



CATHAY DISPATCH

Veterans - Sounding Off Since 1931

What Does *Old Glory* Symbolize to You?

By Clara Pon

It's been a long, long time since I've heard or read the poem "My name is Old Glory." It is often recited during a flag presentation during a military personnel retirement ceremony, but I heard it recently on Veterans Day. It was beautifully and eloquently recited by Legionnaire Jim Bell, a member of Newport Harbor Post 291's Honor Guard team. At the conclusion, I'm not sure there was a dry eye in the hall. It really was that moving.

With all the craziness going on in the world today and the holidays already here, I thought I would share this poem with all our faithful readers, to remind us all how grateful and thankful we should be that we have selfless and courageous men and women defending our liberties and trying to keep us safe from harm at home and abroad every second of everyday. This is for our veterans everywhere, our first responders—police, sheriffs, firefighters, EMTs and our everyday heroes.

I am the flag of the United States of America.

My name is Old Glory.

I fly atop the world's tallest buildings.

I stand watch in America's halls of justice.

I fly majestically over great institutes of learning.

I stand guard with the greatest military power in the world.

Look up and see me.

I stand for peace, honor, truth, and justice.

I stand for freedom. I am confident.

I am arrogant. I am proud.

When I am flown with my fellow banners,

My head is a little higher,

My colors a little truer.

I bow to no one.

I am recognized all over the world.

I am worshipped. I am saluted. I am respected.

I am revered. I am loved and I am feared.

I have fought every battle of every war for more than 200 years:

Gettysburg, Shiloh, Appomattox, San Juan Hill, the trenches

(Continued on page 2)

Important Dates:

Dec 7—Pearl Harbor Day

Dec 10—Post Monthly Meeting @ 11 am Powell St.

Dec 10-17—National Commander Charles E. Schmidt CA Tour

Dec 25—Christmas Day & Hanukkah

Jan 1, 2017—New Year's Day.

Inside this issue:

My Name is Old Glory	2
Commander Nelson Lum	4
1 st Vice Commander Helen Wong	5-6
District 26 Events	8
Retirement Homes	12-14
Rededication	16
Post 456 Awards	17
Bike-4-Vets	18
CG The Waesche	19
CAH—Col. John C. Young	20-22
Calendar	23

Old Glory, Continued

of France, the Argonne Forest, Anzio, Rome, the beaches of Normandy, Guam, Okinawa, Japan, Korea, Vietnam, in the Persian Gulf and a score of places long forgotten by all but those who were there with me.

I was there.

I led my sailors and Marines.

I followed them and watched over them. They loved me.

I was on a small hill in Iwo Jima.

I was dirty, battle-worn and tired, but my Marines and sailors cheered me. And I was proud.

I was at ground zero in New York City on September 11th as cowardly fanatics attacked America.

I was raised from the ashes of once proud buildings by brave firefighters.

Heroes, who risked their lives to save others, showing all that America, although bloodied, will never be beaten.

Those who would destroy me cannot win,
for I am the symbol of freedom,
of one nation under God, indivisible with liberty and justice for all.

I have been soiled, burned, torn, and trampled on the streets of countries that I have helped set free.

It does not hurt for I have been soiled, burned, torn,
and trampled on the streets of my country.

And when it is by those with whom I have served with in battle, it hurts.
But I shall overcome for I am strong.

I have slipped the bonds of Earth and from my vantage point on the moon,

I stand watch over the uncharted new frontiers of space.

I have been a silent witness to all of America's finest hours.

But my finest hour comes when I am torn into strips to be used as bandages for my wounded comrades on the field of battle,

when I fly at half mast to honor my soldiers;

And when I lie in the trembling arms of a grieving mother at the graveside of her fallen son or daughter.

I am proud.

My name is *Old Glory*.

Long may I wave, dear God, long may I wave.

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





A MESSAGE TO OUR READERS...

To all our faithful Cathay Dispatch readers,

We, the staff and writers of the Cathay Dispatch want to thank you for your continuous support in our efforts to help our old and new veterans, the young leaders of tomorrow, our everyday heroes—first responders, and all the people that give so much day in and day out selflessly to make our community better, brighter, and happier all around the world.

We also want to thank all of you for being interested in hearing what we have to say every month. It makes us feel good when we hear from you that you like what you're reading. It means we're doing our job.

So from all of us to you and your loved ones, we wish you a healthy, happy, and safe holiday. May all your wishes for the coming year come true and much success in your journey through life.

Have a Merry Christmas and a happy New Year!

We'll see you in 2017!! Cheers!

Cathay Dispatch Team, 2016



COMMANDER NELSON LUM

Are we in December already? Where has the year gone? As we gather with our family members during this holiday season, please be sure to remind ourselves that we owe a tremendous amount of gratitude to those who are defending our freedom and how blessed we are to be Americans.

Now that the election is over, new chapters will unveil in the next four years. It should not matter who you voted for. It is time for us all to unite. We all have a responsibility to lend support to the next administration for the welfare of our nation. The ultimate check and balance we have is our ability to change our leadership every four years. In the meanwhile, let's work together for the betterment of our country.

