



Happy
2018

Important Dates:

Dec 30—New Year's Eve
Jan 1—New Year's Day
Jan 13—Monthly meeting at 11 a.m.
Jan 15—Martin Luther King Jr. Day
Feb 10—Monthly meeting at 11 a.m.
Feb 14—Valentine's Day
Feb 16—Chinese New Year's

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CATHAY DISPATCH

Veterans - Sounding Off Since 1931

NATIONAL COMMANDER DENISE H. ROHAN GETS RED CARPET WELCOME IN SAN FRANCISCO

By Clara Pon



NC Rohan ready to ride in Carl Payne's Rolls Royce. Photos courtesy of Ken George.

National Commander Rohan began her California tour down in San Diego when she arrived on Friday, December 8, 2017 from Hawaii. Her travel schedule and visits were much different than previous national commanders. On this trip, she visited two ships (USS Midway and USS Iowa), toured two presidential libraries (Richard Nixon Presidential and Ronald Reagan Presidential Libraries), stopped at the newest veteran cemetery in Orange County, enjoyed a mid-western style dinner of brats and sauerkraut at a centennial post, relaxed in a comfortable Airbnb home (her aide didn't want to leave), traveled up along California's coastline to San Luis Obispo for breakfast on her way to visit San Francisco's retrofitted War Memorial Veteran's Building.

She was greeted in the grand foyer of the Veterans Building, escorted by Area 2 Vice Commander Nelson Lum to the podium, had the presentation of colors by SF Firefighters and members of Cathay Post with their shining ceremonial axes rather than rifles, and given a grand tour followed by a light reception in the majestic Green Room.

From there, it's safe to say that she saw the sights and citizens of The City like no other national commander before her. Sitting in a vintage Rolls Royce driven by Cathay Post 384 member Carl Payne, she was in, what might have felt like a presidential escort, a San Francisco police motorcade with the roaring sounds of the Harley Davidson bikes that escorted the entourage with lights blazing all around stopped traffic on Market and Mission streets during rush hour to her hotel. You know how terrible traffic is downtown during rush hour, so you can only imagine what a sight that was.

Believe me, it was. I was part of the escort along with District 29 Commander Ken George and Pacific Palisades Post 283 Commander and Unit 283 President, Jere & Martha Romano!



SF Firefighter and Cathay Post color detail. Photos courtesy of Ken George.

It didn't stop there. The SFPD escort continued on their way to Cathay Post for a quick tour and finally to New Asia restaurant via a scenic route from the post

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Denise H. Rohan, National Commander

(Continued from page 1)

down to Fisherman’s Wharf, along the Embarcadero, and finally up through Chinatown for a dinner in her honor. Traffic was stopped all along the route. Many were waving, taking videos, and a few were shouting over the roaring engines of the motorcycles their inquiry of who was in the Rolls Royce. During that time of the evening, the flashing yellow, red, white, and blue lights were absolutely brilliant and startling amidst the dark night sky.

At the restaurant, our tables were upstairs as the main floor was already booked with the restaurant’s usual clientele. As we all sat down to begin the evening program, we got another treat, if you want to call it that. During the invocation by the post’s chaplain, not only did we hear words of blessings and praise, but also the upbeat jam of a Santana song playing downstairs as they tested the sound system.

Welcome speeches were brief, as were guest introductions to allow the guest of honor, National Commander Rohan time to speak. Before dinner started, Commander Rohan and her entourage were gifted with the distinc-

tive Cathay Post red long sleeve shirt, a token to remember the oldest Chinese American Legion post in the country by Post Commander Lum.



Everyone in attendance had an opportunity to speak with her, take a few photos, and to welcome her to The City by the Bay. Guests came from as far south as San Diego, Orange, and Los Angeles Counties. Others included the East Bay, the peninsula, Marin County, and of course, The City. In attendance included members of other veteran organizations such as Naval Order of the US, VFW, DAV, AMVets, and Veterans for Peace.

Many enjoyed themselves and we hope National Commander Rohan, her aide and husband, Mike had a wonderful time in San Francisco. Safe travels commander.



New OC Cemetery in Irvine on strawberry fields by Tsutsumida Pictures. (L) NC Rohan, NEC Wilson, D16 Cmdr Lombroso, & 1st VC Somers with MOH recipient Leroy Petry. (R)



NC Rohan sitting at the presidential desk at Nixon Library (L), entourage wearing Cathay Post shirts in Rio Linda (Center), and Legion family at centennial Orange Post 132 dinner. (R)



COMMANDER NELSON LUM

I like to wish all of you and your love ones a wonderful holiday season and may God bless all of you as you continue to care for our veterans. Please allow me to take this opportunity to express my deepest appreciation to my executive board members, the board of directors, our members, and support members for all that we have been able to accomplish this year.

On a beautiful sunny day in November, San Francisco veterans celebrated Veterans Day by staging an enthusiastic parade along the Fisherman's Wharf. This marks the third year that the parade has been relocated from Market Street and based upon the comments from the various groups, Fisherman's Wharf will be the permanent location for the foreseeable future. The contingent of participants from our post in the parade was small, but it was very important for us to be a part of this celebration.

