



CATHAY DISPATCH

SAN FRANCISCO, CA

AUGUST 2021

VOL 12 - 08

LEGACY: 90 YEARS OF SERVICE - FROM THE GREAT WAR TO THE GREATEST GENERATION & BEYOND

By Commander Helen Wong

August 14, 2021 marks the 90th anniversary of the chartering of Cathay Post 384. Here are a few notable highlights of each decade.

1930's: While the WWI Veterans started meeting in 1930, the official charter date followed in 1931. A photo from November 11, 1930 shows a joint panoramic scene that includes Boy Scout Troop 3, Cathay Post members, and the Drum & Bugle Corps group. This appears to be the earliest photo of the groups together.



We wish we could identify the members by their names but it was so long ago and the names are long lost.

1940's: WWII Veterans returned from serving the United States and many joined Cathay Post with the membership being at 1200 members by 1950. WWII Veteran Andrew Wong was elected Post 384 Commander in 1945 and was the first WWII Veteran in the country to be elected in the American Legion.

1950's: Cathay Post had a Ladies Auxiliary, Sons of the Legion besides the Post members. 1951 saw joint Veterans of Foreign Wars Chinatown Post 4618 and Cathay Post 384 dedicate the War Memorial Plaque to the WWI & WWII Chinese American Veterans who died in service to our country. The formal dedication was in 1955.

1960's: Cathay Post had outstanding Drum & Bugle Corps and Cathay Drill Teams during this period of time and won numerous awards.

1970's-1990's: It was a period of transition in the Post. Many of the records were destroyed or lost. But Boy Scout Troop 3 continued to meet in the building.

Continued on Page 2...



CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Charles Paskerian
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
- Secretary:** Vacant
(Aaron Low to cover)
- Sgt-At-Arms:** CJ Reeves
- Service Officer:** David Wong
- Judge Advocate:** Raymond Wong
- Jr. Past CMDR:** Nelson Lum
- Quartermaster:** Philip Leung
- Chaplain:** Richard Ow
- Historian:** Roger Dong
- ALWMC Delegate:** Chuck Paskerian

CATHAY DISPATCH STAFF

- Roger Dong, Publisher
- Kokoe Estrada Dusina, Editor-in-Chief

CONTACT US

1524 Powell St.
 San Francisco, CA 94133
 Phone: (415) 797-7384
 Email: CathayPost@gmail.com
 www.sfathaypost384.org



Continued from Page 1...

2000's: Bok Pon was elected Commander and revived the Post with many programs in the community. A rededication of the St. Mary's Square Memorial Plaque for WWI & WWII Chinese Americans killed in action was held after 50 years. Annual joint memorial services at St. Mary's

Square with VFW Post 4618 and Cathay Post continued with a few years of AMVETS Post 34 joining in. Flag raising for the Chinese Consolidated Benevolent Association was done annually on the 4th of July. Miss Asian Global pageant contestants were supported. Police Officers Awards Ceremony became an annual event.



HALF-TIME SHOW

SAN FRANCISCO FORTY NINERS vs. DALLAS COWBOYS

SATURDAY, SEPTEMBER 1, 1962

SACRAMENTO, CALIFORNIA

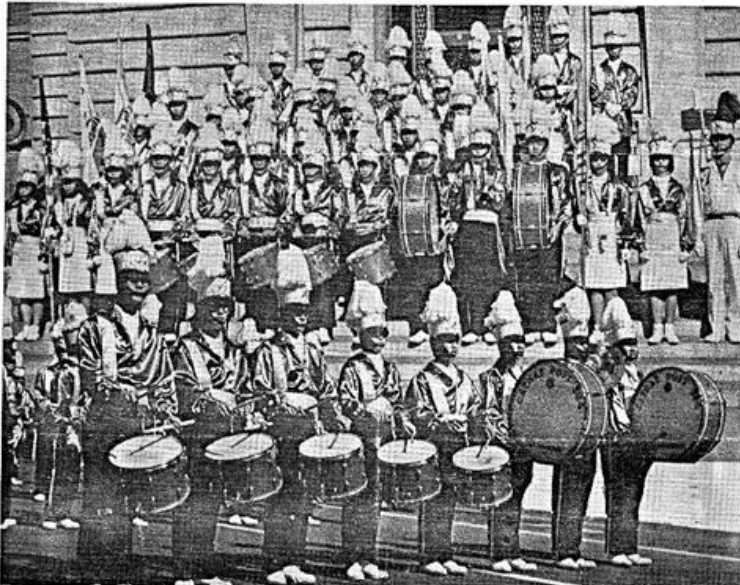
Sacramento Army Depot Drill Team "Corps de Garde"

The "Corps de Garde," Sacramento Army Depot Drill Team, composed of 14 enlisted men, is trained in the Manual of Arms and silent precision drill.

The "Corps de Garde," is considered one of the best military drill teams in California. It is under the direction of Sergeant W. E. Trimble and Sergeant Adam Ayala.

The "Corps de Garde" was the California State Military Drill Team Champions for 1961.