November was a very busy month for members of Cathay Post 384. In addition to the on-going renovation of the first floor of our headquarters building, we have begun focusing our efforts to lease the remaining floors of our building. At our November regular monthly meeting, our members voted to authorize our post representatives to negotiate a

lease agreement with potential leasees. If successful, this will be the first step toward bringing our post back to financial solvency.

On Veterans Day, approximately 300 attendees gathered at the San Francisco War Memorial Veterans Building lobby where a ceremony to rededicate the Vietnam War Memorial plaque took place. It was a very somber yet exhilarating experience especially for those of us who served in that war. More on the rededication can be read on page 16.)

A special Thanksgiving luncheon was served at our post following the regular monthly meeting where turkey and all the trimmings were enjoyed by those who attended.

On November 13, for the second time since the route was moved, the Veterans Day Parade was held at Fisherman's Wharf. Approximately 70 units took part in this parade and the crowd along the route was large and appreciative of the participants. Members of our post participated by marching in the parade with our Color Detail led by Chaplain Richard Ow. Most importantly, it was a day to

remind the public of the sacrifices we veterans made to our country.

Members of our post sprung into action again two days later and attended the award dinner hosted by the American Legion Police and Fire Post 456. Congratulations to all the awardees and Post 456 for organizing such a great event. To read more on the awardees, refer to the article on page 17.

On December 3, Veterans of Foreign Wars 91st Div/Chinatown Post 4618's annual Christmas dinner will take place at Li Hong Restaurant, just a block away for Cathay Post headquarters. We look forward to spending another great evening with our brother and sisters in arms.

I would like to take this opportunity to wish all of you a Merry Christmas. I look forward to seeing you at our December regular monthly meeting on December 10, 2016. The meeting will be held at our headquarters building at 1524 Powell Street. Please allocate more time than usual to get there since it is also SantaCon in SF. They gather at Union Square beginning at noon.



Nelson Lum

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(415) 797-7384

Cathay Post Member
since: 2005

Branch: Army

Final Rank: SPC

*"It is time for us
to unite. We all
have a
responsibility to
lend support to
the next
administration
for the welfare of
our nation."*



Helen Wong

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(415) 797-7384

Cathay Post Member
since: 1990

Branch: Army

Final Rank: Lt. Col.

*“He saw a need
and being an
unselfish person,
he doesn’t want
the accolades or
recognition for
what he does.”*

1st VICE COMMANDER HELEN WONG

MEMBERS MATTER CONTINUED! When we look out for each other, members will want to be involved in the activities that Cathay Post or any other posts have throughout the year. Looking out can mean greeting a new member, sitting down and talking to him/her to find out their military background, where they are from, what his/her interests are, what ideas he/she may have to make the experience of belonging to Cathay Post a more meaningful one.

It could be letting him/her know what help is needed around the post, what upcoming events need help with set up or clean up, and who the main person is to coordinate volunteering. There are so many events that happen monthly, there will be an opportunity for all who want to help find something to do. It can be as easy as telling others about what is available for veterans at the War Memorial Veterans Building as there are so many free classes offered only for veterans.

Being the Executive Director of the Veterans Success Center, a project of Eighth District Council of The American Legion allows me to see a

lot of veterans who come in looking for employment, help with resume preparations and filling out job applications online, transportation bus cards, interview clothing, and housing resources. It also has given me contact with citizens who want to help with donations of clothing for our job seekers.

One such person is Elmer Madrid who is the 3rd Vice Commander of The American Legion Post 409 in San Bruno. He started by doing a barbecue at the San Bruno VA Clinic and brought three (3) racks of men’s clothing to give away to the veterans who came. There were a lot of leftover items, so he sent them to the VSC when he found out there is a number of needy veterans who could use the clothes. Immediately, the items were a hit by those who came in. Since October, he has provided women’s clothes, too and again, the clothing was greatly appreciated by several of the women.

One veteran lost her job, lost her housing, and all her clothing, so she was starting from almost nothing. She was able to find enough items to have a working ward-

robe. Since the initial donations, Elmer found out about a need for homeless veterans at the Third Street VA Clinic, so he has been providing refreshments daily paying it out of his own pocket. He has also brought socks and clothing, and by request from some of the diabetic veterans, may be bringing fruit, too.

These are actions that nobody told him to do. He saw a need and being an unselfish person, he doesn’t want the accolades or recognition for what he does. His reward has been the daily thank yous he gets from the veterans he serves. He doesn’t see the county boundaries of the American Legion districts. By all rights, he could stay in his own District 26 and just continue to service his own area, but that is not his way of paying it forward.

He has ideas for doing fundraisers so that he can provide more items for the veterans in need. He has inspired community members and veterans alike when they hear about what he is doing so they want to get involved. Elmer is the epitome of an American Legion member when

(Continued on page 6)

Vice COMMANDER Wong, Continued

(Continued from page 5)

you hear “We got your back,” he truly does.

How many of us can say that and mean it? How many would be willing to go work with homeless veterans who sometimes are not the most pleasant people to be around? I know one dedicated veteran who does. Members Matter!