Our November Thanksgiving luncheon was well attended, and a great meal was "prepared" with help of purchased food by our support member Victor Tsang and his cadre of helpers. Thank you all for such delicious lunch.

A Zumba class was organized by our support member Virginia Yee during the month of November. All the participants had a great time dancing and socializing. Many of the participants have never heard of our post or the Legion and it was an opportunity for them to learn about our mission. The proceeds from this event was donated to our post. Thank you Virginia.

Also in November, a group of our members and support members attended the award dinner hosted by the Police and Fire Post 456. The event was held at the United Irish Cultural Center. Two San Francisco police officers and firefighters were awarded for bravery and community services. These were the same officers and firefighters chosen as police and firefighter of the year by the Department of California of the American Legion back in June.

We will have another great lunch to celebrate the birth of Jesus Christ, our savior that follows our regular monthly meeting on December 9, 2017. Once again, all our members and support members along with their family members are invited. Please remember to bring a few toys to

the post. Again, we will be donating them to Station 2 of the San Francisco Fire Department at the end of our meeting. Children from less fortunate homes need to have toys to brighten their lives.

The Veterans of Foreign Wars Christmas dinner will take place on December 2, 2017. Our post will be represented and we will join with our brothers and sisters of the veteran family to celebrate our blessings.

We are very honored that the national commander of The American Legion will be visiting our post headquarters on December 14, 2017. National Commander Denise Rohan will be coming to San Francisco from San Louis Obispo. She will arrive at the War Memorial Veterans Building around 2:30 P.M. She will tour the facility and District 8 will host a reception for her. She will come to our post around 5:45 P.M. and a banquet in her honor is scheduled to begin at 7:00 P.M. at New Asia Restaurant located at 772 Pacific Avenue. All members and support members are encouraged to participate in all the listed events. National Commander Denise Rohan is the first

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Nelson Lum

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Cathay Post member
since: 2005

Branch: Army

Final Rank: SPC

*"May you and
your family
have a safe and
enjoyable
Christmas
season. Merry
Christmas.
Have a great
New Year."*



Helen Wong

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Cathay Post member since: 1990

Branch: Army

Final Rank: Lt. Col.

“While it seems difficult to find time for all, it is a matter of prioritizing what you want out of a group or what you want to put into the group.”

1st VICE COMMANDER HELEN WONG

Joining matters!

I have been asked by many why I join so many different Veterans Service organizations when they seem to be the same and the cost of membership adds up. When I first got off active duty many decades ago, I did not belong to any group. I then joined one because some of my Army Reserve friends belonged and it seemed like a good idea for my career development.

After going to work for the Veterans Administration Medical Center, I met more veterans who belonged to other organizations. So, my membership to various veteran organizations started adding up as I realized each group had their unique characteristics and each had their own specific and different mission. They all, however, were supposedly to help promote veteran issues and causes. Some friends belonged to multiple groups and some only belonged to one or two.

While it seems difficult to find time for all, it is a matter of prioritizing what you want out of a group or what you want to put into the group. You have to determine what you can do in the limited time or with the

limited resources that you have. Also, if your health is not as good as you would like, you have to make a decision whether you can handle the added stress or physical demands that may be placed on you. At some point in our lives, our spirit may be willing, but our body may not be!

All veterans groups have a common denominator of course—of having served in the military in whatever capacity or specialty. Each group has members who may be of a particular war period, served over seas during a conflict, recipient of a distinguished medal, wounded in a conflict, or may be part of a mixed group which could be good for diversity.

Instead of focusing on the stereotypical old veterans hanging



Cathay Post 384 members posing after October’s general meeting. Photos in this article courtesy of 1st VC Wong.

out at a bar regaling those in earshot of their war stories, consider all those members who are not drinkers at your post as living historians from different service periods. We may not have that chance to have those interactions and conduct interviews for the Veterans History Project much longer! Take advantage of the

wisdom and experience of older and younger members alike. We can learn something from each person and we can help each other, too. Please think about this the next time an opportunity arises to join another veterans group.

Gift cards were donated to the North Bay Veteran Wildfire victims via Ft. Miley VA



Dr. Dale King celebrating his 98th birthday at the post’s October meeting. His son Sherman on his left. Commander Lum on his right.

Hospital Voluntary Services department. The members voted to donate \$700 to the veterans affected by the tragic fires. Member Chee Yee donated \$100 out of his pocket in addition. All the cards were

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2nd VICE COMMANDER AARON LOW

I hope everyone is enjoying the holiday season with family and friends. I know I should spend more time reflecting and being thankful for everything in my life. At this time of year, it seems fitting for me personally and for all of us to take the time to think about our lives and the people and events that bring us true meaning.

November brought us “our holiday,” i.e. Veterans Day, as well as the 242nd birthday of the United States Marine Corps. (A happy belated birthday to all of the Marines). I hope each of you were able to celebrate both occasions with family and friends that understand the significance of these events.

