



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

MILITARY FAMILY APPRECIATION MONTH

By Clara Pon

Have you ever wondered why most of the military discounts for goods and services from retailers, travel and recreational spots, and restaurants happens only in November? It's because it is Military Family Appreciation Month. Throughout the month of November, not just on Veteran's Day many retailers and businesses either donate proceeds, give discounts or provide something complimentary to a variety of veteran organizations or veteran related causes to help support veterans and military families.

The latter part of fall and the beginning of the winter season is the time of year when many of us help our local communities by donating canned food drives, help organize Thanksgiving turkey dinner fundraisers, collect toys for the various children programs, and many other community events to help those in need during the holiday season.

Cathay Post has participated in the San Francisco Fire Fighters Union toy program for the past six years donating barrels and barrels of toys that get distributed to hundreds of disadvantaged children all year-round. At my husband's post, Albert E. Schwab Post 555 in southern California, they are collecting money to buy Thanksgiving dinner for 30 local families and for Christmas, is collecting toys, gift cards, and raffle donations to help support the 250th Expeditionary Military Intelligence Battalion fundraiser. Our ALR Chapter 555 collects sundries and

canned goods to help a local veteran housing community called Potter's Lane. American Family Housing, the foundation that owns and developed this community is working to give homeless veterans a chance to get on their feet with apartment homes converted from shipping containers, the first of its kind in California and in the nation.

Veterans Day is also when we acknowledge, pay tribute, and celebrate those that served and to those that are still serving to protect our country with the biggest parades and parties for our active military personnel and veterans. We go to cemeteries to remember and honor those with a flag and flowers that are no longer with us. As in years past, Cathay Post will be marching in the Veterans' Day parade. This time though, they won't be marching alone. To celebrate The American Legion's centennial year, several other posts in the Eighth District will unite as one and march together proudly and smartly.

Your post sergeant-at-arms, CJ Reeves has compiled a list of the following restaurants in San Francisco showing their support to veterans and their families with the following discounts this Veterans' Day weekend.

If you would like to see more discounts from participating retailers, see page 7 or go to Military.com website at: <https://www.military.com/veterans-day/giving-back.html>

Important Dates:

- Nov 4—Daylight Saving time ends
- Nov 6—Election day
- Nov 10—11 a.m. Monthly general meeting
- Nov 11—Veterans' Day & parade
- Nov 22—Thanksgiving Day
- Dec 7—Pearl Harbor Day
- Dec 8—11 a.m. Monthly general meeting

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APPRECIATION MONTH, Continued

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FRIDAY, 9 Nov 2018

VA Hospital Patriot Cafe

Free meal up to \$6 with free beverage and free cake and ice cream

SUNDAY, 11 Nov 2018

Morning

- ◇ Denny's free grand slam breakfast
- ◇ Krispy Kreme, free donut and coffee
- ◇ Starbucks free coffee
- ◇ Peet's free coffee
- ◇ Dunkin Donuts free donut

Lunch offerings near parade area in Fisherman's Wharf

- ◇ California Pizza Kitchen, free meal
- ◇ Applebee's free meal
- ◇ TGI Fridays free meal
- ◇ McCormick & Culetto's free meal

Dinner offerings

- ◇ Olive Garden free meal
- ◇ Chili's free meal
- ◇ Little Caesar's Pizza free pizza sticks

MONDAY, 12 Nov 2018

- ◇ IHOP, free pancakes
- ◇ Golden Corral free meal

We hope you take the opportunity to take advantage of these great offers.



THE AMERICAN LEGION
Centennial celebration

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

With November being here, the year of 2018 is almost coming to its end. Most of you are thinking about Thanksgiving preparations with family members and of course, Christmas is just around the corner. As we begin to deal with the busiest time of the year, I would like to take this opportunity to express my deepest appreciation for all the dedicated devotion you've all contributed to our post. I will sum up our activities of 2018 in our next month's newsletter. For this issue, I am going to concentrate on the events that were not covered in our last issue along with events that will be taking place soon.

The Veterans' Gallery will finally open its WWI exhibit on November 5, 2018 from 1:00 p.m. to 8 p.m. and will be open daily except scheduled holidays (Veterans' Day will be the exception to the exception). I hope you will all take some time to come to the War Memorial Veterans Building and view these very special exhibits. The theme of this exhibit is focused on the American experience of WWI. The WWI Armistice Centennial Commemoration Committee which I am a member of, has been working feverishly to make this event possible.

On October 7, 2018 at 11:00 a.m., the annual Italian Heritage Day parade was again held in North Beach. As usual, American Legion Cathay Post 384 was a proud participant. We were once again joined by contestants of the Miss Asian Global & Miss Asian America pageant. They generated a tremendous amount of enthusiasm from the onlookers and especially photographers, both amateurs and professionals.

At the monthly American Legion War Memorial Commission meeting that took place on October 9, Comrade Paul Cox of Bob Basker Post 315 was reelected to the position of chair for the upcoming year. Cathay Post 384 extends its heart felt congratulations to Chair Paul Cox and to express our appreciation for all the effort he has contributed to the commission.