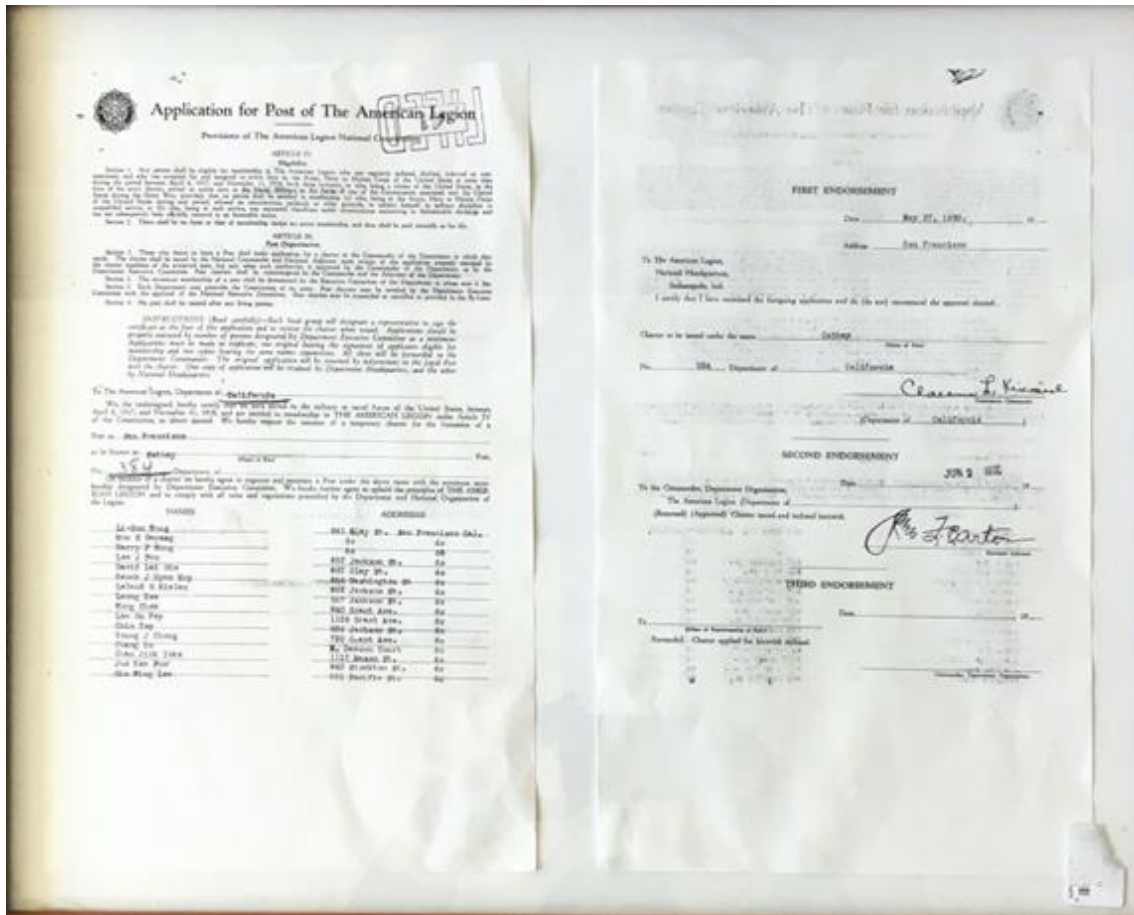
American Legion Cathay Post No. 384 Drum and Bugle Corps



The San Francisco 49ers are pleased to present the American Legion Cathay Post No. 384 Drum and Bugle Corps for today's half-time entertainment. The colorful San Francisco group, directed by Fay Lee, is one of the outstanding marching groups in California. A highlight of the group's many public performances was an appearance in the motion picture "Flower Drum Song." The group has performed at both the State and National American Legion conventions this year.

2010's: Fleet Week lunches for the sailors and Marines visiting from other Ports became a project that members & support members looked forward to. Hep B Program was supported. Historian Roger Dong became the first American Legion War Memorial Commission (ALWMC) Chairman. He co-founded the Veterans Success Center (previously name Veterans Resource Center) in the War Memorial Veterans Building and was the Executive Director for many years. He also co-founded the Chinese American Heroes website. Jr. Past Commander Nelson Lum was elected District 8 Commander, then Area 2 Vice Commander in the Department of California. He also started the support in the American Legion for passing the bill of the Congressional Gold Medal for Chinese American WWII Veterans, getting resolutions passed at Post, District, Department levels before it was passed unanimously at National Convention by delegates representing about 2.5 million members. Chinese American Citizens Alliance (CACA) President Melanie Chan received the Community Hero award from Cathay Post at the 2018 Annual Installation & Awards Banquet. Support of ROTC & JROTC continued with scholarships to cadets annually at the Banquet. Commander Helen Wong was elected the ALWMC Chair in 2019 becoming

...Continued on page 3



Above: 1930 Charter Application

...Continued from page 2

the first female Veteran to hold the position.

2020's: COVID-19 shuts down operations in the state. Cathay Post learns how to hold meetings on Zoom to stay connected with members and had members join in who previously could not attend in person, especially who lived out of the area. Later on, hybrid meetings became the norm. In February 2021, Commander Helen Wong and Board member Raymond Wong (representing VFW 4618 as Post Commander) joined the Bay Area CACA Congressional Gold Medal Committee to help confirm the living WWII veterans so that the medals could be awarded to them. Dual member Nestor Tom provided the initial CGMs

that VFW purchased to start the process of both organizations going to the Veteran's homes to give them the medals before they passed. Several firsts occurred in March when Cathay Post 384 hosted a mini session to award 3 medals and then at Redwood City Post 105 for 6 Peninsula Veterans and their families which neither had ever hosted before. On July 3-5, Cathay Post provided the service flags, color guard with VFW 4618, shared chaplain duties with VFW 4618, provided volunteers, and did a welcome from Cathay Post for 8 sessions of the San Francisco Regional CGM Ceremonies. VFW (dual member) Commander Ray Wong also did a welcome from VFW 4618. (At this writing, an Oakland Regional and Silicon Valley Regional Ceremonies are pending ven-

ues and dates.) SGT at ARMS CJ Reeves logged over 10,000 volunteer hours in the past 15 months at the SFVA Hospital and finally can take a vacation! He was also selected for the first 2021 Post Legionnaire of the Year Award while Lily Wong was selected as the first 2021 Outstanding Support Member of the Year. Congratulations to both! These awards were the brainchild of 2nd Vice Commander Chuck Paskerian.