To acknowledge all the other service branches, the following is a list of military birthdays:

- National Guard:
December 16, 1636
- U.S. Army: June 14, 1775
- U.S. Navy: October 13, 1775 (Abolished Feb 1781 - Reinstated September 7, 1781)
- U.S. Marine Corps: November 10, 1775
- U.S. Coast Guard: August 4, 1790
- U.S. Air Force: September 18, 1947

Reference - <http://>

home.earthlink.net/~alrnevada/id42.html

To reflect on my own past, I recall fond memories of spending time with my father and his friends in San Francisco’s Chinatown throughout my childhood years. Almost all of the men served in World War II so I had the distinct privilege of getting to know many people that served in the military.

Over the years, things evolved and the United States ended the military draft in January 27, 1973. As a result, our children (and their children) will likely not have the same life experiences that we did. How many of our own children have served, or have direct relatives that are actively serving or have served in the past? How many have friends that have served? How many know of a “friend of a friend” that has served?

The fact is that we are in the vast minority, as those who serve in the military, whether active or retired, represent less than 1/2 of 1% of the nation’s population.

Because most of my peers choose other professions, they don’t have the experience of knowing what it means to raise their right hand

and state: “I _____, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders....”

While many support the military, they can’t possibly envision what taking the oath entails on a personal level. I am thankful now more than ever that I have found an organization with similar values and beliefs as mine, and with values shared by my father and his friends who served many year ago.

I wish each and every one of you a very happy holiday.



Aaron Low

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Cathay Post member since: 2015

Branch: USMC

Final Rank: Lt. Col.

“I am thankful now more than ever that I have found an organization with similar values and beliefs as mine, and with values shared by my father and his friends who served many year ago.”



**Happy 242nd
Birthday USMC!**



COMMANDER LUM, CONTINUED

(Continued from page 3)

female elected into that position in 99 years of The Legion's existence and our post is very proud to be able to host her during her visit to San Francisco.

We sponsored three boys to the Boys State program this past summer and they all regarded their experience as life changing. Comrade Jay Pon spear-headed the effort to locate, interview, and select the candidates. We plan to repeat the same number of delegates in June of 2018. The Boys State program will kick off in the month of January. If you know of any male high school junior who is going into the senior year, please inform him to look into the program or have him contact

us for further details. The Boys State program is a very coveted program for those high school students who are considering attending any of the military academies.

I hope to see all of you at our various events this upcoming month. May you and your family have a safe and enjoyable Christmas season. Merry Christmas. Have a great New Year.

For God and country.

Vice COMMANDER Wong, Continued

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dropped off at the VA Hospital in October 2017.

First Vice Commander Helen Wong presenting gift cards to Jim McDermott, Asst. Chief of Voluntary Services. (Left) \$25 Target gift cards (right).



Area 2 Meeting—Salinas, CA on October 21, 2017 Led by Area 2 Vice Commander Nelson Lum



At Area 2's first meeting of the new term held at SalinasPost 31, Area 2 Vice Commander Nelson Lum (Center) welcomed Department Commander Bob Heinisch (L) and heard a few words from 2018-19 candidate for Department of CA Commander Larry Leonardo (R). Area Vice Commander Lum held an informative meeting as well as offered basic membership training instructed by Area 2 Adjutant Romie Bassetto.



The Preamble to The American Legion Constitution sums up the theme of the National Endowment Fund, "... devotion to mutual helpfulness." This phrase is more than just mere words on paper; it's our pledge of support to Legionnaires and their family members. Since the early 1920s, The American Legion has been actively involved in meeting the needs of both the community and individual Legion Family members in the wake of disasters such as hurricanes, tornadoes, earthquakes and wildfires.

The National Emergency Fund, created in response to Hurricane Hugo in 1989, has provided more than \$8 million in direct financial assistance to American Legion Family members and posts. By providing this emergency funding, NEF has prevented damaged posts from closing and enabled American Legion Family members to recover from tragedy.

NEF helps those affected by well-known disasters such as Hurricane Katrina and Superstorm Sandy and lesser-publicized tragedies such as flooding in South Dakota or Illinois, or wildfires in the south-west.

The fund provides up to \$3,000 for qualified Legion Family members and up to \$10,000 for posts. The eligibility requirements are:

1. Applicant must have been displaced from his or her primary residence due to a declared natural disaster.
2. Applicant must provide copies of receipts of items required to meet immediate needs such as temporary housing, food, water, clothing, diapers, etc.
3. Membership must be active at time of disaster and the time of application.

Volunteers get ready to work on the post-Sandy renovation of American Legion Post 143 in Highlands, N.J.

Illcoch Post 235 serves as a staging area for victims of flood damage in the community of Marquette, Pennsylvania.

ABOUT THE NEF

From large disasters such as Superstorm Sandy to lesser-known instances of flooding in a small Illinois town, The American Legion provides financial relief to Legionnaires, Auxiliary members, Sons and posts.

The National Emergency Fund, created in response to Hurricane Hugo in 1989, has provided more than \$8 million in direct financial assistance to American Legion Family members and posts. By providing this emergency funding, NEF has prevented damaged posts from closing and enabled American Legion Family members to recover from tragedy.

NEF provides immediate monetary assistance up to \$3,000 for Legion Family members and up to \$10,000 for posts.