National Commander Charles E. Schmidt

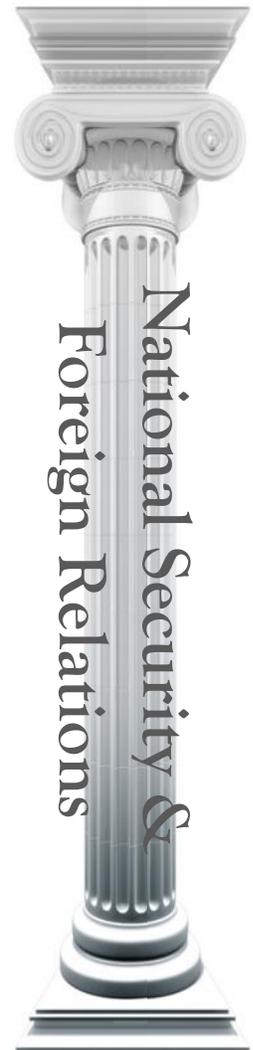
Mark your calendars. Dates, times, and post visits have been confirmed. American Legion National Commander Schmidt will be here December 10 through December 17 touring our beautiful state. As always, let's show him and his aide, Dirk Levy our best California welcome and hospitality.

TOUR

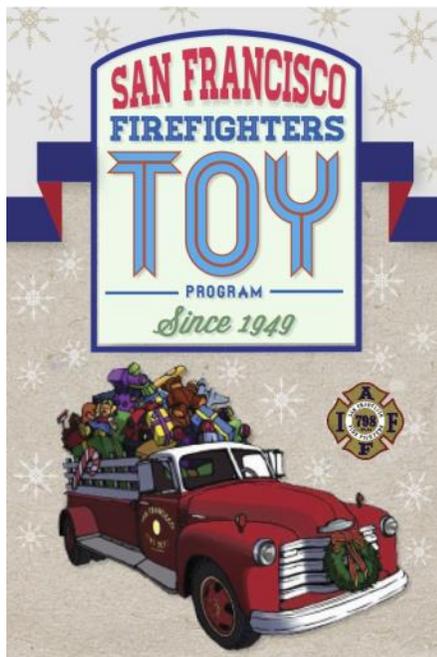
SCHEDULE

- Sat. Dec 10**—Albert J. Hickman Post 460 brunch, San Dieguito Post 416 Army-Navy game, and Larry E. Holmberg Post 731 evening banquet.
- Sun. Dec 11**—Hollywood Post 43 breakfast/walk/lunch and Pacific Palisades 283 dinner. (See flyer on page 10.)
- Mon. Dec 12**—West LA VA Hospital tour/lunch and Chinatown Post 628 dinner.
- Tue. Dec 13**—Newport Harbor Post 291 brunch and boat ride. In the harbor. (See flyer on page 11.)
- Wed. Dec 14**—Perris Post 595 lunch/Riverside Cemetery visit and Riverside Post 79 dinner.
- Thu. Dec 15**—Sanger headquarters tour/lunch and Amador Post 108 dinner.
- Fri. Dec 16**—Sacramento Capitol visit/walk and Mission City Post 564 dinner. (See flyer on page 9.)
- Sat. Dec 17**—Yountville home visit and Woodland Post 77 dinner.

For additional information on National Commander Schmidt's schedule and events, please go to the Department website: www.calegion.org. On the main page of the website off to the right is a waiver form if you intend on participating in the veterans walk in Sacramento. You can also see his schedule published in the newest issue of the CA Legionnaire.



4th 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, December 10.

The photo to the right was last years toy donations. Let's make this year's just as plentiful for all the you boys and girls who need some cheering up this holiday season.



District 26 December Events By Romie Bassetto

As the District 26 Commander from Redwood City Post 105, I'd like to share with our friends up in District 8, a few of our events that we would like to invite you to and to share with your members who may live down in the peninsula. I look forward to meeting with all of you in the near future. (650) 207-0426.

REMINDER

Wednesday, December 7, we will be at the Redwood City Court house once again. The San Mateo County History Museum will be staging a special reception and exhibit opening at 5:00 p.m.

We are most hopeful that as a veteran of World War II, you can be with us. The displays within this new exhibition, *Peninsula at War! San Mateo County's World War II Legacy*, will focus on what happened on the San Francisco Peninsula during that devastating conflict exactly 75 years ago. Members of the "Greatest Generation" who participated in the war effort, either in the armed services or as civilians, are being invited to this special opening event as guests of honor (at no expense of their own, of course).

The evening will include local leaders saluting veterans, live music of the 1940s (played by the Ron Borelli Orchestra) and special presentations to each veteran. If you plan to go to this event, it is necessary to let us know if you are coming. Call 650-299-0104 to RSVP. At that time, you will be asked what branch of the service you were in, when and where you served. With this information, our History Museum will create a specific keepsake for you as a message of appreciation for your contribution to the safeguarding of our freedoms.

If you have not visited us before, the San Mateo County History Museum is located at 2200 Broadway within the 106-year-old "Old Courthouse" in Redwood City. It features exhibits related to the use of natural resources, suburban development, ethnic experience and entrepreneurial achievement on the Peninsula from the time of the Costanoan Indian through today. The museum is open every day except Monday, from 10 a.m. to 4 p.m.