This is just a glance at history that has occurred during the past 90 years and it is hoped that the Post goes another 90 years of service, with innovative ideas, support for those that are deserving while preserving the legacy that was started so many years ago.



DISCOVERING CATHAY POST

By Montgomery Hom

As a young boy growing up in Chinatown, I remember walking on Powell Street and always seeing a unique sign above this white facade building which read: American Legion Cathay Post 384.



Above: Post 384 Powell St Sign

I remember asking my grandfather what the heck is this place... what is the American Legion?

My grandfather told me that many Chinese American veterans from the various wars were members here and that it was an exclusive club for them only.

Frankly, I wasn't even old enough to understand what this was all about. Years later, my interests in military history grew and I would understand the importance of our veterans and what they did for the country, especially those that served in my own family... which goes back to the first world war. My uncle, a World War II Paratrooper veteran served with the 82nd Airborne, was a member of both the American Legion and AMVETS.

He introduced me to many members of Cathay Post who used to have their weekend gatherings in Chinatown at the infamous "Uncle's Café".

Every time I would walk through Powell Street on the way home or to Chinatown, I could not stop wondering about this Post 384 building and the members of this veterans' organization.



Above: Post 384 Entrance

The mystique of the sign on the building had always been ingrained in my mind and I remember one time, I stealthily entered and peeked inside the building just to take a look... I could not see much because only the first floor was open as it was rented out to a Chinese sewing factory. Not much to see.

It wouldn't be until years later that I joined the Boy Scouts of America and became part of Troop Three which was headquartered and had its monthly meetings at the Cathay Post building.

I was actually pretty thrilled to now be

able to go inside to see this Veterans organization. Mr. Ronald Lee, my Scoutmaster, was impressed that I was into WWII history. He said to me, "there's a lot of history in this building."

As we would have our monthly Scout meetings at the post, the best part was having the ability to roam around the floor and being the nosy kid I was, I'd open certain doors and found various old artifacts contained within. I kept this very quiet because I didn't want anyone to know and I did not want to get in trouble of course, but I could not hold back on the hunt for history!

I remember finding parade helmets, uniform tops. In another area, I found hidden behind what looked to be musical instruments, parade rifles wrapped up in cloth, I believe they were model 1903 bolt action, Springfield rifles. I was thrilled to be able to find some of these vintage military artifacts. I remember also finding an old photo album that had many black and white pictures of Chinese American members. I have to wonder today, what happened to all the old stuff??

One of the great memories I had later at the post occurred at a leadership ...Continued on page 5



Above: 1960's Cathay Girls' Color Guard Parade on Market St



DISCOVERING CATHAY POST
Continued from page 4...

award ceremony for Troop Three (I was getting an award for outstanding young leadership).

The hall was packed with many visitors and I was introduced to Col. Ronald Won, United States Air Force. I remember meeting him for the very first time and we spoke of his combat missions



FIRST PICTURE OF TROOP 3

Shortly after the troop was organized, this picture was taken showing our first Scoutmaster, Lim J. Kwong, teaching first aid. Left to right, front: Tim Wong, King Lee, Bing Moy, Steven Moy. Back row: Andrew Woo, Scoutmaster Lim J. Kwong, Edward Lee, Nelson Wong, and Chinweh Lee. Absent was Kenneth (Lum) Wong. All are members of the founding troop.

Above: First photo of Boy Scout Troop 3

in the Korean War. He was very supportive of my military history interest. We stayed in touch until his recent passing.

Flash forward into the 1990s. I would be reunited with Cathay Post and was beginning my journey, researching for my WWII film project "We Served with Pride" (it later become an Emmy nominated PBS documentary film).

Commander Eddy Tom came out and supported me with the post members and we were able to conduct a pre-50th anniversary recognition of the Chinese American veterans at the World War II Memorial at Saint Mary's Square Park.

It was a well-attended affair with the Chinese community, Chinese Consolidated Benevolent Association, and the SF Mayors Office, families etc.

In fact, this was the first time since the unveiling of the plaque in 1951, that there was an official rededication for this monument.

It was wonderful to see the support for our Chinese American WWII Veterans from the community and Cathay Post 384 was the lead for the ceremony.

In the recent COVID-19 era, I had the honor to work with Commander Helen Wong and Jr. Past Commander Nelson Lum in continuing the tradition of honoring our WWII Chinese American Veterans with special online programs and a new book I had produced with my partner Ron Chan of the Chinese American GI Project and the Chinese

Historical Society of America.

As I look back, this unique building situated between North Beach and Chinatown still holds a special place in my heart. I should never forget meeting many of the Veterans and learning of their experiences. Their faces and voices continue to echo in my recent book, *Fighting On All Fronts*.

My future wish is that our younger generations will appreciate and understand the history behind Cathay Post 384 as part of our Chinese community but more importantly, as part of American history.

Now, if I only can sneak into Post 384 and get my hands on one of those vintage parade rifles hidden inside the closet....



Above: Photos from photos from the official St. Mary's memorial rededication ceremony in Chinatown 1993. Attendees include Claudine Cheng, Chinese community liaison for mayor Willie Brown, Harvey Wong, and many Chinese American World War II veterans.



NEW 2021 POST LEGIONNAIRE OF THE YEAR AWARD & OUTSTANDING SUPPORT MEMBER OF THE YEAR AWARD

In the 90th year of the Post's official charter date, another historic event has occurred: the creation and selection of the Post Legionnaire of the Year Award to CJ Reeves, and the Outstanding Support Member of the Year Award to Lily Wong.