SCORECARD

Here are some notable disasters and NEF donations:

Tornadoes, Illinois, Ohio, May 2013	Grants: 264	Parcels: 1242,650
Superstorm Sandy, N.Y. and N.J., October 2012	Grants: 429	Parcels: 1428,087
Hurricane Isaac, Southeastern United States, August 2012	Grants: 198	Parcels: 1170,170
Flooding, Illinois, N.D., summer 2011	Grants: 95	Parcels: 1585,930
Hurricanes Katrina and Rita, Gulf Coast, August-September 2005	Grants: 2,160	Parcels: 11,795,520

*The larger grant totals include in-recreation as well as members.

HOW NEF HELPS

From coast to coast, Legionnaires and posts have received NEF grants that assist their recoveries. Post 143 in New Jersey was devastated by Superstorm Sandy, taking on 5 feet of water. But thanks to NEF assistance and efforts by volunteers, the post reopened 143 days later.

Individuals often use funds to help pay for immediate needs: food, hotel, clothes and other necessities wiped out by disaster.

To donate, go to @ www.legion.org/NEF

Membership renewal dates & Revitalizations By Clara Pon

It's that time of year again when members need to submit their renewal dues to the post. The American Legion membership year is from January 1 to December 31, a calendar year, not July 1 to June 30. So, when you pay your dues, it is for the membership year. If you haven't paid your dues yet, please do so before January first or your membership shall be considered delinquent. If you submit your payment on or before February first, then your membership will automatically be reinstated. There is only a 30-day grace period for your membership status to remain in good standing. Once February 1 has passed, your membership privileges to the post will be suspended and you will no longer be a member in good standing.

You will not be allowed to cast your vote at any meetings or participate in post any activities. We don't want to see that happen, so mail in your renewal payments today. Don't delay. National will send you another mail reminder to pay your dues. In fact, national headquarters is already in the midst of getting these notices processed, printed, and getting ready to be mailed. Renewal notices get sent out in July, October, January, March, and May if you haven't paid it by the renewal cut-off dates.

When you do send in your payment and it is processed at national, you will then be moved off the renewal list for that year. So, there may be a time when you get a notice in the mail to pay your dues when you just sent in your check two weeks prior. That just means the notice and your payment got crossed in the mail. It takes longer than two weeks to get your check processed at the post, transmitted to department, and then sent to national.

If at some point, say a couple of years of not renewing your membership for

a myriad of reasons, don't be surprised if you get a notice in the mail, a courtesy telephone call, or even an email asking you to rejoin The American Legion. It's part of an annual membership revitalization program that is typically held during the latter part of the year through the first few months of the new year to reactive former members or to transfer members from a holding post, Post 1000 to a specific post that is near their home or work.

As this is the end of the year and we are heading into a new year, there will be many revitalization programs that will be happening up and down the state. One of the main objectives is to increase our overall membership numbers and for each post to reach the membership goal that was set at the state convention. At this time, the department and all the posts should have reached the target of 75% of membership renewals. The next target date, Mid-Winter is slated for January 18, 2018 at 80%. The remaining target dates are as follows:

- Presidents Day 2/18/18 85%
- Legion Birthday 3/14/18 90%
- Children & Youth 4/11/18 95%
- Armed Forces Day 5/9/18 100%

And convention delegate strength is 30 days prior to the national convention.

Don't forget, you don't have to wait for a revitalization to transfer Post 1000 members into your post. You can do that all year long. All you need to do is go to mylegion.org to find those members and reach out to them. Give them a call and get them interested again. Good luck!



New Membership Transmittal Process

[Membership Transmittal and Per-Capita Payment Page](#)

Click on the link above to open the Membership Transmittal Form.

Enter the member's information in the labeled spaces. (Last name and Membership Number)

Scroll to the bottom of the last page. Click Next. (You will see a summary of your transmittal)

Click on the "Submit Form" button on the bottom right of the page.

The form will be submitted and you will receive a confirmation email at the email address you entered on the form. The email will contain all the information you entered.

The Online Payment Page will open after you have clicked on the "Submit Form" button.

You may use PayPal or a Credit Card. The amount will be automatically calculated and is located on top of the page.

You can print or save your receipt by "right clicking" on the mouse and selecting "save as" or "print."

If you choose to pay by check, simply close the page.

Package the cards in alphabetical order. Do not include a copy of the transmittal form. We only need the cards when you use this automated transmittal form.

The cards will fit in a #11 envelope. Do Not Bend or Fold.

If paying by check, enclose the check with the cards.

Send only the two (2) part cards to the department. Do not include a copy of the transmittal form. We only need the cards if you use this automated form.

Remember *Enclose your payment with the cards if you did not pay online.*

*** Your transmittal will be processed upon the arrival of your payment and cards. ***

[VIEW INSTRUCTION VIDEO HERE](#)

ABOUT MEMBERSHIP REPORTS

Membership reports are sent each Friday evening after the Fall DEC and ending in June when our database is reset. The reports end in June because the reset removes the goals formulas. We manually reset them after the July membership meeting in Indy and the new membership goals are set at our Fall DEC.

The Membership Transmittal Process:

- Membership cards are received at department
- The cards are manually verified against the names and numbers on the transmittal form
- The cards are separated
- The cards are packaged weekly and shipped to Indianapolis for their processing
- Friday morning National sends an electronic Zip file with the data processed the previous week
- The Zip file is downloaded, then uploaded to our server to update the records

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New Membership Transmittal Process, Continued

- The membership report is run and saved as a PDF.
- The PDF is sent to me and placed in the weekly email to the Membership Team, District Commanders, District 1st Vice Commanders, District Adjutants, Area Vice Commanders and DEC Officers.