The Eighth District Council meeting was held on October 11. Among many issues discussed was the announcement of our 1st Vice Commander Helen Wong's appointment to the position of Area 2 Vice chair for membership. She will be organizing membership revitalization sessions within Area 2 to increase our membership numbers.

Congratulations Helen. You will have our support. The district also voted to sponsor the San Francisco Veterans Film Festival which was held on November 3, 2018 from 10:00 a.m. to 6:00 p.m. at the San Francisco Main Library, Koret Auditorium located at 100 Larkin Street.

The Police and Fire Post 456 hosted its annual award dinner on October 18 at the United Irish Cultural Center. Approximately 250 people were in attendance. Two members of the San Francisco Fire and Police departments were honored for their community services and two other members from each department were honored for acts of valor. Members of our post attended to lend support to our fellow Legion post. Congratulations to Commander Gary Gee and Adjutant Greg Corrales for organizing such a wonderful event.

On October 26 to 28, the second class of California American Legion College (CALC) was held at Post 105 in Redwood City. There were 13 students in this class from all around the state with the dean of department Legion College Autrey James and Assistant Dean Mick Sobczak kicking it off. The students

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Nelson Lum

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(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

“The students learned the principles of leadership, historical facts of The Legion, duties of Legion officers, etiquettes that govern Legion meetings, and most importantly, how to draft and promote a resolution successfully.”



Helen Wong

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Cathay Post Member since: 1990

Branch: Army

Final Rank: Lt. Col.

“In The American Legion sense of mentorship, starting with taking classes given through The American Legion Extension Institute gives you a good groundwork for knowing what to say to prospective members or current members who are new to the system.”

1st VICE COMMANDER HELEN WONG

Mentorship Matters! Continuing on with Department Commander Larry Leonardo’s third mantra (Membership-Communication-Mentorship), who makes a good mentor and how do we as members carry on to support this? I believe we all can be good mentors in that given sufficient guidance and background information, we can succeed. In The American Legion sense of mentorship, starting with taking classes given through The American Legion Extension Institute gives you a good groundwork for knowing what to say to prospective members or current members who are new to the system.

The American Legion is unique in its founding so knowing the basic background of how it was founded nearly 100 years ago with a caucus of the American Expeditionary Force (A.E.F.) in Paris, France by a proposal by Lt. Col. Teddy Roosevelt Jr. in March, 1919 goes a long way to giving credibility to other Veterans. If this veterans service organization has survived all these years, it must be doing something right.

Creation of a fraternity based upon comradeship from serving during wartime and dedicated to serving disabled veter-

ans, the recommendations from the 1920 conference resulted in Congressional action creating a new independent agency-the United States Veterans Bureau (now the Department of Veterans Affairs).

Closely aligned with deceased and disabled veterans is the welfare concern for their children so the Child Welfare Program came into existence in 1922. It is now known as The American Legion’s Children and Youth Program.

At the charter convention in Minneapolis in 1919, the National Americanism Commission was established to carry out the objectives of combating anti-Americanism, educating citizens in the ideals of true Americanism, distributing information about the “real nature and principles of American government,” and fostering the teaching of Americanism in all schools. Boys State and Boys Nation is a program under this Commission.

Based on their experiences of seeing comrades wounded and killed through lack of adequate training, these Veterans pushed for establishment of Universal Military Training, retention of a small regular Army and creation of a citizens’

army composed of an Organized Reserve and National Guard units. This original committee became the National Security Commission and Committees which focuses on all segments of the nation’s defense.

So, in a brief summation, from the early days of formation, these founding principals are known as the four pillars of The American Legion: 1. Veterans Affairs & Rehabilitation; 2. National Security; 3. Americanism; and 4. Children & Youth. Within each of these pillars are various programs that benefit our veterans, its service members, their families, the youth of America, and ordinary citizens.

If you can think of the many activities that Cathay Post 384 engages in, then you have an idea of how to “sell” The American Legion to others who want to be active or be in a post that “does things.” If we can communicate what we do (the second of Commander Leonardo’s mantra), then membership (the first of his mantra) should be that much easier to achieve. And if you continue to “mentor” that member, he/she will want to stay a member for years to come. We all can do our part to obtain

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COMMANDER LUM, CONTINUED

(Continued from page 4)

learned the principles of leadership, historical facts of The Legion, duties of Legion officers, etiquettes that govern Legion meetings, and most importantly, how to draft and promote a resolution successfully. Congratulations to all the graduates of the course. All post members and Legionnaires around the state are encouraged to attend the next session of California American Legion college. On a somewhat sad note, Ms. Clara Pon, the college administrator of department Legion college and our Cathay Dispatch publisher will be moving to Indianapolis, Indiana and will no longer be able to continue lending us her gifted support. Thank you Clara, and please come visit us as often as you can. You will be missed.