2021 POST LEGIONNAIRE OF THE YEAR AWARD

SGT-AT-ARMS CJ REEVES was selected for his devotion to servicing his fellow Veterans and in the community. Although this Army Veteran has only been a Legionnaire for about 5 years, his volunteer hours far exceed the total of all other members combined. For example, in the past 15+months, he volunteered tirelessly over 10,000 hours never taking a day off while exposing himself to a dangerous situation as a frontline COVID-19 screener at the VA Hospital. He also became a member of the US Volunteers providing final burial honors to Veterans at the various cemeteries in the Bay Area. Fondly called Mayor of the VA, CJ was named the 2019 Outstanding Volunteer of the Year 2019. He can usually be found at the various Post functions keeping the Color Guard looking sharp while being a great representative for the American Legion.



In addition to being the post SGT@ARMS, CJ is also the SGT@ARMS for District 8. Initially appointed by past District 8 Commander Lum, District 8 Commander Wong has reappointed him again this year. His role requires partici-

pating in the District's Flag Retirement Ceremony.

A true Veteran's Vet, CJ has participated in over 200 military funerals. He's a member of the US Volunteer's Honor Guard, which gives final honors to our Veterans in the Bay area – 12 of them in month of July alone.

CJ is a total hodophile travelling the globe, when he isn't helping Veterans. Over the next few months, this international jetsetter will visit Spain, Mexico and Hawaii. CJ is an opera aficionado with season tickets to Opera Barcelona. Where in the world is CJ? Most likely, he can be found at any one of the 300 major opera houses around the world.

He is also the post's resident linguaphile. Languages and words are his passion. He is an accomplished Poet and is frequently published both in Veterans' Voices, as well as in our esteemed Cathay Dispatch. His first Spanish poem Anónimo was published in Mexico for his 17th Birthday. Over the years, CJ has received several first-place accolades for his poetry submissions to the SFVA Creative Arts Festival. He's looking forward to this year's Festival in September, where he will enter his latest piece de resistance, a poem titled I Can't Breathe. CJ recently received the much coveted Norton Award: Editor's Choice for his poem, Will-o'-the-Wisp. Find it in the Summer 2021 edition of Veterans' Voices.



An avid folk dancer, CJ studied Danza Folklorica at the Universidad de Colima in Mexico. Closer to home in the Bay Area, he danced several years with Bolivia Corazon de America (BCA). On tour with BCA in 2007, CJ performed his beloved ostrich dance, Suri Sikuri at Beijing's International Dance Festival in China. While there, he climbed yet again the Great Wall. He is particularly proud of his Hero's card, which he carries in his wallet. Just ask him to see it.



2021 OUTSTANDING SUPPORT MEMBER OF THE YEAR



MS. LILY WONG is a native San Franciscan who practically grew up in the Cathay Post as a child when her mother worked for the sewing factory which occupied the current ground floor so she has known about the Post years before she became a support member. She met Jr. Past Commander Nelson Lum about 30+ years ago so has known him a long time. Her involvement as a support member began in 2018 as she was dating Miguel Ortiz, our Adjutant now. She has always enjoy helping at the Post from volunteering at events taking pictures to helping at any admin task or purchasing items needed. She keeps a low profile and has raised over \$500 so far through Facebook's Birthday Fundraiser & also using Amazon Smile. She recently got some donations for this year's Anniversary Dinner. She has a background in real estate working remotely as a Project Manager, and wears many hats doing admin, accounting & legal work on lease documentation. The job has given her the knowledge to help in preparing a future new lease with the current Sub-Sub Lessee downstairs. Prior to this she has worked in all aspects of accounting at various retailers in corporate for 14 years. She enjoys discovering all types of cuisines to eat & loves drinking wine & traveling.



CATHAY POST 384 PAST COMMANDERS

1931-1932 Leland G Kimlau
1932-1933 Wong K. Jean
1933-1934 Dr. Chang Wah Lee
1934-1935 Chan Jick Yoke
1935-1936 Wong K. Jean
1936-1937 Lee J. Poo
1937-1938 John Y. H. Bow
1938-1939 Robert C. Mark
1939-1940 Mon S. Owyang
1940-1941 Tom Chone Him
1941-1942 Leland G. Kimlau
1942-1943 Dr. Daniel A. Lee
1943-1944 Leland G Kimlau
1944-1945 Chingwah Lee
1945-1946 Andrew C Wong
1946-1947 Dr. Ching Wah Lee
1947-1948 Dr. Theodore C. Lee
1948-1949 Dr. Alexander B. Chin
1949-1950 Dr. Edwin Owyang
1950-1951 John C. Young
1951-1952 Peter H. Wong
1952-1953 Lynn Shaw Pang
1953-1954 Joseph S. Quan
1954-1955 Arthur Chin
1955-1956 Lim P. Lee
1956-1957 James Hall
1957-1958 Robert K. Fong
1958-1959 Frank W Wong
1959-1960 Jeffrey Lee
1960-1961 William F. Lee