The Timeline:

- Cards received and processed at department = 3-5 days (depending on volume)
- Cards mailed transit time = 3-5 days
- Cards processed by National = 7-14 days
- National updates data = 1-2 days

Total processing time before the member reflects on the weekly report 10-20 days.

NOTE: If a card is damaged or written on, it must be processed manually. It will be entered on the download until it is manually entered by National. Hence, it won't count until then.

Cut Off Dates and Target Dates:

"Cut-off Dates" are the dates that trigger a delinquent notice being sent to the member if the member has not been transmitted. These are generated by National. Department has no influence or control over this process. It is automatic.

"Target Dates" are end dates membership transmittals will be counted toward any of the goals for awards such as Early Bird.

To meet "Target Dates" we frequently ship overnight at a large expense to help you hit the goals.

Serious Problems:

Membership Dues are NOT being transmitted.

Article V, Section 15, reads in part: ***Posts will pay the State and National per capita tax in full for the year out of the first (1st) money received from its Members on or before the tenth (10th) of the month following its receipt.***

Last Year nearly 100 members from California sent complaints to National because they paid their dues, had their cards, but they were not transmitted by their Post. Even after they contacted their Post. This must stop.

To help solve this problem a complaint form has been developed and will be available on our website so members can report the problem. The reports will be forwarded to the District Commanders.

Failure to transmit harms the Post, Department and National.

GO TO THE DEPARTMENT WEBSITE AT: WWW.CALEGION.ORG TO SEE THE UPDATED WEEKLY MEMBERSHIP REPORTS, FORMS, AND LINKS.

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GET UP TO
\$100*

When you become an
SFPCU member!

JOIN SFPCU AND GET:

- \$25 FOR A NEW SAVINGS ACCOUNT.
- \$25 FOR A NEW PLATINUM VISA CREDIT CARD.
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FOR EVERY REFERRAL WHO BECOMES AN SFPCU MEMBER!

THE BENEFITS OF SFPCU MEMBERSHIP PACK A POWERFUL PUNCH!

CALL US AT 800.222.1391 OR GO TO
WWW.SFPCU.ORG FOR DETAILS.

HURRY – SUPERPOWERS MAY LAST FOREVER, BUT
THIS OFFER EXPIRES 12/31/17.

**ALL CATHAY POST MEMBERS AND THEIR
FAMILIES ARE ELIGIBLE FOR MEMBERSHIP!**



Offer valid through 12/31/17. 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. 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, \$500 in monthly direct deposits must be initiated. The bonus will be deposited into the new checking account within 60 business days after meeting the \$500 direct deposit requirement. Visa Bonus: To qualify you must join SFPCU and open a new Visa account during the promotion period October 1 – December 31, 2017. The bonus will be deposited into your savings account within 60 business days after account opening. Referral Bonus: Referred member's savings account must be opened within the promotion period. Within 15 business days of new member account opening, \$25 will be credited into referring member's savings account. Bonuses may be tax-reportable. Federally insured by NCUA.

Promo Code: REF/CHK

Will your grandchild have a job in 15 years? 20? By Roger Dong

For those of us who are elderly seniors, it may not matter. For the rest of us who are still working a few more years in our City, it may matter a lot. What is it?

It is automation and robotics and it will affect jobs for many people, including veterans and a lot of the non-technical employees. To help those of us who don't work for Apple, Facebook, or some other high-tech firm that reportedly pay very high salaries, our City fathers have guaranteed that by 2018, the minimum wage would be boosted to \$15.00 an hour. By 2022, all of California will implement the \$15.00 minimum wage rate.

If you are earning less than \$15 per hour now, that may sound wonderful, but at that princely hourly wage, it may become more cost effective for high-tech and large firms to replace human staff (not programmers yet) with automation, either in place of machines or robots. If the cost of automation can be recovered in 5-6 years, the decision to cut human staff may be easy to justify.

There are other good business reasons for reducing human staff such as machines can

work long hours without overtime pay, machines do not complain, or can it sue its masters. Machines do not need vacations. Robots or machines do not need maternity or paternity time off. They won't need to request Family Medical/Strain Leave. Furthermore, lighting, heating, and air conditioning costs can be vastly reduced.

Health insurance costs and retirement fund programs will be dramatically reduced when companies automate and downsize human staffing. Worker's compensation issues and costs will disappear as employees are laid off with their pink slips. Machines can function in a broader range of temperatures, can function in darkness, and in San Francisco, heating systems may not be needed resulting in further reduction in utilities costs.

There will be no more complaint boxes to provide and issues to be resolved. No more large lunch rooms, break rooms, locker rooms, and fewer bathrooms will be needed, reducing human maintenance staffs to service office areas and bathrooms. Parking spaces will also be greatly reduced or eliminated. Human

Resource departments will shrink and perhaps disappear altogether. Personnel services can be outsourced at tremendous savings. Do you feel threatened yet?