AREA 2 MEMBERSHIP REVITALIZATION—COMING SOON

A combined District 8 and District 26, Area 2 Membership Revitalization is scheduled for the beginning of 2017 on January 26-28 at San Mateo Post 82 130 South Blvd., San Mateo. More information to follow.

Point of contacts are:

District 8, 1st VC, Ed Sandmeier (804) 721- 3624, sandmeier8725@gmail.com

District 26, 1st VC, Rich Erhardt (650) 218-9388, captainamelia@aol.com

**Mission City Post 564
Is Proud To Announce The Visit Of
American Legion National Commander
Charles E. Schmidt**



Friday, December 16, 2016

**No Host Social Hour At: 6:00PM • Dinner At: 7:00PM
Program Begins At 8:00PM**

Seating Limited To 200 • “Business Casual” Attire

RSVP With \$5.00 Per Person By Mail Only By December 10th

No Call-In RSVP



**Make Checks Payable & Mail To:
Mission City Post 564
2120 Walsh Avenue
Santa Clara, California 95050**



*Dicken Era
Carolers
5:30 pm*


PALISADES POST 283

JOIN US
December 11, 2016

NATIONAL COMMANDER'S BANQUET

*Social
5:30-7:00 pm
Dinner
7:00 pm*

RSVP

*By December 7th \$15.00 per person
(310) 454-0527 business@post283.org*

*15247 La Cruz Drive
Pacific Palisades, CA 90272*



ALL LEGION MEMBERS WELCOME!

TUESDAY, DECEMBER 13, 2016
LUNCHEON HOSTED BY
NEWPORT HARBOR POST 291



HONORING
CHARLES E. SCHMIDT
NATIONAL
COMMANDER

PROGRAM
10AM SOCIAL HOUR
11AM CALL TO ORDER
11:30AM LUNCH

\$20 DONATION
RESERVATIONS REQUIRED 949.673.5070



Are You Ready for A Retirement Home By Roger Dong



VA home in Chula Vista

Persons not yet a senior, technically 65 years old, are seldom prepared for the day or time when they will need to find a place to live that will provide essential living services like three meals a day, nursing services, elevators, on-site nurse/doctors, house-cleaning, and a driver and transportation to participate in outside activities including shopping, doctor's visits, attending the Opera, or participate in exercises such as ballroom dancing or Tai Chi. Of course, if your children or grandchildren have a big house with an extra large bedroom, **and** are willing to dedicate many hours each day to feed you and take care of you, 24 hours a day, you have little to worry about.

And, in traditional Asian families, this type of family care was a part of most people's lives. But today, your offspring, even if they are financially able, most likely will find a retirement home to take care of you 24 hours a day and promise to visit you regularly, mainly on Christmas and maybe on your birthday. If you don't believe

this, ask around to get the truth!

Most young people today are struggling financially and are too busy with their own careers and raising your grandchildren to add a second full time job of taking care of their parent(s) all day. Of course, we should all ask ourselves, are **you** willing to dedicate your life to your elder parents, providing them with 24 hour a day home care? Most people are not able, financially or otherwise, for the full time job of caring for their elderly parent(s) for the remainder of their lives. Taking care of elderly parents is not a temporary babysitting responsibility. That's why us old people are sent to elder care facilities.

Thus, in most cases, the boomer generation must make our own plans for finding adequate housing and life services without the need for the younger generation to sacrifice their money and time needed to give most of us the TLC (tender loving care) we all want and need.

Finances are the first

key step to prepare for the final stage of our lives. If you are young enough and able to pay for long term care insurance, it is a great idea to purchase that type of insurance as young as possible. If you wait until just a few years before you need to find a retirement home, it will likely be too expensive, or no insurance company will take on such a high financial risk.

Whether you have long term care insurance or not, what does it cost to fund a retirement home? When you are physically able to be independent, it will be the least expensive, but you will not be physically independent forever. The cost of a retirement facility with additional services to feed you and care for you goes up substantially especially when you are no longer ambulatory and need help to dress, bathe, and get around.

Please note that the following comments are generalities and retirement homes are all different, the costs

(Continued on page 13)

Retirement Home, Continued



VA home in Yountville.

(Continued from page 12)

are different, and these costs are going up all the time. It is not unusual for costs to increase more than 10% per year. As a generality, a half way decent retirement home requires that you have assets worth at least \$1 million, not including monthly fees which range from \$2-3,000 a month and up, with no upper limits if you want really good services.

The best deals are with the VA homes. Today, CALVET VA homes California provide essential services at a today's cost of 47% of your income, up to a limit of \$2,400 a month for independent living. For full service nursing care, it's 70% of your income, up to \$4,500. Please note that these costs are, in fact, heavily discounted. Because when you permanently leave these facilities for the great life beyond, the VA will seize your assets to pay the difference between what you pay each month for the real much higher costs for your care. You will receive a quarterly invoice that is not due until you leave the premises. I heard someone utter, "I don't worry about that, you can kiss my ash." That may not matter to you at that time, but your heir(s) may get little or no

inheritance from you unless you have a lot of money. This is most relevant if you reside in these facilities for a long time and accumulate a lot of quarterly invoices.