1961-1962 Joseph Git Jue
1962-1963 Moon Stephen W. Jeong
1963-1964 Fay Y. Lee
1964-1965 George W Wong
1965-1966 Frank W. Wong
1966-1967 Joseph Gitt Jue
1967-1968 William F. Lee
1968-1969 Spencer Owyang
1969-1970 Kit H. Hui
1970-1971 John Lew
1971-1972 John Lew
1972-1973 James S.G. Jeong
1973-1974 Fay Y Lee
1974-1975 Sue K Hui
1975-1976 John Lew
1976-1977 Arthur Chin
1977-1978 Kit H. Hui
1978-1979 William W. Dang
1979-1980 John D Nelson
1980-1981 John D. Nelson
1981-1982 Frank C. Tong
1982-1983 George D. Tong
1983-1984 James S.G. Jeong
1984-1985 Joseph G Jue
1985-1986 Helen Miller
1986-1987 John Lew
1987-1988 John Lew
1988-1989 James S.G. Jeong
1989-1990 Frank C. Tong
1990-1991 John Lew

1991-1992 John Lew
1992-1993 Sue K Hui
1993-1994 James S.G. Jeong
1994-1995 Kit H Hui
1995-1996 John Lew
1996-1997 Sue K Hui
1997-1998 James S.G. Jeong
1998-1999
1999-2000 John Shew Lew
2000-2001 Sue K Hui
2001-2002
2002-2003 Jim W Jeong
2003-2004 Bok F. Pon
2004-2005 Bok F. Pon
2005-2006 Bok F. Pon
2006-2007 Bok F. Pon
2007-2008 Dr. Dale Chow King
2008-2010 Bok F. Pon
2010-2012 Ronald Lee
2012-2014 David Y. Wong
2014-2015 Jay Pon
2015-2016 Nelson Lum
2016-2017 Nelson Lum
2017-2018 Nelson Lum
2018-2019 Nelson Lum
2019-2020 Helen L Wong
2020-2021 Helen L Wong
2021-2022 Helen L Wong



THE BOY SCOUT COURT OF HONOR

On July 8, 2021 at Post 384, Boy Scout Troop 3 held its annual Court of Honor. The three Eagle Scout recipients were Oscar Luo, Matthew Chen, and Jeremy Lum. Congratulations to these fine Scouts, who be great citizens of the United States of America. We are proud of them.

The ceremony was led by Troop 3 Scoutmaster Steve Chang and Troop 3 Assistant Scoutmaster Harry Velleno.

Guests included members of Cathay Post 384, Troop 3 alumni and families, and Boy Scout adult representatives from the district council. Past Commander Lum, Commander Helen Wong and several Cathay Post Members were present.

In addition to the Court of Honor, Troop 3 Assistant Scoutmaster Harry Velleno received the Silver Beaver Award for his lifelong service to the Scouting community.



The Court of Honor consisted of a flag ceremony, potluck dinner, the presentation of the Eagle Scout Award to the Eagle Scouts and their parents, and speeches from the new Eagle Scouts and adults involved in Scouting.

It was a joyous evening, enjoyed by all.

SFPD IS HIRING!

Mayor London Breed of San Francisco recently announced that she wished to hire 400 additional SFPD Police Officers. In addition, she will be assigning more SFPD Police to tourist spots to help deter crimes.



THE CATHAY POST 384 MEMBERS INCENTIVE DRAWING

You will recall that at our monthly meetings before COVID-19, we had a member drawing from all current members who had to be present to win. You had to be present to win. As a result, we had two members who won \$200 each. Each meeting the prize went up based on member contributions and whether the member was present. 'As soon as our records are corrected, which Adjutant Miguel Ortiz and CMDR Wong are working on to make this happen, we will resurrect this monthly event.



TOP ROW: photos from the Court of Honor Ceremony; **MIDDLE ROW:** Scout Troop 3 Court of Honor Ceremony, the History of American Legion Cathay Post historical document; **BOTTOM ROW:** Information and Mission Scout Troop 3 historical document.



WE ARE NOT INVISIBLE WE ARE NOT FORGOTTEN A STORY 90 YEARS IN THE MAKING

Charter members of American Legion Post 384 defied all the odds in establishing a post dedicated to Chinese American Veterans during a climate of exclusion. Despite 43 years of the Chinese Exclusion Act of 1887, charter members saw fit not to remain invisible. So, in 1930, a handful of war buddies came together to hammer out a charter for their group. The final product was an application for chartering an all-Chinese post with National Headquarters for The American Legion. There remained the small detail of submitting a Charter to supplement the application. This was no easy task, as the Charter itself was all written in Chinese. This was done, probably out of spite, or capricious defiance as tongue-in-cheek sarcasm toward national unfavorable attitudes toward Chinese-Americans at the time. A huge shift in attitudes and policies made possible the approval of this very charter in Chinese. The Charter was approved in 1931. It was still very much an uphill battle since it would take 16 more years before the Chinese Exclusionary Act would be repealed. They refused to remain invisible. The world was soon to be their oyster. Imagine that - a post 90 years in the making to call their very own. A place that would become a bulwark of the community, representing their unique concerns and issues. This was incredible insight and forward-thinking genius. Let's not forget that the Great Depression was still going on at the time. It was also a time when a Chinese person couldn't cross Broadway to go into North Beach. It was in the face of all these adverse conditions that Cathay Post 384 came about to represent the cornerstone of a small neighborhood in San Francisco. It was there and then that the foundation was laid for better and greater things to come.

What I would give to have been a fly on the wall during the creation of this charter. We were left with a legacy and what a legacy they gave us. They were the bigger person allowing all to join.

How empowered they must have felt, abandoned and isolated for countless years, yet defiant to the end in the face



Above: World War 2 Veterans speak out at the City Hall Press Conference.

of racism, bigotry and hatred. It was exactly 90 years ago to the day on August 14, 1931 that Cathay Post 384 was officially chartered. To commemorate and honor this auspicious event, we will gather at the Far East Café on Saturday, August 14, 201 to pay homage and our respects to these courageous and brave charter members. We challenge our new officer leadership to follow in these footsteps to embrace diversity and to tackle current issues head on.