Never fear because several of our San Francisco supervisors are attempting to rescue everyone who may lose their jobs because of machines. Two Asian supervisors have threatened to impose a special tax whenever "Robbie the Robot" replaces one of us. That initially sounds good for our local non-technical jobs, but a \$15.00 per hour wage will put great pressure on small businesses where margins are slim and may result in the reduction of these staffs. The increase in the minimum wage may also have a greater negative effect on seniors and less technical and skilled positions. We have many veterans who may and will likely be affected.

Ironically, in our lovely San Francisco, who can survive on even the generous hourly wage of fifteen bucks an hour? Annualized on a 50-week pay schedule, that comes out to \$30,000.00 before taxes. If currently proposed tax reduction plans are passed, according to Office of Management and Budget esti-

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Future of Employment, Continued

(Continued from page 12)

mates, this pay bracket will take home even less money.

Automation can be delayed, but likely not stoppable. America must evaluate our current and longer term education programs in our schools so that our education and technical training meets skills needed for near, medium, and long term job requirements. That is not an easy task, so the effort must begin ASAP. There is no way we can make America great again, if most Americans do not have jobs, especially jobs that pay sufficiently for many people to have satisfactory living standards.

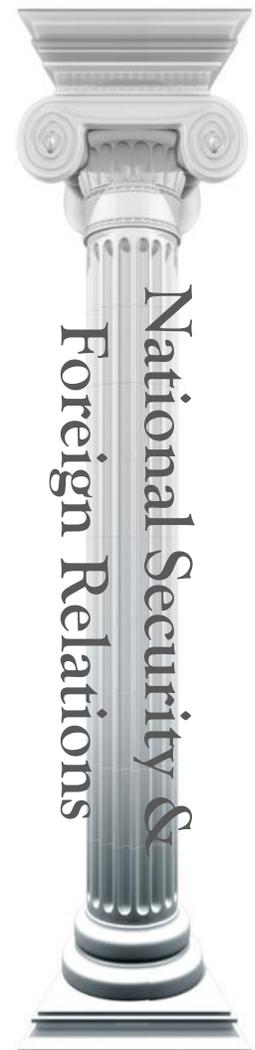
Occupation analysts predict that if there are no constraints on job related automation or robotics development, there will be few jobs not threatened. Even doctors, lawyers, accountants, and other positions, including software programmers which normally requires advanced degrees and special training, can be replaced by machines or robots, which ironically may have even created the operating programs.

The gathering of mega data and implemented with sophisticated software programs will enable driverless cars, and in my opinion, will replace doctors, lawyers, programmers, and book keepers. I would love a driverless car as soon as possible. The most

unpredictable and inconsistent variable on our highways are the humans behind the wheel. There will be fewer accidents, and auto insurance will be a lot cheaper when there are fewer accidents due to the elimination of drunk drivers, old and young drivers, emotional drivers, and speeding drivers.

Many of us who are already seniors are hopeful that the major evolution to machines may not occur during our lifetimes, but we should still be very concerned about how automation will affect the future lives of many people, including our children, and their children, and future generations. It is immensely important to intelligently address our education system so people can be prepared for the future when old jobs will be eliminated and new jobs surface.

This article does not inclusively cover all the issues that will impact our lives when we are replaced by hardware or higher minimum wages; however, I hope this gets us all thinking.



THE AMERICAN LEGION
Centennial celebration

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Today's Autonomous (Robotic) Army By Roger Dong

Last month, we discussed future autonomous weaponry (robots), but may have inadvertently suggested that robots and autonomous military systems were something just on the cusp of introduction, perhaps years in the future. That is not so, in terms of us supporting our ground forces, the US Army and Marine Corps. We have already been using automation in combat support for more than a decade.



Army Reconnaissance Drone
via Wikipedia.

Small drones fitted with high-resolution cameras are being used to reconnoiter the front lines to see over ridges and mountains, around obstacles, or to locate the size, location, and capability of enemy forces beyond visual range. Today, drone acquired intelligence is absolutely critical in combat. Our own combats troops are much more effective when we know exactly where the enemy is, and to effectively set up and target our fire power (artillery, machine guns, mortars, and armed, ground attack drones) to accurately vanquish enemy forces. Thank you to the US Air Force.

Most importantly, effective combat techniques facilitate quicker victories and minimizes our own casualties. HOORAY.

While none of us wants more war, if we must fight, we must fight more

effectively with modern technology, including automation, and in the future, military robots. We must destroy enemy forces quickly and decisively, and win with minimal casualties.

When we discuss drones, we must talk about our US Air Force drones. Our Air Force has many drones it uses for many missions, including supporting our Army and Marine combat operations.

FACTOID: Since 2012, our US Air Force has been training more drone,



Black Hornet Nano UAV (Norwegian) used by
Marine Special Forces via Wikipedia.

Unmanned Air Vehicles (UAVs) pilots, than human pilots. The ubiquitous use of the "**Hellfire**" ground attack missile launched from the Air Force's MQ-1 Predator UAV is intended to support our ground forces with attacks on hard targets like tanks, but with improved precision, have been used to target and destroy important (high value) enemy combatants like ISIS or al-Qaeda leaders.