You need to do some research as soon as you can to look at the many options available where you want to spend your senior years.

Here are a few examples of what is available today and the approximate costs. As noted earlier, the cost of retirement facilities is constantly going up. There are 10,000 people reaching the age of 65 every day in America, and this one issue and the limited number of quality retirement homes also causes costs to escalate. So we are all dealing with the cost of everything going up, plus the scarcity of quality retirement homes. Folks, this is scary for most normal people who are not millionaires. If you have assets in excess of several million dollars, you may have good options, otherwise, you will face quite dreary options, unless of course, your offspring are willing to make major sacrifices to fund and care for you.

Again, by the time you need retirement housing and care services, the costs will likely be more. If you don't need these services for quite a few years in the future, the costs will be much more. So you must prepare, save, and buy long term care insurance with a reputable provider as soon as possible.

The Lodge in Alameda has one option for a single individual, who is physically independent for a small room with kitchen and bathroom that

(Continued on page 14)



Retirement Home, Continued

(Continued from page 13)

currently costs \$2,800 a month which provides three meals a day. Dinner is a hot meal. Lunch and breakfast are simple meals. This facility provides free bus service to nearby medical offices and bus service for local shopping at few recreation facilities including the local senior center. Light weekly house-keeping is included, and limited washer and dryer services are available onsite. Parking for your car is available. Public transportation and the ferry to a few points on the San Francisco side of the Bay is available at your expense. There is a nurse onsite during the day.

As a second example, one of the nicer retirement communities is the Acacia Creek organization Union City (rated 5 stars). This large facility is built and funded by the Masons and includes a wide range of quality services. A sizable down payment is required ranging from \$250,000 to \$900,000. Monthly rental begins around \$3,500 and up to around \$5,000. Your mate can stay for an additional \$800 a month. If you are willing to make larger down payments, part of the down payment will be refunded to you or your heirs when you want to move out.

Thirty meals are included in

the monthly fee. Additional meals cost from \$6 for breakfast to \$10 for lunch. Dinner is much more as high quality meals are served with table clothes and wine is available which will be put on your monthly expense bill. Free bus transportation is available daily for local grocery shopping including Costco and local medical appointments. The overall services and costs for this facility are too lengthy for this short report. So if you are interested, free tours are available by appointment. Even though parking may be available, seniors should not keep their cars. You can save money from the cost of gas, car maintenance, and auto insurance. When you need a ride once or twice a month, taxi and driving services should be much more economical than owning a car.

This article ends here, but you should know that you need to do your own research as all these types of facilities are different and the costs are changing. It may also be necessary to make reservations years in advance if you find a facility you really like or can tolerate.

Lastly, all of us must prepare for the huge expense for retirement services and facilities. Not all facilities require your right arm and leg, but the quality ones often require substantial down payments. Your research will also take time and effort, but is absolutely necessary. Remember, you will not always be young and beautiful. We all get less young and less attractive, and more forgetful. You and I are older and slower today than we were yesterday. Wishing everyone the best, but if you want a bright future, better start preparing now.



The Lodge in Alameda.



Acacia Creek Retirement Community.

SFPCU MEMBERSHIP: A GIFT FOR ALL GENERATIONS.

GET UP TO \$75*

When you become an SFPCU member!

Now is the perfect time to join. Get \$25 for your opening deposit, and an additional \$50 if you open a Global ATM checking account.



Already a member? You'll get \$25 for every referral that joins!

Call **800.222.1391** or visit
www.sfpcu.org to learn more today.



Offer ends **December 31, 2016**.
All POA members and their families
are eligible for membership!

*Offer valid through 12/31/16. New Member Bonus: SFPCU will pay the \$25 opening deposit in the savings account required to establish membership. Members who join online will pay the \$25 opening deposit and SFPCU will reimburse this amount within 15 business days. This amount shall be reversed and returned to SFPCU if the account is closed within 12 months after date opened. Business accounts are not eligible. Current Annual Percentage Yield (APY) on a regular share account is .10% as of 9/1/16. Minimum account balance to open account and obtain APY is \$25. Checking Promotion Bonus: To qualify for the \$50 bonus, the new member must open a new Global ATM Checking account with a \$25 minimum opening deposit during the promotion period, and within 60 calendar days of account opening, a \$500 monthly direct deposit must be initiated. The bonus will be deposited into the new checking account within 60 business days after meeting the \$500 direct deposit requirement. Referral Bonus: Referred member's checking account must be opened within the promotion period. Within 5 business days of the new account opening, \$25 will be credited into referring member's savings account. Bonuses may be tax-reportable. All new accounts are subject to the SFPCU account opening procedures and standard account terms and conditions. Fees could reduce earnings on the account. Rates, terms and conditions are subject to change.