I want to give a brief overview of major post milestones over the last 90 years. Albeit the list is endless, I want to highlight only five (5) events, which is the number of digits on a hand. Thus, the hand is a critical life-line source to our essence of Being. Five also represents the number of years of my post membership and the number of years it took for



the Congressional Gold Medal process from start to finish.

One - Cathay Post 384 formed in 1930 and established by charter written in Chinese in 1931

Two - Post members purchase building at current location in 1946

Three - Drum and Bugle Corps featured with Nancy Kwan in 1961 film Flower Drum Song

Four - Major building renovation project launched in 2016 on the 1907 structure

Five - Chinese-American WWII Veterans Congressional Gold Medal Initiative 2017 - 2021

Fast forward to the 21st century, I wanted to focus on the fifth major project as it is the most recent and may have taken the longest to complete. It was not too long ago in 2017 when the post was under the command of another fearless warrior. It was under his tutelage that a nearly forgotten group of veterans would get their just rewards. This was the forgotten and invisible Chinese American veterans of World War 2. Jr. Past Commander Nelson Lum single-handedly championed the cause to officially recognize these forgotten hero veterans. Commander Nelson Lum scheduled many news conferences with local media to highlight the contributions of nearly the 20,000 Asian Americans of World War 2. He also coordinated many meetings with Mayors Lee and Breed as well as San Francisco City Council members to tell the important

...Continued on page 11, SEE 90 YEARS



FROM OUR SERGEANT AT ARMS CJ REEVES

90 YEARS

Continued from page 10...

Stories from this group which had remained in the shadows for nearly 75 years. Commander Nelson furthered this cause by initiating a definitive resolution from the post, district, area and national levels, each a link of the American Legion chain, to get these forgotten veterans recognized and affirmed once and for all. After nearly two years of struggle and roadblocks, all his hard work finally came to fruition. On December 20, 2018, President Trump signed Public Law 115-337 into law. This paved the way for our humble Chinese Americans of WWII to be recognized by a grateful nation. The House also approved the Congressional Gold Medal as a lasting tribute for their undying devotion to this country. We are forever indebted to them for their heroic efforts and contributions after being invisible and forgotten all these years and rele-



Above: Press Conference at City Hall. Area 2 Commander Lum and Sergeant @Arms CJ Reeves

gated to the tombs of anonymity. They are no longer invisible. Their stories have finally been told and shall live on forever.

Recently, over the July 4th weekend, with the combined efforts of CACA's National President Melanie Chin, assisted by their NORCAL Regional Representative Davace Lee, VFW 91st Division, Post 4618 Com-

mander Ray Wong and Cathay Post 384 Commander Helen Wong, nearly 500 Congressional Gold Medals were awarded to living WWII Vets or a NOK to honor their role in the USA's victories of WWII. No longer will they remain forgotten. It was a grueling eight (8) ceremonies over a long three (3) day, holiday weekend culminating in a whirlwind of civic duty and pride instilled with individual pride and group achievement. Kudos to all those involved. What a crowning achievement to a spectacular five-year odyssey that began as a seed sewn by the grass roots of a post in a tiny corner at the intersection of North Beach and Chinatown in everybody's favorite city, where even the impossible is possible – San Francisco.

**NOW, WE ARE VISIBLE!
NOW, WE ARE REMEMBERED!!**





CATHAY SERVES UP SPECIAL RECIPE

Cathay Post 384 located in San Francisco's historic Chinatown is quite unique. Of the nine American Legion Posts left in the city, Cathay Post 384 is the only post with its own building. The National Commander's mantra is DO recruit, DO recruit. To that end, Cathay Post 384 recruits by outreach to the community, providing a safe and comfortable space with friendly members and by being role models through welcoming and supporting all members and guests.

The historic building sitting in the middle of the 1500 block on Powell Street and flanked by Vallejo and Green Streets belongs to the 90-year-old Cathay Post 384. It's been housed here over 70 years. It is a bulwark of the community. They rent out the first floor to an art gallery. The basement is leased out to a club. Additional outreach to the community is done by renting the space out to a church on Sundays. Supporting the neighborhood is key, so the Boy Scouts use the meeting hall for free. Cathay Post also holds Tai Chi classes the mornings before the monthly meetings. Recently, the post held the 2nd annual Superbowl Party as a fundraiser from the locals. They are also hosting the 2nd Annual Fashion Show in the community. These types of activities attract possible recruits from all walks of life. As a Chinatown icon, Cathay Post 384 is the face of the American Legion in San Francisco. When the Chinese Historical Society needs a veteran's point of view, they look to Cathay Post for solutions. Both the Chinese American Citizens Alliance (CACCA) and the Chinese Consolidated Benevolent Association (CCBA) value the integrity and mission of Cathay Post and regularly partner in community events and celebrations. The city calls on Cathay Post for many of the civic functions and parades. Cathay Post 384 has long been a staple in the Italian Heritage Parade, Memorial Day Parade and Veterans' Day Parade. This kind of positive exposure is effective in drawing peo-

ple to the post and thus, may be considered a recruitment tool.