We continue improving the precision of our UAV missiles to use in targeting enemy leaders and reducing collateral casualties. It is a long term goal to utilize Artificial Intelligence to produce advanced intelligent munitions that will be used to

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Autonomous Army, Continued

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locate and kill a single enemy human target.

That is a future capability that is both exciting and scary.



MQ-1 Predator firing a Hellfire missile
via Wikipedia.

The 6th Leading Cause of Death in the US

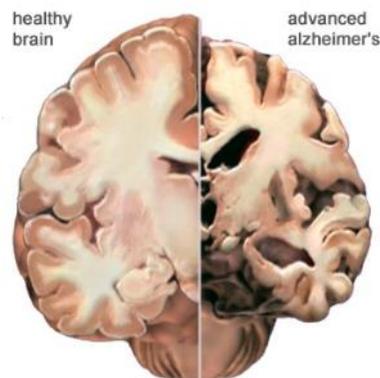
By Roger Dong

If you do not have any memory problems or will not admit to having any such disabilities, you can skip this article.

Note that if you are skipping this article, you may be skipping it at your peril!

It is reported that 99% of people who are adults have memory problems, and when you become a senior, all of us have issues with our brains, and a lot has to do with memory. Here are some insights from Dr. Alois Alzheimers.

Alzheimer's, the most common form of Dementia is the 6th leading cause of death in the US according to the Alzheimer's Association. There are more than 5.5 million Americans of all ages suffering from this disease.



Courtesy of Alzheimer's Association.

According to a doctor, once you are near or over 65 years old, you can deny it, but everyone who is 65 (legal senior) or older, or younger, has memory problems or cannot recall that they have memory issues. Some refuse to admit this disorder. They are the DENY-ERS.

It doesn't matter if you are smart as Einstein or as dumb as a door nail. With age, things are happening to your brain that are damaging to its function and is totally out of your control. Even if you are in perfect health, an Olympic athlete, or the best neurologist in the world, with aging, the communication capability of the nerve cells in the gray matter called the BRAIN is breaking down. And likely, the degeneration of your brain began years before your golden years. The essential brain chemical for a healthy brain known as acetylcholine, begins depleting (we don't know exactly when) and almost everyone begins to forget simple things long before we are official labeled a senior. It is not clearly noticeable when we first begin to forget, but who recalls when they first began losing their minds? It doesn't affect our lives very much, in the beginning, regardless of when it actually begins. This is the bad news.

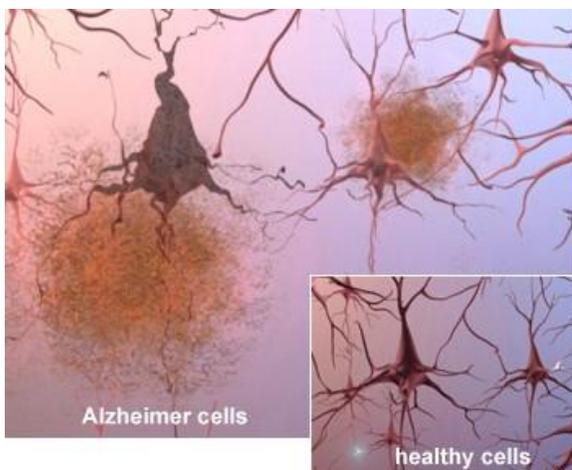
(Continued on page 16)



Alzheimer's, Continued

(Continued from page 15)

Even though we acknowledge these things may happen with our brains and that many recognize the initial symptoms leading to a big problem called Alzheimer's disease, it is just in its infancy. There are now some good practices to slow down memory loss, and avert the most debilitating end game called severe Alzheimer's. Do we have your attention yet?



Alzheimer's tissue has many fewer nerve cells and synapses than a healthy brain. Plaques, abnormal clusters of protein fragments, build up between nerve cells. Dead and dying nerve cells contain tangles, which are made up of twisted strands of another protein.
Courtesy of Alzheimer's Association.

Here are some good practices to help avoid the very debilitating brain destruction called Alzheimer's. Note again that exactly when our brain begins to feel the ravages of this disorder is not known now, we may never know when this impairment actually begins. So let's move on and not worry about the first stage of Alzheimer's.

If you are at, or near 65 years of age, these steps that may slow down memory decay are recommended by many neurologists. Note that not all neurologists agree that these are the best procedures because we may have not gathered sufficient data to prove

that our brain begins deterioration when a certain rate of depletion of acetylcholine has occurred and is medical proof that we are beginning to forget simple little matters.

First, if you are truly concerned and must know whether you are really going nuts, find you a good neurologist. (Just ask Siri!) If you are able to do this, you may feel a little assurance that you are not totally forgetful - yet.

If your neurologist is convinced that you are revealing some real symptoms and you volunteer to be a guinea pig, your brain will be exposed to an MRI (Magnetic Resonance Imagery). This gives your new doctor a picture of the health of your brain. If only a minimal amount of deterioration is visible, here is what he may recommend to you. (Don't be surprised that you are not surprised.) If this not already part of your daily routine, it is – exercise! What exactly encompasses this strenuous activity called exercise?