Promo Code: REF/CHK

Vietnam Memorial Plaque Rededication By Nelson Lum



23rd Marine Regiment posting colors during the opening ceremony. *Photo by Helen Wong.*

On November 11, 2016, a very special Veterans Day event took place at the San Francisco War Memorial Veterans Building (WMVB). A Vietnam Memorial plaque was rededicated and relocated to the lobby of the WMVB. The original plaque was dedicated and located at the foot of Market St. near the Embarcadero. It contained the names of 162 San Franciscans who were killed during the war in Vietnam. As it turned out, the location of the plaque was a magnet to vandals and some destructive skateboarders. It was also partially hidden by the growth of the surrounding weeds and bushes. It soon became a forgotten monument.

About two years ago at the urging of the Chair of the American Legion War Memorial Commission, Mr. Paul Cox, a plan was adopted to move the monument to the WMVB. With the assistance of Mr. Michael Blecker, Exec. Director of Swords to Plowshares, along with many supporters, the plan became a reality. Since the dedication of the original plaque, five more San Franciscans killed in Vietnam were discovered and have been added to the Vietnam Memorial in Washington D.C. The decision was made here to include the newly discovered names which entailed the recasting of the plaque. Through the combined efforts of veterans, artists, and financial

backing from Swords to Plowshares and the Korean War Memorial Foundation, a new plaque was cast and mounted at the lobby of the WMVB.

There were approximately 300 attendees at the rededication and family members of two of the newly added names spoke about their loved one. Even though the war in Vietnam was fought about 50 years ago, the memories of these comrades were still vivid and provoked some somber emotions.

The ceremony began with the presentation of colors by the 23rd Marine Regiment Color Guard, followed by the singing of our national anthem. After an intriguing invocation by our own Cathay Post member Reverend Evered Cohen, speeches were made by Supervisors Mark Farrell and Malia Cohen. A proclamation from Governor Jerry Brown was read and then President Tom Horn of the Trustees of the War Memorial Performing Arts Center remarked on how fitting it was to have the Vietnam Memorial plaque located in the WMVB.

I had the honor as the American Legion Eighth District Council representative to address the audience followed by family members of two of the newly discovered remains of our fallen heroes. Lastly, the names of all those listed on the plaque were read as the bell tolled.



Paul Cox, Evered Cohen, and Nelson Lum.
Photo by Helen Wong.





Annual Police Officer and Firefighter Awards By Nelson Lum

On November 15, 2016, American Legion Police and Fire Post 456 held its annual awards dinner. The event was held at the United Irish Cultural Center and there were approximately 130 attendees. Ten representatives from Cathay Post 384 were in attendance and after a delicious dinner, the presentation of awards to two firefighters and two police officers commenced.

Police Officer Jared Harris was awarded officer of the year for valor. He received the award for his heroism displayed during a chase of a suspect who had stolen a marked police vehicle. The vehicular chase ended on the Bay Bridge near Treasure Island where the suspect abandoned the stolen vehicle and ran on foot. The desperado climbed over the side railing of the bridge and jumped to the lower landing which is about 35 feet. Officer Harris was the closest officer to the suspect when the suspect jumped. Without hesitation, the officer climbed over the same railing and jumped to the landing below to continue his pursuit of the suspect. The suspect was caught without further incident.

Sergeant Tracy McGray was awarded officer of the year for community services rendered. Having grown up in the public housing units of San Francisco, she dedicated herself to volunteer her services for the betterment of the youths in the community. It should be noted that Sergeant McGray was also chosen by The American Legion, Department of California as officer of the year for her community services.

Firefighter Thor Shattuck was awarded firefighter of the year for valor. He

received the award for his heroism demonstrated when he responded to a victim who had fallen into the bay. When he got to the scene, two good Samaritans jumped into the water in an attempt to save the victim. However, both would-be rescuers were themselves in imminent danger due to the cold temperature of the bay water. Firefighter Shattuck, acted without hesitation, jumped into the frigid water where he directed one of the Samaritans to swim ashore for his safety as he took over the task of keeping the victim and the other Samaritan afloat until the rescue boat arrived.

Firefighter Chet Cameron was awarded firefighter of the year for community service he provided throughout the year. Firefighter Cameron, a dedicated individual, has volunteered his own time and efforts for the betterment of the community that he serves.

The American Legion Cathay Post 384 congratulates the officers of Post 456 for organizing this wonderful event and our heart felt congratulations to the above listed awardees for their services to our City. I also would like to thank our members and support members for their participation in this event, 1st Vice Commander Helen Wong, Adjutant Francis Hall, Director Ernie Stanton, Comrades Randle Toy, Anthony Lyau, Richard Charney, David Adams, and support members Emily Onglatco and Franklin Lee.



Nelson Lum, Tony Lyau, Richard Charney, and Emily Onglatco. Photo by Helen Wong.

5th Annual Bikes-4-Vets Giveaway A Success by Helen Wong

Christmas came early for 88 veterans who were the recipients of bicycles at the 5th annual Bikes-4-Vets event, a joint project of the San Francisco Veterans Lion Club, SOMA & Bayview Rotary Clubs, SF Police Department, Lions Veterans Charities, Inc., Military Order of the Purple Heart Chapter 15 with help from the American Legion Post 105 Charitable Foundation, San Mateo Lions Club, Redwood City Lions Club, and DAV Chapter 16 with additional funding.