On November 11, 2018, prior to the

Veterans' Day parade, a WWI Armistice Centennial Memorial Service will be held at the Norwegian Seamans Chapel, Hyde and Francisco Streets between 9:30 a.m. and 10:30 a.m. The Veterans' Day parade will begin at 11:00 a.m. from Northpoint and Embarcadero Streets. Another service to commemorate WWI Armistice Centennial Commemoration will be held at Grace Cathedral at California and Taylor Streets at 3:00 to 5:00 p.m.

Our next regular monthly meeting will be on Saturday, November 10, 2018 at 11:00 a.m. at our post headquarters locate at 1524 Powell Street. As we have done in past years, we will celebrate Thanksgiving early. We will have turkey and all the accompanying trimmings served during lunch. Hope to see you all there. Have a safe and enjoyable holiday season. Happy Thanksgiving!

VICE COMMANDER WONG, CONTINUED

(Continued from page 5)

our goal of reaching out and supporting The American Legion and our fellow veterans, no matter how small the effort or how you perceive yourself as not good leaders. Mentoring happens and it matters when you make the effort to reach out!

If you want to learn more, go to: www.legion.org/ALEI to take the online course, Basic Training to learn more about The American Legion.

NOTE: As your newly appointed membership representative for Area 2, I will be reaching out to all the districts to plan and coordinate membership revitalization dates for your respective areas. November is membership retention month and it's time for us to renew our members before the December deadline.



I'M A CA LEGION COLLEGE GRADUATE

Want more Legion knowledge and learn about leaderships skills to make your post more relevant and active? The 2nd session of CA American Legion college was just completed successfully in Redwood City Post 105. We're getting ready to gear up for next year's class down in SoCal now. Are you interested in attending? Send an email to: legioncollegeca@gmail.com to be put on the notification list.



National Commander
Brett Reistad's
Membership
Excellence:
Team 100 pin.

2018 ANNUAL VETERANS DAY DISCOUNT LIST

Military.com has compiled a [list](#) of free or reduced goods and services offered to servicemembers, veterans and their families by businesses and organizations in honor of Veterans Day. The list will continue to be updated as it gets closer to Nov. 11.

The following discounts have been confirmed by Military.com, through either press releases or direct communication with the company.

Most businesses require proof of military service, which can include a VA health identification card, military ID, DD-214 or veterans service organization card (e.g., The American Legion, VFW, DAV, AMVETS, MOAA, FRA, etc.). In some cases businesses will accept a picture of the veteran in uniform.

Note: Not all franchise locations participate in their national chain's Veterans Day programs, so contact your nearest establishment to make sure they are participating.

Also, visit www.legion.org/veteransbenefits/state to see what benefits and opportunities are available to veterans in your state.

2018 Veterans Day Restaurant Specials

Applebee's -- Veterans and active duty military receive a free meal from a limited menu, on November 11.

BJ's Restaurant and Brewhouse -- On November 11, all military members receive a complimentary entree up to \$12.95 plus a free Dr. Pepper beverage.

Buffalo Wild Wings -- Veterans and active duty military personnel receive one small order of wings and a side of fries for free on November 11.

California Pizza Kitchen -- Veterans and active military receive a complimentary entrée from a special menu on November 11.

Chevys Fresh Mex -- On November 11, veterans and current service members will be served a free meal from a select menu from 3 pm until closing.

Chili's -- Veterans and active military service members get a free meal on November 11.

Chipotle -- Active duty military, reserves, national guard, military spouses and retired military get a buy-one-get-one (BOGO) deal on November 11.

Chop House -- On November 11 and 12, veterans get 50% off any dine-in lunch or dinner entree.

Claim Jumper -- On November 12, veterans get a complimentary meal from a special menu.

Cracker Barrel -- Veterans get a complimentary slice of Double Chocolate Fudge Coca-Cola Cake or a Crafted Coffee on November 11.

Denny's -- Veterans and military personnel get a free Build Your Own Grand Slam on November 12, from 5 a.m. to noon.

Dunkin' Donuts -- On November 11, veterans and active duty military receive a free donut at participating locations.

Golden Corral -- Golden Corral Restaurants' Military Appreciation Night free dinner will be available on **November 12**, from 5 p.m. to 9 p.m. Military retirees, veterans, active duty, National Guard and Reserves are all welcome.

Hooters -- Veterans and active duty military get a free meal from a select menu at participating locations on November 11.

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2018 ANNUAL VETERANS DAY DISCOUNT LIST, CONTINUED

(Continued from page 7)

Little Caesars -- Veterans and active military members receive a free \$5 Lunch Combo from 11 a.m. to 2 p.m. on November 11.

McCormick & Schmick's Seafood Restaurants -- Veterans and Gold Star honorees (parents and spouse) can enjoy a free entrée from a special menu on November 11.

On the Border -- Veterans receive a free Create Your Own Combo entrée (Choose 2) on November 11.

Red Lobster -- Veterans, active duty military and reservists get a free appetizer or dessert from a select menu on November 11 and 12.

Red Robin – Veterans and active duty military get a free Red's Tavern Double Burger with Bottomless Steak Fries on November 11.

Ruby Tuesday -- Veterans, active duty and reserve service members get a free appetizer on November 11.

Starbucks -- Veterans, active duty service members and spouses get a free tall coffee on November 11 at participating locations.

