



# American Legion Cathay Post 384



## Cathay Bulletin

### May/June 2020 (Volume 20-05/6)

Welcome to our Cathay Bulletin which is intended to provide important and useful information for our veterans nestled between our bi-monthly national award-winning Cathay Dispatch (CD), edited by Ms. Clara Pon George. This Bulletin is not intended to replace the CD, but supplements it between our special CD publications. All Cathay Post members are encouraged to submit reports for future Bulletins, of interest to our veterans. Your input submissions, feedback, and comments are requested, needed and always welcome.

### Important Imminent Dates & Events to Note:

**May 25 – Memorial Day**

**June 13 – 1100 hours, Cathay Post monthly meeting – via Zoom video conference only**

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### From the office of Post Commander Helen Wong:

May is normally a month that we would be observing many events together as a group or as a family, i.e., Mother’s Day, Armed Forces Day, Asian American Pacific Islanders Heritage Day, Good Turn Day at the National Cemeteries, Memorial observance of the USS San Francisco at Land’s End, ceremony honoring the Chinese American WWI & WWII Veterans at St. Mary’s Square, Memorial Day observances at various locations, veteran group meetings/ conferences, birthdays, anniversaries, funerals, and anything else that may have been celebrated. Many of these events are now cancelled or postponed. But these are not normal times, and as much as we all want to be around others, the Covid-19 pandemic has taken over many aspects of our lives so we have to adjust in a way we have never done before.

Since March 17 in the six Bay Area counties and the rest of the state of California on March 19, the Stay-At-Home orders have changed how we do things daily. Parents who normally are workers now take on the role of teachers at home besides working from home. Teachers have learned to teach remotely/virtually using video conferencing. Many of the restaurants that we use to patronize have closed or have been forced to change their way of doing business. Many of our friends or relatives are out of work and unable to receive benefits. Group members have learned to stay in contact using teleconferencing and/or video conferencing. Practicing social distancing to keep the virus from further devastating family and friends and losing loved ones has been the goal of all who value health for the greater good of society.

Yet, after six weeks of Stay-At-Home orders, there are incidents of demonstrators marching at San Francisco City Hall, at Sacramento State Capitol, and other states wanting to have restrictions lifted so that people can go back to work. They have no regard for the fallout if the infection rate goes up affecting the curve which had been flattening. Do they think past the immediate need to return back to pre-coronavirus times that if they get sick, who then will run their businesses, who will take care of their children, who will take care of them at the hospitals? What will happen if they die? Have they ever been in the hospital with breathing problems, with pain so bad that they are out of it with tubes running out of their bodies? It seems so short sighted that they are willing to risk getting sick to return to something that may not be the way it was nor will be in the future. None of us are invincible and even the younger people can get Covid-19 to the point of requiring hospitalization.

I am proud of those who have been patient with staying inside and for doing their part to help all of us get through these challenging times. Yes, I would rather be planning to celebrate Mother’s Day with my family

and would rather be planning for our annual Memorial Day events. But right now, is not the time to jump the gun and insist on being around people when the Covid-19 case numbers keep changing. These are trying times, so let us help each other get through this by not stressing each other out. Let us stay healthy by staying home, by practicing good hygiene, and by staying in contact from a distance. Let us help the front-line workers by providing safety supplies, PPEs by giving them space. Let us help by obeying local health authority orders, by complying with contact tracing, and again by TAKING CARE.

THANK YOU TO ALL THE FIRST RESPONDERS, HEALTH CARE PROVIDERS, GROCERY STORE WORKERS, ALL ESSENTIAL SERVICE PROVIDERS WHO ARE OUT THERE FOR US.

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**From the office of our 1<sup>st</sup> Vice Commander, George Tsang**

Our 1<sup>st</sup> vice commander appears to be taking a break this month. However, in our March 2020 Cathay Bulletin, US Space Force (USSF) was introduced as the sixth branch of the US Armed Forces by President Trump in December 2019. Though USSF is still in its infancy, national headquarters has recently announced that it is recognizing the newest branch for eligibility into The American Legion. So for all you membership folks and 1<sup>st</sup> vice commanders, if you see USSF or US Space Force on a DD-214 or other honorable discharge document, they are eligible to join The American Legion.