Originally only 80 bikes were received from the SFPD, but a late donation of six bikes from Elmer Madrid, American Legion San Bruno Post 409 and two more from

the police department brought the number to 88. This successful project was completed after 5 months of hard work by the Rotary Clubs spearheaded by Nine Ladow with picking, repairing, cleaning, and storing the bikes. Bauer IT came in to help with storing the bikes at their warehouse next door to Atwater Tavern. After five bike safety trainings given by members of the SF Veterans Lions Clubs (me and Jake Goetzow), over 100 veterans signed up. On November 12, 88 lucky recipients were welcomed by Acting SF Police Chief Toney Chaplain. They picked out their bikes, received helmets, bike locks, and lights along with an excellent barbecue lunch

prepared by Atwater Tavern. For the second year, veterans from Martinez VA and from the Homeless Veterans Rehabilitation Program at Menlo Park VA took part in the bike giveaway and were very happy to be included. All the veterans left with great appreciation for all who made this event successful.

From the 1st year when only the Lions Clubs and the SF Police Department were partners, this 5th year had many more people volunteering representing many groups. It showed that for a project of this magnitude to be successful, it involved many partners, both veterans and community members alike in serving our veterans.



INTRODUCING—The American Legion Cathay Post 384 has established a 501 (c)(3) foundation called American Legion Post 384 Foundation to enable and enhance our ability to raise funds to support the various charitable projects we currently are engaged in and to expand our ability to fund future endeavors. We have recently connected with the Amazon Corporation to assist with our fundraising efforts. It is a very simple process and it will benefit our charitable causes greatly.

When shopping on Amazon, please click on the Amazon Smile logo and select American Legion Post 384 Foundation as your charity. Amazon will donate 0.5% of all purchased amount to our American Legion Post 384 Foundation. You, the customer will get the same Amazon low prices, but you will be helping The American Legion Cathay Post 384 with its charities. <https://smile.amazon.com/>.



Coast Guard Cutter Waesche Returns With Record Drug Seizures

by Roger Dong

Coast Guard crewmen seized more than 5,600 pounds of cocaine and apprehended five suspected drug smugglers from a self-propelled semisubmersible, or SPSS, in the Pacific Ocean off Central America on September 6.

The crew of the Coast Guard Cutter (CGC) Waesche from Alameda, California, in partnership with a Joint Interagency Task Force South patrol aircraft from the U.S. Navy, intercepted a suspected drug smuggling vessel, which was carrying more than \$73 million worth of cocaine. This seizure marks more than 416,600 pounds of cocaine worth over \$5.6 billion that has been intercepted by the Coast Guard in this fiscal year which ran from October 1, 2015 to September 30, 2016.

According to Vice Admiral Fred Midgette, Commander, Coast Guard Pacific Area, "With every interdiction, we learn more about transnational organized crime networks that generate profit and proliferate power from a laundry list of illicit activities, Coast Guard men and women not only keep drugs off U.S. streets, but they combat the influence of these criminal networks that spread violence and instability throughout the Western Hemisphere."

Coast Guard Crew members from The Waesche launched two pursuit vessels with boarding teams and an armed helicopter crew to interdict the SPSS. Five suspects were removed from the SPSS and were apprehended by Coast Guard crew. The captured smugglers tried vainly to submerge the SPSS and the smuggling vessel with water filled to just below the helm. Two Waesche crew members boarded the SPSS and

began pumping water out of the vesse, and reduced the water level sufficiently to allow boarding officers to remove more than 5,600 pounds of cocaine from the semi-submerged SPSS.

Captain James Passarelli, Commanding Officer, Coast Guard Cutter Waesche stated, "Our crew preserved valuable evidence and kept millions of dollars of illicit narcotics off America's streets." He added that "Our Coast Guardsmen face significant risks posed by dangerous criminal organizations."

In fiscal year 2016, the Coast Guard has interdicted six SPSS vessels. These vessels are constructed for illicit trafficking with a mostly submerged hull; a cockpit and exhaust pipe are visible just above the water. SPSS vessels are extremely difficult to detect and interdict, due to their small profile in the seas.

This is the first SPSS interdiction by Waesche's crew, which seized nearly 21,800 pounds of cocaine in fiscal year 2016. This is the seventh SPSS interdiction for the Coast Guard's 418-foot National Security Cutters, the service's newest and most capable major cutter class. This seizure marks nearly 86,000 pounds of cocaine, **worth more than \$1.5 billion**, that has been intercepted by Alameda-based Coast Guardsmen in fiscal year 2016.

During fiscal years 2015 and 2016, there were several extremely significant SPSS interdictions. These at sea drug interceptions and other cases resulted in removing more than 416,600 pounds of cocaine in 2016, a record for the USCG.



CHINESE AMERICAN VETERAN HERO JOHN C. YOUNG



Name in English: Col. John Chew Young

Name in Chinese: 容兆珍

Name in Pinyin: *Rong Zhaozhen*

Year of Birth: June 16, 1912 - October 27, 1987

Place of Birth: San Jose, CA

A key figure in the development of Chinatown, San Francisco, he was one of the original board members of the Chinese Historical Society of America, and a decorated American WWII army veteran of the China Burma India Theater.