Tap House Grill -- Active, inactive and retired military personnel get a complimentary meal on November 11.

Texas Roadhouse -- Veterans and active members of the military get a free lunch on November 11 from a select menu.

Wienerschnitzel -- Veterans and active duty military receive a free Chili Dog, small fries and a 20 oz. drink on November 11.

Wild Wing Cafe -- Veterans eat for free all day from select items on November 11 at participating locations.

Yard House -- Veterans and active duty military receive a complimentary appetizer on **November 11**.

2018 Veterans Day Travel and Recreation Discounts

Aquarium of the Pacific -- Veterans and military personnel get free admission on Nov. 11.

Carnival Cruise Line -- Carnival Cruise Line is offering special savings and bonuses to members of the U.S. and Canadian Armed Forces. The promotion, which provides up to \$50 onboard credit per stateroom, a complimentary two-category upgrade, and 50 percent reduced deposits, can be combined with Carnival's highly attractive Early Saver rates. In addition, guests who qualify for the promotion can book up to two additional staterooms with the same bonuses and pricing. The promotion can be booked from **November 5-12**.

Knott's Berry Farm – Active-duty military and veterans receive free admission for themselves and 1 guest Nov. 1 - 15 and Nov. 26 - December 21. Additional discounted tickets may be purchased at the ticket booth.

National Parks -- On Nov. 11, veterans will have access to over 100 national parks that require entrance fees for free.

National WWI Museum and Memorial -- Admission is free for veterans and active-duty military personnel Nov. 9-11.

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2018 ANNUAL VETERANS DAY DISCOUNT LIST, CONTINUED

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Super 8 by Wyndham -- From Oct. 16-Dec. 11, 2018, any current or retired military personnel, veterans and their families who book and stay at participating Super 8 hotels in the United States and Canada can take advantage of Super 8's 20-percent-off military discount. Additionally, guests who book using this offer through a Wyndham direct booking channel will be automatically enrolled into Wyndham Rewards and eligible for 500 bonus points. Learn more at super8.com/military.

Westgate Resorts -- Westgate Resorts are honoring our U.S. military personnel and their families by giving away free vacations. On Nov. 9, they will open up registration for the event that will be held in May 2019.

Woodland Park Zoo -- Active, retired and veteran military personnel and their spouses get free admission on Nov. 11.

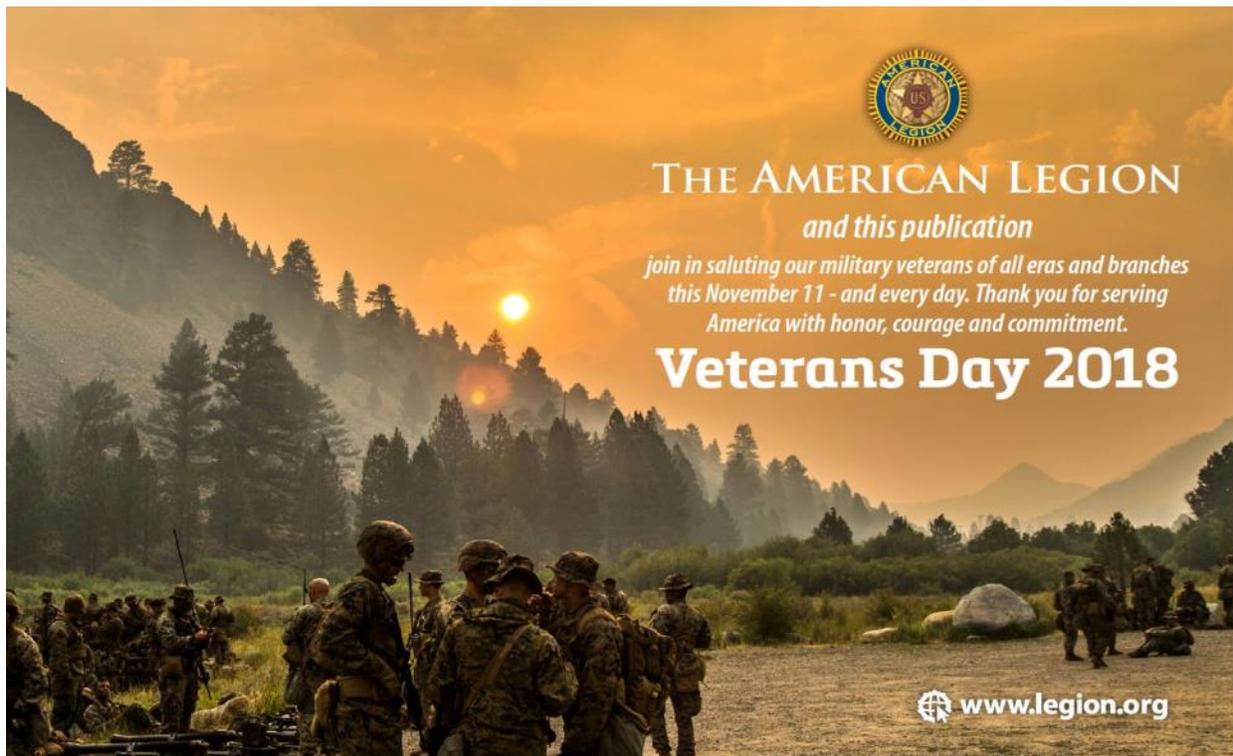
2018 Veterans Day Retail Offerings

Enterprise Car Sales -- Active-duty military members, veterans and their dependents get a Firestone Prepaid Maintenance Package with any used-vehicle purchase during the month of November.