**MEMORIAL DAY TRIBUTES**

Golden Gate National Cemetery:  
<https://vimeo.com/420995106/5c961c299e>

Presidio Online Commemoration: <http://www.presidio.gov>

USS San Francisco Memorial message: Available Sunday May 24: [www.ussanfrancisco.org](http://www.ussanfrancisco.org)

Golden Gate Park Virtual Concert Series: <http://www.goldengatepark150.com>



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A special note and heart shaped flag decoration was left on the front gate of Cathay Post headquarters on Memorial Day weekend.

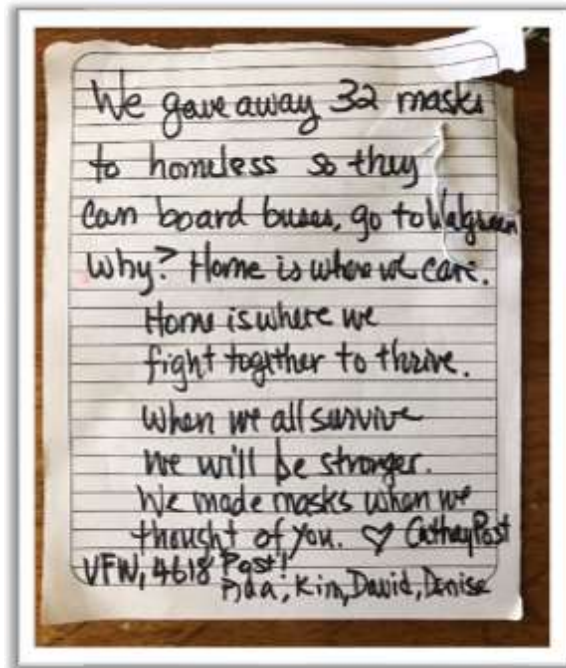


The note reads:

*Home unites all of us. We did not forget you.  
Thank you veterans. Happy Memorial Day.*

The reverse side of that note said:

*We gave away 32 masks to homeless so they can board buses, go to Walgreens. Why? Homeless is where we care. Home is where we fight together to thrive. When we all survive, we will be stronger. We made masks when we thought of you. Love Cathay Post. Ada, Kim, David, Denise. (Red Cross volunteers.)*



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### **From the office of our 2<sup>nd</sup> Vice Commander, Chuck Paskerian**

Comrades: Very proud of Cathay Post 384 for participating in the Buddy Check program.

As I am home with a broken leg unable to walk, I have received several calls from you, my comrades, to cheer me on during the virus war we are in. I cannot walk for another three weeks. Kind of difficult for me to stay at home and not even able to walk. However, I am doing fine and thank you for your calls.

Below as an article from the national organization, Legion.Org news telling about American Legion posts nationally and successfully helping fellow comrades. As you know, many of our comrades are now up in age and vulnerable during this virus war:

### **American Legion Family members continue to assist others during difficult time**

*Veterans, representatives of The American Legion and other veteran service organizations and a staffer from the Department of Veterans Affairs had an opportunity to get together this week via Zoom to discuss how they were doing, how the coronavirus is impacting VA care, and generally just get a chance to hang out and relax.*

*The Military Veterans Social Distancing Coffee Chat Room came courtesy of a collaboration between a Pennsylvania Legionnaire, the Chapel of Four Chaplains and the nonprofit Thank-A-Vet. The Zoom meetings started on April 7 and will go until at least May 19, Legionnaire Louis Cavaliere said.*

*A member of Benjamin Franklin Post 405 in Philadelphia and vice chairman of the Four Chaplains Memorial Foundation board of directors, Cavaliere said the chat room is a continuation of a previous collaboration between Thank-A-Vet and the Chapel of Four Chaplains.*

*Based in Philadelphia, Thank-A-Vet has provided more than 11,000 pairs of new socks, 40,000 thank-you cards, 25,000 wheelchairs and scooters and 5,500 coats to veterans. The nonprofit also has created several coffee clubs throughout the Philadelphia area for veterans to gather and had set up one at the Chapel of Four Chaplains.*

*“When we went to the quarantine and social distancing, that obviously went by the wayside,” Cavaliere said. “We sort of came up with the idea ‘Why don’t we just do it using Zoom. It’s the same thing. That’s basically how it happened.”*

*“I found that once a week just talking to people like this is helpful. Nothing planned – just sharing what’s going on in life.”*

PS: This is an especially useful American Legion publication. It should come to your email. If you are not receiving it, go online to <https://www.legion.org/news> to subscribe. It is free.