Wikipedia defines it as, "Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and also enjoyment." Exercise includes walking vigorously for at least 30 minutes a day if you can. Do not sit for any reason for hours. If you must remain static for a long time, move around and stretch regularly, every 15 minutes. No one has ever died from

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Alzheimer's Continued

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stretching. And follow these suggestions, after all, you are paying your shrink a princely hourly rate to help you through this intimidating process. If you are covered by Medicare, and good secondary health insurance, these doctor visits are covered.

Exercise is good also for your heart for many reasons, not just brain disease. You may not be fully aware that keeping your heart strong means good blood flow to your brain is increased. This helps the brain function properly. (You probably already knew this.) Most doctors agree that this will stave off the appearance of plaques and tangles that are the agents that kill brain cells and likely leads to dementia and Alzheimer's.

Also eat more veggies! Thanks doc, I needed that! You will likely be given a prescription for a small dosage of Vitamin D. This ingredient might stimulate more production of acetylcholine, which is believed to be helpful in preventing nerve damage in our brains. Vitamin D pills are relatively inexpensive and you should buy several months' supply. Make sure the dosages you buy at your local drug store are what your doctor ordered. Note that all those ads you see on the tube marketing new drugs that prevent brain damage, all contain a large dosage of vitamin D. I just saw an advertisement for a new drug that (with lots of vitamin D) prevents brain damage because they discovered a secret ingredient provided to the founder of the new brain booster who received the formula from ET (Yes, I am referring to the movie). Sounds like a winner to me.

Here's the fun part. This is where we begin a brain stimulation regimen. You can begin playing games which

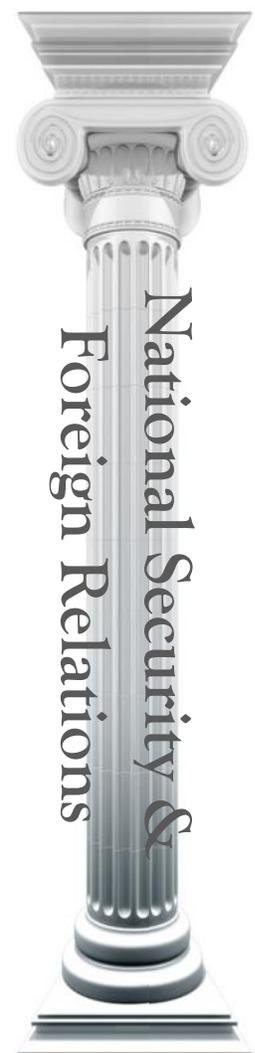
exercise you brain activity. You can try word-retrieval games with your psychologist. If you don't have a psychologist, many shrinks will be happy to play memory games with you at a handsome hourly rate. There are many games you can download off iTunes and similar vendors for a small fee, and then find yourself an intelligent adult to play these brain games with you. Among us retirees, we will play legitimate brain games with you for much less than the hourly rate your psychologist charges.

There are now a number of non-invasive magnetic pulse devices that stimulate brain activity and perhaps increases neuron development. Be careful the power of these devices so that you do not overdose. For my personal stroke rehab program, I do use laser acupuncture techniques that work in like fashion. Recovering from stroke also is a brain recovery regime, so the brain stimulation techniques used to improve memory seems very similar to techniques used in stroke rehabilitation. In the stroke recovery program, you also depend on physical therapy, speech therapy, and occupational therapy.

The bottom line is this, exercise appropriately, eat healthy, and participate in programs which stimulate positive brain activity.

One more important suggestion. Drink good doses of water. Dehydration is bad for many parts of your body, especially the brain. The brain is mainly composed of water and needs plenty of water to function properly. Always take good care of your brain, you need it functioning well, much more than you realize. Drinking clean water is the easiest and cheapest habit/medicine for good brain health.

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Alzheimer's, Continued

(Continued from page 17)

great health and happiness.

Don't you forget this!!!

Also confirm the information in this report using other sources to verify or refute the information you just read above. Facts can be interpreted many ways.

Good luck and don't forget to do positive things to keep your brain and body strong and healthy. Wishing all

2017 Facts and figures. Courtesy of Alzheimer's Association



OTHER FACTS: Of the estimated 5.5 million Americans living with Alzheimer's dementia in 2017, an estimated 5.3 million are age 65 and older and approximately 200,000 individuals are under age 65 and have younger-onset Alzheimer's.

- One in 10 people age 65 and older (10 percent) has Alzheimer's dementia.
- Almost two-thirds of Americans with Alzheimer's are women.
- African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites.

January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Day	2 ALWMC Meeting, 6:00 pm	3	4	5	6
7	8	9	10	11 Dist. 8 Meeting 6:00 pm	12	13 Post Meeting 11 am
14	15 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 ALWMC Meeting, 6:00 pm	7	8 Dist. 8 Meeting 6:00 pm	9	10 Post Meeting 11 am
11	12	13	14 Valentine's Day	15	16 Chinese New Year's	17
18	19 President's Day	20	21	22	23	24
25	26	27	28			

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8/2/1990 to present

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

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

Vietnam War
2/28/1961 – 5/7/1975

Korean War
6/25/1950 – 1/31/1955

World War II
12/7/1941 – 12/31/1946

World War I
4/6/1917 – 11/11/1918

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