Great Clips -- On November 11, veterans and current military members can visit a Great Clips salon to receive either a free haircut or a free-haircut card to use at a later date. Non-military customers can purchase a service on Veterans Day and get a free-haircut card to give to a veteran you know. Haircuts are redeemable until Dec. 31.

Home Depot -- Home Depot offers a 10 percent discount to all veterans on Nov. 11. Home Depot offers the 10 percent discount year-round to active-duty and retirees.

Rack Room Shoes -- Military personnel and their dependents get a 10 percent discount off an entire purchase on Nov. 11.



6th Annual Cathay Post Participation in the San Francisco Firefighter's Toy Program



The San Francisco Firefighter's Toy Program is the City's largest and the nation's oldest program of its kind. Since 1949, it has evolved from a few firefighters repairing broken toys and bikes for 15 families to, in 2015, 300 firefighters and friends volunteering their time to distribute over 200,000 toys to more than 40,000 disadvantaged children. Besides helping individual families in need, the Toy Program serves many community organizations, including shelters for abused women and children, inner-city schools, children's cancer wards, and pediatric AIDS units. They also respond on a year round basis to displaced children who become victims of fires, floods and other such disasters.

The San Francisco Firefighters Toy Program believes that no child should be without a toy during the holiday season. In time of loss due to fire, our firefighters are the ones who see first-hand, the devastation when a child is left without a favorite toy. The program is run strictly on donations to ensure that proceeds go to the children at Christmas time.

Toys must be unwrapped, the SF Firefighters serve ages infant through 12. Their biggest need is girls, ages 8 through 12. Some ideas are sports equipment, ball, art and crafts, games. Multiple donations is encouraged.

If you would prefer to make a cash donation, please make checks out to San Francisco Firefighters Toy Program. Monetary and toy donations are tax deductible. The SF Firefighters Toy Program is a non-profit 501(C)3 organization (EIN 94-2598851).

Cathay Post will be delivering donated new and unwrapped toys from the toy drive to the SF Fire Department at the conclusion of the December monthly meeting. Please bring a new toy or two to the meeting on Saturday, November 10 if you can.



Is universal healthcare in the horizon? By Roger Dong

Our elected officials are now tuned it.

Here is the latest, not surprising, super trend that will affect the lives of both our veterans and non-veterans. Polls taken by both political parties reveal that healthcare is now the most important issue for the vast majority of all Americans. Linked with our growing senior population, but not exclusively so, healthcare costs is on the minds of most of us.

Many people are not exercising daily, and that will bring major health issues long before they are eligible for Medicare. Heart attacks will be a threat to many more people before they are 65 years old.

The cost of healthcare, is now the primary driver of almost universal concern. More bankruptcies have occurred because of medical expenses. And the cost of medical care and medicine keeps growing. Normal citizens cannot save enough money to cover medical expenses when we get a serious illness.

In fact, today, most people in both parties support health insurance to include pre-existing conditions. So many people either have pre-existing conditions, or know of close friends and/or family members who do have pre-existing conditions, that health insurance coverage for pre-existing conditions will be included in health insurance policies, which will add cost to our insurance premiums.

Long resisted by political Conservatives, pressure from the majority of American citizens, have made this no longer moot. When any stroke or heart attack victim, requires several months of hospitalization,

daily medical bills can accrue to a million dollars and more. Treatment for cancer patients, requiring extending care, can also result in million-dollar medical bills. Get really ill before 65 years of age, and if a person is not working for a large corporation with good health insurance, that individual will not only suffer the pain of bad health condition, he/she will likely go bankrupt.

Most recently, the concept of a single payer system is reported to be a potential solution, that would be a Medicare for all from birth. This may become a viable solution for many Americans who now realize that they cannot afford to pay medical bills, if/when they get really sick. The threat of financial ruin, added to the misfortune of a serious medical problem demands a radical remedy.

It is predictable that Congress will be working on universal healthcare soon. It will be demanded by their constituents; thus, their jobs election/re-election may/will depend on it.

One note of caution to our national leaders, universal healthcare will add to our national debt, so unless we can reduce healthcare costs, the bill for universal healthcare will add billion\$ and eventually trillion\$ to our national debt. That is not a good outcome for our country.

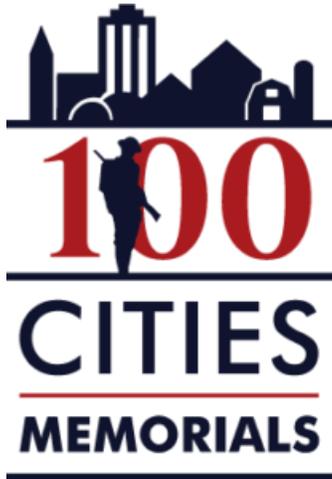
Multiple sources including:

“Forget ‘Repeal and Replace.’ The One Issue Unifying Americans Is Affordable Health Care.”