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**CJ Reeves, Sergeant-at-Arms** volunteering at the VA hospital keeping patients and visitors safe.

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### **HIGHLIGHTS OF MAY 9, 2020 CATHAY POST 384 ZOOM MONTHLY MEETING & ELECTION RESULTS**

For the third month in a row, Cathay Post held their monthly meeting by tele/video conferencing and had 25 members in attendance. There were a few new callers and a few new “Zoomers” who participated in the video along with the regulars. This may be the way of the future even when the pandemic restrictions ease up.

- Adjutant Stanton reported no new renewals since mid-February as he has not been able to go to the office. Our post needs two more members to make the 100% membership goal of 122.
- Although the April JROTC drill competition was cancelled, there was discussion to award the medals and certificates to the senior cadets along with the two scholarships. These items were already budgeted, so Col. Bullard (SF JROTC) will get back to us with the names of the cadets.
- Sgt-At-Arms CJ Reeves has continued to volunteer at Ft. Miley VA hospital and has been coordinating distributing the sandwich donations from various organizations for the front-line staff of 25 on the weekends and hospital personnel of 100 total. It was moved, seconded, and passed to provide up to \$5 per serving and the number of servings to be decided by the commander for a one-time lunch donation.
- It was moved, seconded, and passed to fund up to \$5K for Montgomery Hom’s WWII Chinese American Veterans virtual exhibit providing there are matching funds from another organization such as Chinese Historical Society of America (CHSA) or the Chinese American Citizens Alliance (CACA). This project

is targeted to start in the summer with a September date for honoring the WWII Veterans and/or their families. The original plans to have the Congressional Gold Medal for WWII Chinese American Veterans ceremony has been delayed as the US Mint has not been in production due to the coronavirus pandemic shutting down business.

**2020-2021 ELECTION RESULTS:**

There were no new nominations for officers, so the following incumbents were re-elected:

- Commander: **Helen Wong**
- 1<sup>st</sup> Vice CMDR: **George Tsang**
- 2<sup>nd</sup> Vice CMDR: **Charles Paskerian**
- Adjutant: **Ernest Stanton**
- Finance Officer: vacant (George Tsang will cover)
- Secretary: vacant (Aaron Low will take notes)
- Sgt-At-Arms: **CJ Reeves**
- Service Officer: **David Wong**
- Judge Advocate: **Stan Ellexson**
- Quartermaster: **Philip Leung**
- Chaplain: **Richard Ow**
- Historian: **Roger Dong**
- ALWMC Delegate: Past CMDR **Nelson Lum**

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**Legion Events – Canceled/ Status Updates**

Obviously due to the stay-at-home order by Gov. Newsom on March 19, many events have been canceled, rescheduled, and or now being conducted via telephone/video conference.

- Post/district/area meetings – Canceled unless tele/video conferences are being instituted. Please check with your local leadership for more information. Check the department website (calegion.org) for general information. Those that have county/district/post websites, please look at those for specific updates concerning your post or district for information.
- Department of California annual convention June 26-28, 2020 – Currently, posts are being asked to vote to determine the status of 2020-2021 officer elections during virtual convention.

Other upcoming events for Cathay Post 384:

- Annual JROTC drill competition held April 25 was canceled, but the post will still issue award medals and two scholarships.
- Cathay Post 384 annual installation dinner rescheduled from May 30 to July 25 at New Asia Restaurant is still pending.
- WWII exhibit tentatively planned for September; Monty Hom is looking for volunteers.
- WWII Chinese American Congressional Gold Medal ceremony currently scheduled for September 19, 2020 in the Green Room at SF War Memorial Veterans Building. Will keep you posted.

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***In this issue, all the following articles of possible interest to our veterans were written or selected by our CB editor/Post historian, Roger S. Dong. Due to the political nature of these topics, the opinions of some of the following articles may not represent the view of Cathay Post 384 and are the opinion of the contributor.***

*Today, the most pressing topic on everyone's mind is COVID-19 (CV-19) and how it impacts our lives. This pandemic has attacked the human race, and along with a number of other powerful acts of nature, one may wonder, if Mother Nature is trying to pay us back for all the harm that Man has inflicted on Her. But this is just conjecture, and most of us, believe in other reasons for the massive damage now being done by a very powerful virus (CV-19) that we still do not fully understand. No wonder finding a vaccine appears so complicated. If you don't know and understand your enemy, the enemy will be elusive and very difficult to contain and defeat. We need much more skill (and luck) if we are going to contain and defeat CV-19.*

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### **More on the future big on...**

by Roger Dong

Last month, we published the article “*Are We Going to be Ready for the Next Big One?*” We have learned painfully from our current pandemic, Covid-19 (CV-19), that time is crucial and speed is a key to quickly containing the virus. Losing a day or two, may not cause too much harm/deaths, but a delay of weeks or longer to respond, we now know will result in many unnecessary deaths.

