk. If nuclear weapons are used, it will be a war no one wins, and everyone could be a loser. A war with China will have catastrophic and unpredictable negative results, I hope no one is seriously contemplating starting a war with China.

The first presentation on Modern China, "The rise of China after Mao," will be in room 710, our War Memorial Veterans building on Sunday, 23 September 2018. Advanced tickets can be purchased via Eventbrite beginning September 13th. Sandwiches and non-alcoholic drinks will be included with the \$20.00 tickets.

The American Legion Eighth District Council - Veterans' Lecture Series
MODERN CHINA, PART 1, CHINA AFTER MAO

A story not found in our history books –
Very few Americans know
of Premier Harry Lee's huge role
in making China great again



Sunday, September 23, 2018 – 3 to 6 pm

War Memorial Veterans Building, Room 210
401 Van Ness, at McAllister, San Francisco California 94102
\$20 donation to the Veterans' Success Center

<https://www.eventbrite.com/e/modern-china-lecture-series-china-after-mao-tickets-4988077749>

Refreshments and sandwiches provided



Speaker Lt Colonel Roger S. Dong, USAF, retired, is a China Specialist whose military experience (32 years US Air Force & Department of Defense) combined with formal education (Chinese & Japanese studies) will provide a rare perspective in this 3-part series. Col Dong's views do not reflect policy of US government or the American Legion.

How much is our DOD budget By Roger Dong

In 2017, our Defense Budget was \$610 billion, our 2019 Budget is \$717 billion.

How much money do other major countries spend on defense? Here is a short list:

- ◆ China: \$228 billion
- ◆ Russia: \$66 billion
- ◆ India: \$64 billion
- ◆ Saudi Arabia \$69 billion
- ◆ Japan: \$45 billion
- ◆ South Korea: \$39 billion
- ◆ Germany: \$44 billion
- ◆ UK: \$37 billion
- ◆ France: \$58 billion

All citizens need to know how much we are spending on defense. Between Medicare, Social Security, and defense, these three major items are how much % of our total

U.S. budget? Allocation of our tax dollars is the responsibility of our elected delegates. Allocation of any budget is subject to the final decisions jointly resolved among our 435 elected Congress people. Today, our necessary fiscal demands on our total national budget already exceeds our tax collections. Whenever we must spend more than the IRS has collected from tax payers (both personal and business), we must increase our national debt.

At this time, our total national debt is over \$21 trillion dollars. That should be of great concern to all of us, especially if we care about our future generations. According to ... if we do

not make some major payments and reduce our national debt, by 2060, 58% of our budget will be allocated for the interest payments on our national debt. Many of us will not be around in 2060, if we are, we may be too old to care. But when 58% of our budget is allocated to interest payment on our debt, there will not nearly be sufficient funds to allocate for our major people (social) programs (i.e. Medicare, Social Security) and defense.

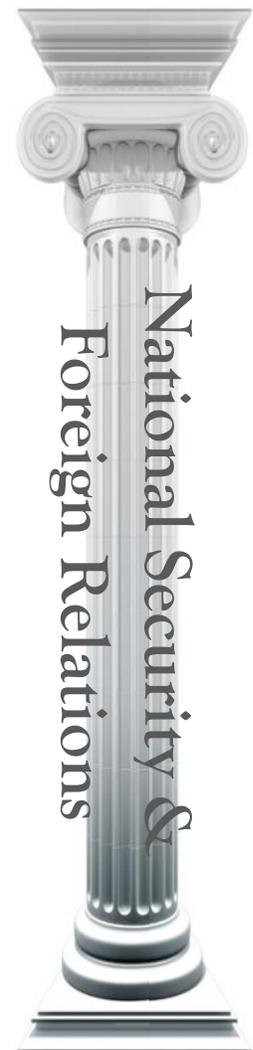
There will be even less money, if there is money left, for infrastructure. We cannot be a great country if there is sufficient money for defense and our social programs.

Think about this.

October CA Legion College Students, congratulations on being selected. Now, get ready & watch your email!



THE AMERICAN LEGION
Centennial celebration





Resource guide for American Legion digital media

Websites

The primary American Legion website can be found at www.legion.org. From there, visitors can learn more about the organization, its programs, become a member and visit our online store. Here are some other notable links:

MEMBERSHIP: Information for members, prospective members and recruiters. www.legion.org/membership

NALPA: The National American Legion Press Association is a group of communicators at the post level. Resources and other information, www.legion.org/nalpa

GET PUBLISHED! Share military stories, post histories and more, www.legiontown.org

CENTENNIAL: Get updated on our 100th anniversary celebration, centennial.legion.org

MEMORIALS: We are building a digital archive of war memorials. Visit or add to the database here, www.legion.org/memorials

E-newsletters

The American Legion produces and distributes a dozen free e-newsletters with news and information for veterans, servicemembers and others. Sign up for which ones you would like to receive, www.legion.org/newsletters

Social media

The American Legion is active on the primary social media platforms, including:

FACEBOOK: The Legion's main Facebook page has an active news feed and can be found here, www.facebook.com/americanlegionhq. Other sanctioned Facebook pages can be found here, www.legion.org/socialmedia.

TWITTER: Timely news updates from the Legion and other sources for military and veterans news. twitter.com/AmericanLegion

LINKEDIN: Resource information, career advice and tips, and links to job fairs for veterans. www.linkedin.com/company/the-american-legion/

INSTAGRAM: Photos from American Legion staffers. www.instagram.com/theamericanlegion/

Publications

Download and print American Legion brochures. www.legion.org/publications

Apps

Download American Legion apps on your mobile devices, www.legion.org/mobileapps

Videos

Our videos are published on the Legion website and YouTube (search for AmericanLegionHQ to subscribe). Additionally, downloadable videos and PSAs are available on our Vimeo channel, vimeo.com/americanlegion

Text alerts

To receive a text alert when the president orders flags to be lowered, text the word 'flag' to 35893.

September 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Labor Day	4 ALWMC Meet- ing, 6:00 pm	5	6	7	8 Post Meeting 11 am
9	10	11	12	13 Dist. 8 Meeting 6:00 pm	14	15
16	17	18	19	20	21	22
23 First day of autumn	24	25	26	27	28	29
30 3:30 Pre- serving Ele- gance show						

October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Fleet Week lunch 11 am, ALWMC Meet- ing, 6 pm	3	4	5	6
7 Italian Heritage Day Parade 9 a.m.	8	9	10	11 Dist. 8 Meeting 6:00 pm	12	13 Post Meeting 11 am
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Halloween	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, 2016, 2017, 2018



2014, 2015, 2016, 2017, 2018



www.legion.org

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

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

Gulf War/War On Terrorism
Desert Shield/Desert Storm/OEF/OIF
8/2/1990 to present

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

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

Vietnam War
2/28/1961 – 5/7/1975

Korean War
6/25/1950 – 1/31/1955

World War II
12/7/1941 – 12/31/1946

World War I
4/6/1917 – 11/11/1918

**CATHAY Post 384
American Legion**

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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