By Haley Sweetland Edwards, 181112, *Time Magazine*.

The [U.S. WORLD WAR I CENTENNIAL COMMISSION](#) and the [PRITZKER MILITARY MUSEUM & LIBRARY](#) announce the final official [“WWI CENTENNIAL MEMORIALS”](#)

By Ken Maley, Centennial Commemoration Project Director



On the eve of the 101st Anniversary of the United States entering World War 1, the U.S. World War I Centennial Commission and the Pritzker Military Museum and Library announced the final 50 WW1 Memorials. They will be awarded grants and honored with the official national designation as [“WW1 Centennial Memorials”](#). Leading the List of 100 Official “WW1 Centennial Memorials” are the Los Angeles’ Memorial Coliseum, [Chicago’s Soldier Field](#), San Francisco’s War Memorial [Veterans Building](#) and Opera House, and Washington DC’s [Pershing Park](#).

All 100 memorials, in all 100 cities have now been designated including such national landmarks as: Chicago’s [“Soldier](#)

[Field”](#), LA’s [“Los Angeles Memorial Coliseum”](#), San Francisco’s [“War Memorial Veterans Building and Opera House”](#), Honolulu’s [“Natatorium”](#) and Washington, D.C.’s [“National World War I Memorial at Pershing Park”](#). In addition, many smaller local community projects are being recognized such as: Scranton Pennsylvania’s [“Col. Frank Duffy Memorial Bridge and Park”](#), Cape May, New Jersey’s [“Soldier and Sailors Monument”](#), Ocean Springs, Mississippi’s [“Emile Ladnier WWI Memorial,”](#) and North Carolina’s NC State University [“Memorial Belltower,”](#) to name just a few. The newly-designated memorials are in 37 different states and each will receive a \$2,000 matching grant, towards the restoration, conservation and maintenance of these local historical treasures.

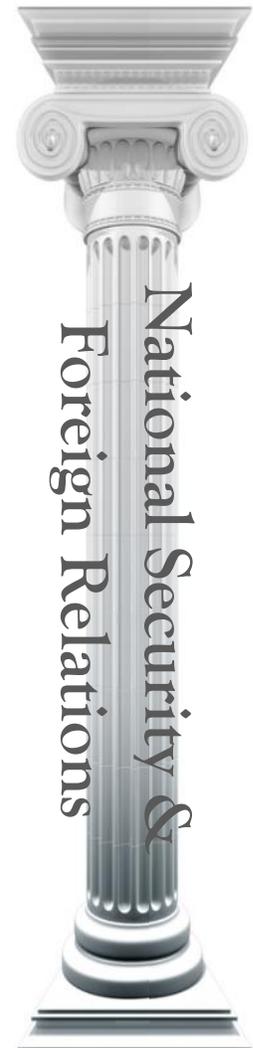
The [100 Cities / 100 Memorials](#) program, sponsored by the [US World War One Centennial Commission](#) and the [Pritzker Military Museum & Library](#) with support from The [American Legion](#) and [Veterans of Foreign Wars](#) have now awarded \$200,000

in matching grants and designated 100 memorials in 100 cities as official “WW1 Centennial Memorials”.

“More than 4 million American families sent their sons and daughters to serve in uniform during World War I, [116,516 U.S. soldiers died](#) in the war and another [200,000 were wounded](#),” said [Terry Hamby](#), commissioner of the United States World War One Centennial Commission. “100 Cities/100 Memorials is a critically important initiative that will have an impact beyond these grants. These memorials represent an important part of remembering our past and preserving our culture.”

“I am impressed by the community involvement that has sprung from this project.” noted [Dan Dayton](#), Executive Director of the U.S. World War One Centennial Commission. “By focusing on restoring these community treasures, local cities, veterans groups, historical society and citizens have come together to remember the community’s heritage – and that was really

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WWI—SF War Memorial, Continued



San Francisco's World War One Armistice Centennial Commemoration Committee is the recipient of the 100 US Cities certificate and check from the Congressional WW1 Centennial Commission. June 25, 2018.

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a key goal of the program.

Kenneth Clarke, former president and CEO of the Pritzker Military Museum and Library and the originator of the program agreed. “By designating 100 WWI memorials across the nation, we believe the breadth and scope of this initiative will have a ripple effect beyond the 100 “WWI centennial memorials”. By promoting renewed interest and focus on these monuments and memorials — as a nation, we honor the names of those who served and the history of the communities where they lived.”

The profound impact of the war moved citizens in places across the United States to commemorate both the national and local sacrifices from the conflict through

monuments, buildings, plaques, parks, groves, even roads and high-ways.

The 100 Cities/100 Memorials program was created to help draw attention to WWI memorials across the United States, and enables all of America to take part in the WWI centennial commemoration. Many of these WWI memorials have deteriorated due to the ravages of time, exposure to the elements, neglect and even vandalism.