As of CDC report dated May 26, 2020, the US has reported over 92,260 CV-19 deaths – 58% age 75+, 21% ages 65-74, 18% ages 45-64, and 3% ages 18-44. However, the age ranges of reported cases (1,327,267) are much different – approx. 350,000 ages 18-44, approx. 350,000 ages 45-64, 150,000 65-74, and about 175,000 age 75+. Senior veterans are among the most vulnerable. Some of our Vietnam Vets being exposed to Agent Orange already have damaged lungs and our recent Iraq and Afghanistan Veterans exposed to the burning pits also have respiratory problems. Thus, they may be more vulnerable.

One thing we have all learned about with pandemics is that we must act fast. Successful control of any virus requires early detection to give us maximum time to be ready and to defend everyone, especially our elderly citizens and those with other underlying health conditions. It was suggested that we needed to create a global warning system that would cost millions and would require the cooperation of many nations, some who are friends, and including some who are not. What is the likelihood of that?

On May 2, 2020 on the CBS weekly television program, *60 Minutes* reported that a Canadian high-tech firm, Blue Dot used its digital sensors and detected the signs of a new virus threat in China late in 2019. Utilizing the latest artificial intelligence (AI) techniques to detect and sort vast amounts of data from multiple sources of information, the data analysts at Blue Dot saw many clues that revealed that there was a dangerous viral infestation in Wuhan, China.

Blue Dot's computers, understanding 65 languages, scanned the entire Internet universe and all global information sources seeking news related to many major issues, including hints of a viral problem. Their Artificial Intelligence (AI) programs scan the web every 15 minutes of every day for clues that hint of virus. With speeds as fast as lightning, their programs conduct searches of key words/key phrases related to one or more targeted topics. Senior data analysts discard irrelevant material and the noted relevant messages that are on the web.

On December 31, 2019, Blue Dot digital sensors read that a Chinese business paper had just reported 27 cases of a mysterious flu-like disease in Wuhan, a city of 11 million. The signs were ominous. Seven people were already in hospitals.

Next, Blue Dot analysts churned through related public documents, in medical bulletins, and local newspapers, which sometimes disclosed names of treating doctors and their patients.

Then they searched airport files to track the movement of persons traveling away from Wuhan. These computers identified and tracked 800,000 names leaving Wuhan and all the places they were headed.

(Not everyone had visas, so many could not leave China.) The outbound included many who traveled throughout Asia resulting in earlier infestations throughout Asia, shortly before others headed east to America, primarily to California (San Francisco Bay Area, Los Angeles) and to New York. Airline files revealed the seats assigned and even nearby passengers. This data was used to track everyone who might be infected people are identified and subsequently used to conduct contact tracing.

Four billion people board commercial flights and travel around the world every year. And so that is why understanding population movements becomes so important in anticipating how disease is spread. Data from cell phones were also analyzed to track all the travelers and the number of people that had contacted. Armed with cell phone numbers, effective contact tracing could be conducted.

The amount of data collected was huge and only with AI software could all that data be analyzed and relevant information extracted to provide useful reports.

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## **CDC on Face Mask Wearing and Hand Washing**

Submitted by Roger Dong

Ok, you think that already know most of these safety precautions, but following Centers for Disease & Control (CDC) instructions, we are reminding everyone that our/your behavior can expose others/you to the CV-19 virus, and the outcome of your exposure can be very dangerous, even if you survive the first infection. Young people are not immune to the virus, nor are people who are not yet elderly. We are still learning about how CV-19 affects people of all ages. Seniors are more vulnerable, but anyone can get really sick or it can harm and weaken anyone for subsequent illnesses, not necessarily related. We now know that many CV-19 victims were infected by people who did not know they were infected – the “asymptomatic” spreaders. We also do not know how vulnerable you will become to other medical problems - even when CV-19 does not kill you.