Celebrated as one of the 20 individuals from San Francisco history "who was heroic in stature and who contributed significantly to the building of the San Francisco we know today." John C. Young was the second son of Mr. and Mrs. Young Soong Quong. John's father came to America at the age of 11 and was a resident of California since 1881. John grew up in San Jose Chinatown^[2] and attended public schools in San Jose. After graduating in engineering from Stanford University in 1937, he married Mary Lee Young (Chinese: 李心如 **Pinyin:** *Li Ruxin*. December 1, 1908 - January 14, 2002), a San Francisco born Chinese American, and they had three children: Janey Young Cheu, Connie Young Yu, and Alfred John Young.

Commissioned in the United States Army at the outbreak of World War II, Young served in the China Burma India Theater—initially to organize the airdrop of supplies to troops and to Dr. Gordon Seagrave, "the Burma Surgeon;" and then as a member of the liaison group under General Joseph Stilwell. Young spent more than two years along the Burma Road, training and advising Chinese troops in ordnance activities and participated in the Salween campaign. At the Battle of Mount Song (Songshan Mountain), he and other U.S. Army engineers (Peter S. Hopkins and Carlos Spaht), helped design and implement the strategy of tunneling and placing TNT charges that destroyed the core of that Japanese stronghold. After the road was opened, he helped equip the Chinese armies with new American weapons. "John Young was awarded one of China's highest decorations, the Grand Order of the Cloud and Banner, for his aid in opening the man-made, 1,000 mile lifeline." For his service as a U.S. Army Combat Liaison Officer in WWII, he was awarded the Asiatic-Pacific Campaign Medal. (Military Record and Report of Separation, Certificate of Service, National Personnel Records Center, 29 Dec 45.)

Leaving the service with the rank of a major, Young returned to San Francisco to run his own manufacturing business and to serve on the Chinese Chamber of Commerce. For more than thirty years, Young devoted himself to the improvement of San Francisco's Chinatown. Among other things, he helped found the annual Chinese New Year's Parade (and the Miss Chinatown USA Pageant), worked for low-cost federal housing in Chinatown, and worked with city government to upgrade the Chinatown infrastructure. Rising to the rank of colonel in the United States Army Reserve, Young played an important role in the Chinese-American Veterans' affairs, including the establishment of a memorial to Chinese veterans of World War II placed in St. Mary's Square."

(Continued on page 21)



CAH—Col. John C. Young, Continued

(Continued from page 20)

John C. Young and his brother-in-law, George Hall "....set up the first factory in the United States that manufactured soy sauce (Wing Nien Brand) using the old Chinese fermentation process." They organized the U.S. Enterprise Corporation which handled property development, import, and exporting. Young and Hall also were part owners with Johnny Kan in Kan's Restaurant, as well as Hakone Gardens, Saratoga, California. After George Hall's death in 1966, John C. Young became president of the U.S. Enterprise Corporation and headed Wing Nien Soy Sauce Co. until his retirement in 1977.

As a commander of American Legion Post #384 (Cathay Post), Col. Young helped to establish the San Francisco memorial to the fallen Chinese American Veterans of WWI and WWII, and along with his former commanding officer, General Albert Wedemeyer, helped to preside over its dedication.

During the Korean War, Young was recalled to active duty and served as the chief of the Inspection Division of the San Francisco Ordnance District from 1951–53. He retired as a reserve officer in June of 1972 with the rank of full colonel.

Col. Young and his wife Mary donated their extensive collection of Chinese Imperial Robes and Chinese jade to the Stanford University Cantor Center for Visual Arts and to the Tacoma Art Museum. Shortly after Col. Young's death, Mary funded the building of a museum in China near Young's father's ancestral village in Doumen District, Zhuhai, Guangdong Province, China. The museum bears Col. Young's Chinese name: The *Zhaozhen* Museum.

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External Links

<http://www.artandarchitecture-sf.com/called-to-rise.html> (John C. Young)

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(Continued on page 22)



CAH—Col. John C. Young, Continued

(Continued from page 21)

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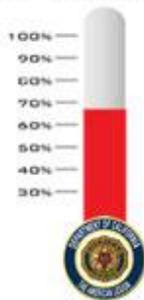
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December 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 ALWMC Meeting, 6:00 pm	7 Pearl Harbor Day	8 Dist. 8 Meeting 6:00 pm	9	10 Post Meeting 11 am & Nat'l Cmdr Schmidt tour
11 Nat'l Cmdr Schmidt Tour	12 Nat'l Cmdr Schmidt Tour	13 Nat'l Cmdr Schmidt Tour	14 Nat'l Cmdr Schmidt Tour	15 Nat'l Cmdr Schmidt Tour	16 Nat'l Cmdr Schmidt Tour	17 Nat'l Cmdr Schmidt Tour
18	19	20	21	22	23	24
25 Christmas Hanukkah	26	27	28	29	30	31

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 New Year's	2	3 ALWMC Meeting, 6:00 pm	4	5	6	7
8	9	10	11	12 Dist. 8 Meeting 6:00 pm	13	14 Post Meeting 11 am
15	16 Martin Luther King Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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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

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