The funds will be used to conserve, restore or improve these memorials. More important, the program is designed to raise community awareness of those who served, and provides a tangible connection to the profound impact this war had on local towns and cities, securing an important place in military history.

For more information about the 100 Cities/100 Memorials, to view an official project timeline, visit <http://bit.ly/2iqqDR6>. To learn more about the Pritzker Military Museum & Library, visit <http://www.pritzkermilitary.org> or [@PritzkerMilitaryLibrary](https://www.facebook.com/PritzkerMilitaryLibrary) on Facebook. Information about the challenge can also be found on The [American Legion](http://www.americanlegion.org) and [Veterans of Foreign Wars](http://www.veteransofforeignwars.com) websites.

The San Francisco War Memorial [Veterans Building](http://www.veteransbuilding.org) and [Opera House](http://www.operahouse.org) were initiated by San Franciscans following the Armistice ending The Great War.

he Veterans Building lobby features a [time line exhibit](#) of the war beginning in 1914 through America’s 1917 entry into the war, the 1918 Armistice signing, soldiers returning home in 1919,

(Continued on page 14)



WWI—SF War Memorial, Continued

(Continued from page 13)

and building of the War Memorial — dedicated to ‘all who served’ in 1932. [Nearly a thousand Bay Area residents died in the conflict.](#)

[1914: War Begins In Europe](#)

[1915-1916: Swaying American Opinion](#)

[1917: America Enters The War](#)

[American Women In The War](#)

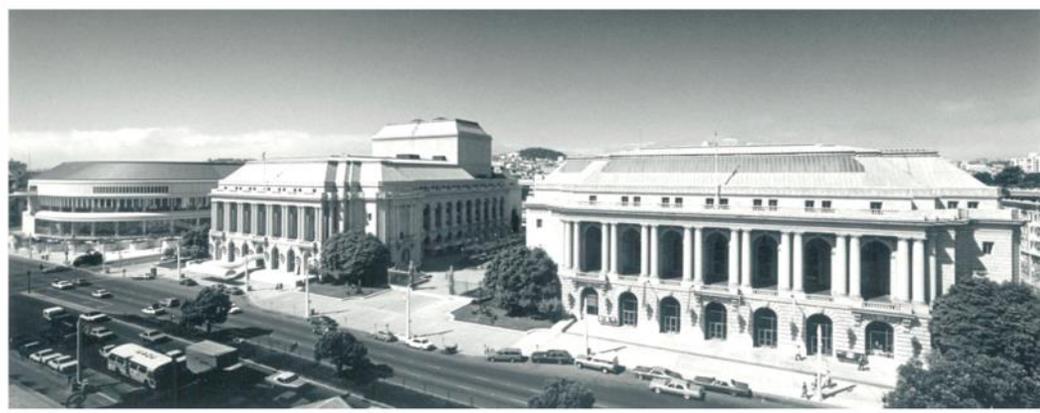
[1917-1918: America Funds Its War](#)

[Industrial Scale Slaughter](#)

[1918: Armistice Ends World War One](#)

[Memorial To All Who Serve](#)

The Veterans Building (401 Van Ness Avenue, San Francisco) lobby exhibits are open to the public, free, during normal building hours, 8am through 10pm and will remain on display through 2019.



Photos: Ken Maley Collection—American Soldier, Thai Chu—Armistice Reception & Banner viewers, War Memorial Archives—SF War Memorial Buildings

Exercise is a Must By Roger S. Dong, Historian

You, me, everyone - MUST exercise daily. A healthy exercise routine can overcome many other threats to our health, including smoking!

We have preached the vital role of daily exercise in our monthly newsletters for the past year. Recent studies have reinforced that message, and surprisingly, have even discovered that not exercising with a sound routine

daily can be more harmful than smoking. And note this, higher level of daily exercise can lengthen life span.

When humans live sedentary lifestyles, they become vulnerable to many health issues, including heart problems, diabetes, and hypertension.

This is your takeaway. The more you exercise, the longer you will live.

Veterans Lecture Series, "China's Belt and Road Initiative" by Post 384 Historian Roger S. Dong on November 18, 2018, 3-6 pm at SF War Memorial Veterans Building.





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.

U.S. will have hypersonic weapons sooner than expected

By Roger Dong



Lockheed Martin Concept art of a hypersonic weapon.

Patrick Shanahan, Deputy Defense Secretary announced that the U.S. will be flying hypersonic missiles a lot sooner and more often than the Russians or Chinese. Referring to increase budgets promised by President Trump, which will increase our Defense Budget from FY 2018 \$630 billion to \$717 billion in FY 2019.

And it is a good thing that we are developing our own hypersonics, because not us, or anyone else, has the capability to defend against missiles traveling 5-15 mach. The first nation that can perfect a hypersonic weapon will be able to attack their enemy will rule the military world. A hypersonic weapon travels at Mach 5 or higher, which is at least five times faster than the speed of sound or about one mile per second.