Here are some useful notes from the CDC.

**Regarding the use of face masks** – People have to be very careful about how they put them on and how they take them off. Wash your hands before putting your mask on your face.

Fit is key: Your mask should cover your nose and mouth snugly, but comfortably.

For the dispose light blue facemasks, there’s a wire that goes over the nose-piece that you have to mold to your nose. Then tuck [the mask] under your chin.

When removing your mask off, remove it without touching the front of it, and wash your hands afterwards. If [masks] become contaminated and you touch them – even if your hands are clean – when you then touch your face afterwards you can infect yourself.

Reusable cloth masks should be cleaned regularly, per the CDC, which means after each time you wear it, or whenever it becomes soiled. You can wash masks in a washing machine with hot water and tumble dry them with high heat.

Most of us have heard that we need to be at least six feet from other people when out in public. That’s not a fail-safe number, but it’s believed to be the minimum distance necessary to prevent respiratory droplets from reaching you if someone sneezes or coughs.

Try to avoid looking at people face-to-face when you’re outside in crowded places. It sounds strange, but it keeps you out of people’s line of breath. You can also try to stagger how you’re walking so that you are side-by-side with others, rather than directly behind someone.

**Very Important: Keep washing your hands diligently**

Hand hygiene is still incredibly important, because it’s easy to accidentally touch your face and infect yourself.

**GLOVES** – Wearing gloves may give you a false sense of security. If you do wear gloves, you should assume that your hands are dirt, and avoid touching your face. Be cognizant of cross-contamination.

Take fewer trips to the store to reduce the amount of exposure you have to other people and order your food and medication for delivery if possible (and don’t accept deliveries in-person), per the CDC. Opt to pay for your items online or over the phone and use a contactless payment method if you can.

Many stores have delineated a “safe distance” on the floor in checkout line and wipes available for patrons to disinfect shopping carts. Some stores have even put one-way aisle direction decals on the floor in stores to minimize two-way cross traffic. We must all consciously remember not touch our eyes, nose, or mouth with our hands. Touching your face with your hands is often done unconsciously, so this takes conscious discipline.

Once you’re finished shopping, use hand sanitizer and wash your hands with soap and water when you are home. Handle packages and groceries cautiously. Many people are relying on deliveries to get their groceries and other supplies with minimal contact. There’s some evidence that the Covid-19 virus can survive on surfaces for hours to days. This demonstrate its virulence and omnipotence.

When you get a package or bring home a shopping bag, open it outside of your home. Leave it outside the door and then with clean hands, lift out the things that were inside. If the contents look like they need to be cleaned, you can wipe them with a disinfectant, but it’s not totally necessary. Put the items on a surface that you can clean easily afterwards, and of course wash your hands. This is not hard to do, but may be hard to remember to do it. Conscious vigilance is required.

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**Warning: What cross contamination looks like...**  
Submitted by Roger Dong

A black light experiment reveals how innocent dining can easily spread CV-19 and result in hot spots that can begin an outbreak. Few people realize how our normal behavior in a public situation can touch off infections that can be very damaging and allow the virus to continue its rampage of the whole world. Check this out:

*Black light experiment shows how quickly a virus like Covid-19 can spread at a restaurant*  
<https://www.cnn.com/2020/05/13/health/japan-black-light-experiment-coronavirus-trnd-wellness/index.html>

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**Increase Use of Telemedicine**  
Submitted by Roger Dong

The use of telemedicine has been around for several years with minimal interest from the public. CV-19 has unintentionally promoted telemedicine. Now that everyone needs distance and space, our doctors and medical staff also need to keep distance from their patients. On-line patient care has zoomed 2,000% this past March. This, of course, was the product of necessity, not choice.

It is medical technology that is evolving to support telemedicine. The most basic of technologies that must be universal is improved wireless communications for all - if our intent is to serve all. This is really an issue of funding, and is, perhaps, the easiest necessary fix.



Video chat and remote monitoring devices need to be linked to electronic medical records. Patients must be provided home care aids and related supplies (to facilitate the examination of patients body, including the throat, pulse, hearing, and heart status) so that diagnostics can be performed at home and results quickly and electronically relayed to the doctor who needs real time facts to the doctor and into electronic medical records for a successful patient experience, and also support the medical billing system.