Having your own space automatically creates a very homey and welcoming environment. This is a singular advantage to having your own building. It's local, it's historical and therefore, many people find this comforting and welcoming. This welcoming atmosphere is another useful recruitment tool. People yearn for a sense of belonging. Cathay Post accomplishes this by having a lunch buffet at every meeting. Good food plus good conversation is equivalent to a comfortable and inviting setting. People feel safe and secure in this exact setting. It is in this state, that people are open to joining the American Legion. This is nothing short of a winning combination, not just a magical formula for recruiting. There is a strong sense of comradery, commitment and belonging as a result of simply blending great folks with good food in a homey hall. As a result, people want to become a member of this post. This in itself, is a successful tool of recruiting. It is during these luncheons when relationships are forged. The buffets are easily done in a full kitchen at your disposal. This is when having your own kitchen in your own hall is a definite advantage. The posts having to meet at the War Memorial Building can't really replicate this. Recruitment is made easier by offering a buffet in your own hall. Guests are welcomed and invited to attend. This setting is conducive to celebrations. Cathay Post just honored their WWII vet on his 100th birthday. Members who prep the food are called support members, since the post has no Auxiliary. This can be a tool for recruiting support members.

The members of Cathay Post 384 are ultimately what make the American Legion appealing. It is only on a personal level where a profound connection is made. This can only happen when there

is mutual admiration and a high degree of respect. She has volunteered tirelessly for the interests of all veterans. She is actively involved with six veterans' organizations. She ran the Veterans' Success Center (VSC) for more than a decade as a volunteer. She was only interested in helping veterans. This has earned her much respect as a model Legionnaire. She strives to get veterans involved by encouraging them. What's important is that she leads by example. She constantly listens without judgment as they tell her their story. She invites them to participate and visit the various veterans' organizations. As the VSC Director, she greatly impacted the lives of veterans by helping them to write resumes and dress them for success, assuring their employment. This builds lasting relationships and in turn makes veterans trust her and respect her character. They gravitate to this kind of trust and eventually join the American Legion. Inadvertently, these types of relationships become a by-product for recruiting. People flock to this kind of maternal care and compassion. This is the definition of a super role-model. As such, this deep level of concern and commitment turns out to be the best recruitment tool ever. Commander Helen Wong embodies the true values of the American Legion and this is reflected in her actions.

Finally, the Cathay Post is comprised of many Legionnaires who are kind, caring and compassionate. It is this temperament, coupled with an inviting, iconic neighborhood home, which allows new members to feel welcomed and honored to participate. Other posts are encouraged to borrow these best practices of Cathay Post 384. It would go a long way to maintaining members and bolstering member rosters of all nine posts of the American Legion.



FROM OUR SERGEANT AT ARMS CJ REEVES

AUGUST is always VOLUNTEER APPRECIATION at the SFVA.

Allow me to pay tribute to these unsung Heroes. We are so grateful to you for your selfless service to our Veterans. This year's banquet is cancelled. Know that we love you and hope that you are well, so you can continue your great work very soon. Indulge me here as I try to capture your true essence.

VA VOLUNTEERS OF THE RED, WHITE AND BLUE

At your service, for your service
Ambassadors meet and greet all day
At your service, for your service
Ambassadors in red lead the way
At your service, for your service
Ambassadors sound off all day
Superheroes of the VA
Marine Red, Navy and Coast Guard White
Air Force Blue, Army green and West Point gray
With red hearts in hand they say
Serving round the clock of day
Blood, sweat and tears OK
Volunteers in red, white and blue of the VA

V - for Veteran-Patient Escort
O - for Occupational Health
L - for Logistics Service and Lost and Found
U - for Ukiah Shuttle Drivers
N - for Nursing Service and Education
T - for Therapist Mental and Behavioral Health
E - for Engineering and supplies
E - for Environmental Management Services (EMS)
R - for Research and Radiology
S - for Social Work in Santa Rosa and San Bruno



VA Volunteers of the Red, White and Blue

VAVS we love you
Coffee Cart and Info Desk
VCS, Canteen and Pharmacy
Building 5- Prosthetics
PhD, MSW, CPAP and CBOC
3rd Street Clinic, Release of Information
CLC, OT, AOD, Emergency
OTP, ASU, ICU, Code Blue
PICU, PT, Telemetry, TCU
Volunteers are for Red, White and Blue

Voluntary Service, LPN, NP, LVN
Response Team Stat - say it again
Triage, bandage, gauze and camouflage
MRI, GI, Ultrasound, EKG and X-ray
Acupuncture, Geriatrics, PIV and VIST
ID, HEMONC, Dialysis and OND
Women's Center, Ortho, Pulmonary, Pain
VA San Francisco, Fort Miley Lane
We all do our part Helping Heroes Heal
Through Innovation, Compassion and Partnership
We are the Ambassadors at your service
We are the VA Volunteers here for you
Representing the Red, White and Blue



WHO WAS RESPONSIBLE FOR CREATING THE OPPORTUNITY FOR CHINESE TO SERVE IN OUR MILITARY DURING WWII?

One courageous and determined Chinese American refused to be rejected by the US Army and took a series of actions that opened the door for many Chinese volunteers to serve our Country. Who was that, and what did he do?



In 1941, a native born Chinese American, Frank Fong, from Chicago graduated from high school and attempted to join the US Army to serve his country during wartime. Those days, the stereotype of anyone Chinese was very low, and few, if any, Americans believed that anyone Chinese was really an American citizen and worthy to serve in our military. Even today, we see everyday, that Chinese Americans are told to go (deleted) where they came from, and elderly weak Chinese are openly attacked just because of our race - a few of our elders have died from assaults, just because of their race.

Regarding military service, it is different today, and few of us, had any problems joining and serving in our lifetimes. It was VERY different in 1941. The Chinese Exclusion Act was still breathing hard, and many of our fellow Americans did not believe that we were legal citizens, despite our birth in America.

Thus when Frank Fong attempted to enlist in the Army, he was rejected solely because of his race. But Frank Fong was a strong and determined young fellow and his initial rejection did not

stop him. He appealed to local and state officials to help him join the Army, but during those early war times, officials did not have the power or influence to convince the Army to accept his offer to serve America.