Thus, Russia, China and America are all dedicating needed resources to be the first to have hypersonic weapons. No one can afford to lose this race. In March, Russian President Vladimir Putin debuted new nuclear and hypersonic weapons, which he described as "invincible" during a state of the nation address. The weapons included a nuclear-powered cruise missile, a nuclear-powered underwater drone and a new hypersonic missile.

What's more, in August, China announced its first successful testing of a hypersonic aircraft, a feat the U.S. has yet to accomplish.

"We are not the people who choose to weaponize space, but if we are challenged, we will respond," Michael Griffin, the Pentagon's top engineer, said earlier this year at the Space and Missile Defense Symposium in Huntsville, Alabama. "The Defense Department is today working on a means to defend our existing capabilities, and we will be working on methods to project our national power onto our adversaries."

Read more: Pentagon's top engineer blames Russia, China for militarizing space as Space Force takes shape

Griffin, a former NASA administrator, explained that Russia's and China's pursuit of hypersonics, a kind of weapon the U.S. currently cannot defend against, has prompted the Pentagon to accelerate its development of space-based systems.

When asked about China's sprint to deploy this new breed of weapon, Griffin described Beijing's efforts as "much more thoughtful" compared with Moscow's developments.

"The Chinese have been much more thoughtful in their systems development because they are developing long-range tactical precision-guided systems that will be really influential in a conventional fight," Griffin said. "The Chinese ability to hold our forward deployed assets at risk with very high speed and very hard to intercept precision-guided systems is something to which we have to respond," he added.



An Urgent Matter Needs Your Help

By Commander Brett Reistad

Dear American Legion family and friends,

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 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.

While the Nonprofit Alliance set a previous deadline of Sept. 14 for public input, the U.S. Postal Service has an extended deadline of Oct. 22 for public comments. Please don't delay. Lets make our voices heard.

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

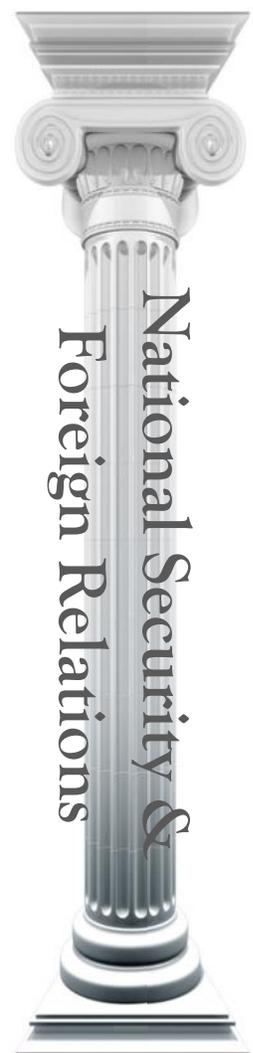
#Team100.



Brett Reistad
National Commander

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Visit sfpcu.org/referral to start referring your friends and family. Hurry – this offer expires 12/31/18. All **Cathay Post** members and their families are eligible for membership! To join go to www.sfpcu.org, visit a branch or call **800.222.1391**.



offer valid through 12/31/18. **New Member Opening Deposit Credit:** SFPCU will pay the \$25 opening deposit in the savings account required to establish membership. Members who join online will pay the \$25 opening deposit and SFPCU will reimburse this amount within 15 business days. This amount shall be reversed and returned to SFPCU if the account is closed within 12 months after date opened. Business accounts are not eligible for this bonus. **Platinum Visa Bonus:** To qualify you must join SFPCU and open a new Visa account during the promotion period 10/1/18-12/31/18. The bonus will be deposited into your savings account within 60 business days after account opening. **Checking Bonus:** To qualify for the \$65 bonus, the new member must open a new checking account with a \$200 minimum opening deposit during the promotion period, and within 60 calendar days of account opening, \$200 in monthly direct deposits must be initiated. The bonus will be deposited into the new checking account within 60 business days after meeting the \$200 direct deposit requirement. **Referral Bonus:** Referred member's savings account must be opened within the promotion period. Within 30 business days of new member account opening, \$25 will be credited into referring member's savings account. Bonuses may be tax-reportable. **No purchase or payment of any kind is necessary to enter or win this drawing. A purchase will not increase your chances of winning.

November 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Daylight Savings time ends	5	6 Election Day ALWMC Meeting, 6 pm	7	8 Dist. 8 Meeting 6:00 pm	9	10 Post Meeting 11 am
11 Veterans' Day	12	13	14	15	16	17
18	19	20	21	22 THANKS-GIVING DAY	23	24
25	26	27	28	29	30	

December 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 ALWMC Meeting, 6 pm	5	6	7 Pearl Harbor Day	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	24 Christmas Day Eve	25 Christmas Day	26	27	28	29
30	31 New Year's Eve					

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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



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

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Desert Shield/Desert Storm/OEF/OIF
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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

Commander: Nelson Lum

1st Vice Commander: Helen Wong

2nd Vice Commander:
Charles Paskerian

Adjutant: Ernie Stanton

Finance Officer: George Tsang

Historian: Roger Dong

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