All this telemedicine talk may be misleading. When life returns to normal, many people will want the good ol' days, as many doctors, and many patients, also prefer human interaction. In fact, human contact is a real and needed experience essential for the well-being of all humans. The temporary situation we now live in, telemedicine, while it will not go away when normality returns, will still be needed and useful indefinitely.

Sources: "Medicine's Next Revolution is Digital," Daren Fonda, Barron's, April 20, 2020, 23-25  
"The Doctor will Zoom You Now," Opinion, WSJ, April 27, 2020, A16

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## **Chinese Americans still facing threats, racism, and even violence amid COVID-19 pandemic**

Submitted by Roger Dong

There are many Americans of Chinese descent that are doctors, nurses, or healthcare providers. They are 5% of our population, but they comprise more than 10% of our healthcare providers (doctors, nurses and medical staff). Think about the number of seniors, veterans, and people in our hospitals who are served by these dedicated Americans. There are also thousands of Chinese Americans who have served in our military and defended our nation beginning with WWII. A few have been Medal of Honor recipient as well as having received high-level decorations among our Chinese American military personnel and veterans. These great military men and women have served or are still serving with pride, honor and courage, like other ethnic groups in American society.

Chinese American citizens have contributed a lot to our nation, and continue to do so, despite hostility directed at them solely based on the color of their skin. We should also consider the number of Chinese Americans and their companies in Silicon Valley and the many scientific and new businesses they have and are creating that benefit America.

The media has reported that Chinese American doctors and nurses have been cursed at, and physically threaten traveling to and from work at hospitals and medical clinics. Those angry with China and vent their hostilities to Chinese Americans are not really brave and loyal Americans. They represent the few and the ugly.

Sources: "Asian American doctors and nurses are fighting racism and the coronavirus Across the country, Asian Americans have reported a sharp increase in verbal abuse and physical attacks," By Tracy Jan, The Washington Post, May 19, 2020

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## **Rockin' and a Rollin' – Stress Reducers**

**If you need a pick me up**, click below. OMG, this "My Sweet Lord" ballad which was a big hit for George Harrison, but listening to this newer rendition by Federico Perlingieri, will pick you right up and reduce stress and anxiety living with CV-19. This is a YouTube product. You might find yourself singing, rocking, and rolling. If you are a senior (like me), be careful, don't hurt yourself. Turn on your speakers to get really rocking and rolling.

For walkers like me, listen to this with your cell phone headphones, and you may be inspired to take a long walk with lots energy and a big smile on your face. You will be singing "*Hallelujah, my sweet lord*" and

smiling and marching all the way. Before you know it, your walk will be done, and you will be looking forward to your next walk. I guarantee it.

Click here: <https://youtu.be/4IrMIYDMDhM>

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## **Military Honors Healthcare Professionals & First Responders**

Submitted by Roger Dong

Everyone knows that our doctors, nurses, first responders and many people serving daily in healthcare system have served our communities, bravely and selflessly. Some have even given up their lives to the virus. In honor of all these very noble public servants, our US Navy Blue Angels and US Air Force Thunderbirds have been jointly flying over our major cities and healthcare centers to honor and thank all the courageous healthcare personnel and staffs. In my opinion, we should award some type of hero's medal to all of them. They have all taken risks that are comparable, in some cases more stressful, than many of our military troops who face an armed opponent.

One great recent tribute was conducted over the city of New York and all the healthcare centers. Here is that video to share: Click below...

<https://www.youtube.com/embed/1JESyoCnYPw>

A few days later, the Angels and the T-Birds flew over Washington D.C. That was also a beautiful day and great event. Click on the following to enjoy that flyover. Thanks to Air Force Colonel, William Arnold.

<https://youtu.be/USq7e1UukNU>

The next video is most unusual and was not conducted by the Angels or our T-Birds. The purpose was same to honor our brave healthcare staffs. This special air show was conducted over Phoenix, Arizona and was performed by 17 F-16s and F-35s soaring over Phoenix and its medical centers. This air show few of us have ever seen, so don't miss it now:

<https://youtu.be/QycjmgWFNEs>

Let's hope that Fleet Week in October will bring the Angels back for another great demo over the Bay. If not, you can watch the videos above for at home excitement, over and over again.

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*Until our next issue, see you at our next virtual Post meeting on Saturday, June 13, 2020. Same Bat time, Same Bat virtual location. You won't be putting on weight at our virtual lunches. Take care and be safe.*