That was just few hurdles for Frank Fong, and he ignored his local roadblocks and went all the way to the top of our military ranks. He wrote directly to General Hap Arnold, who surprisingly received Frank's request to serve. Arnold also surprised a few people when he strongly objected to Fong's enlistment rejection, and loudly proclaimed that no American who wanted to volunteer to serve America, will be rejected. Welcome to the US Army Frank Fong.

Fong had indicated that he really hoped to fly. The General granted his request and sent Frank Fong to flight school. Frank succeeded in flight school and received fighter pilot training, which he completed and was subsequently commissioned as an officer. He excelled, and shortly received orders to Europe. He shot down several German fighters, but was injured in a crash landing. The General was monitoring Frank's progress

and ill fortune and had Frank assigned to be Commander of the Air Rescue unit that was responsible for rescuing aircrews that ditch landed into the English Channel. His unit rescued hundreds of air crew members during the War.

After the War, Frank Fong joined the Air Force in 1947 and retired in 2007 as a full Colonel.

The point of retelling the story of Frank Fong is that after General Arnold ordered that Frank's desire to serve be granted, that finally opened the door for all the other Chinese Americans to serve our Country, and all these WWII veterans are now being recognized with the Congressional Gold medal. If Frank had not courageously appealed to the Chief of Staff of the Army, it seems highly unlikely that few, if any, Chinese Americans would have been accepted into the military, and thus, there would not be any Gold medal, or anyone eligible for the Gold medal that is currently being distributed.

THANK YOU VERY MUCH, Colonel Frank Fong, RIP



WHAT IS THE "EXCEPTIONAL HUMAN INTELLIGENCE COLLECTOR" AWARD?

Few people, even in the intelligence field, know what the Director of Central Intelligence Agency's annual "Exceptional Human Intelligence Collector Award," is, and fewer people know what is the criteria for selection.

First, the purpose of this annual award is to recognize the one person, or small group of persons, who have written the most significant intelligence reports (IRs) during a calendar year. Unlike many awards, this award is not completed by votes or recommendations of senior officials. All IRs produced by intelligence officers are stored in a computer in Washington DC, and after the end of a calendar year, the computer sorts all the IRs by reported, and tallies which reporter, or small group of reporters, have published the most IRs of high value/significance. This is an award for performance.

There are almost 2 dozen intelligence organizations and computer selection is very objective, and eliminates any biases the larger organizations or the the highest ranking officers could influence. The annual selection process means that there are very few intelligence officers who have received this highest national award - more than a few dozen. Compared to the Medal of Honor which numbers over 3,500 in 2021. The MoH, of course honors valor and courage, not effective intelligence reporting.

In 1996, the big computer noted that a member of Cathay Post had a very productive and effective year generating many very significant IRs. He has been a member of our Post since 2006 and has served as our 1st Vice Commander, our post Historian and the originator and reporter for our nationally acclaimed American Legion post newsletters. He continues to submit many articles every month in his Roger's Digest, and most recently, renamed, Roger's Open Source Intelligence (OSINT) section.

He has kept this award secret since 1996, and now believes that the knowledge that one of our own, needs to push back against the "Go Home" shouts and anti-Chinese terrorism that we Americans of Chinese descent are not loyal and trustworthy Americans like all other Americans. We have many Post members who have served our Country, and served with honor, courage and achievements, retired Lt. Colonel Roger S. Dong is just one of many who have served with courage and honor.

Here are a few, little known details, about the Director of Central Intelligence Agency's premier award for intelligence reporting:

The DCI Exceptional Collector Award

The DCI Exceptional Collector National HUMINT Award is a decoration awarded annually by the U.S. Director of Central Intelligence to recognize individuals and/or groups for improved Human Intelligence (HUMINT) collection and reporting of information that is of significant value to the U.S. intelligence community.

Notable Recipients

- Ambassador J. Cofer Black, Former Director of the CIA's Counterterrorism Center (1994)[1]
- Lt. Col. Roger S. Dong. US Military Attaché, Taiwan (1996)
- Staff Sergeant Edwin Rodriguez Pazo. US Army. (1992)
- Special Agent Ronald T.Guerin. East Asia Section, Counterintelligence Division, FBI. (1991)
- Jonathan Hilyard, Task Force 168, Office of Naval Intelligence (1993)
- CWO-4 David E. Mann. US Army Counterintelligence Agent, Central America, (1995?)
- Jonathan Hilyard, DH-4, Defense HUMINT Service, Defense Intelligence Agency (1995)



Above: Award of Exceptional Human Intelligence Collector from Dir/CIA

- Ambassador Carol A. Rodley, US Ambassador to Cambodia [2]
- Ivan and Teresa Sarac, Defense Attache Office (Army), US Embassy Belgrade and Zagreb. The Saracs are the only husband and wife team to have received this award twice [3]
- Marc J. Sievers, Political Officer Mission, U.S. Embassy to Egypt, (198?)
- Mark Kelton, former Deputy Director of the National Clandestine Service for Counterintelligence.[4]

Roger, we are proud that you are a loyal and dedicated member of Cathay Post, and Congratulations on your stellar intelligence achievement. Thank you for your service to our Country and the America Legion.

Commander Helen Wong



SENIORS REMEMBER THE AIR FORCE STRATEGIC AIR COMMAND (SAC), SORRY SAC IS GONE

It's now the Global Strike Command (AFGSC), and what is still around is the B-52.

With upgrades the ancient B-52 is being upgraded to be active and effective, long after the B-1 and B-2 bombers are retired.

Believe it or not, the B-52 will be around after many of our seniors are gone. Born in 1952, the strategic bomber will be 70 years old in 2022. And the latest, upgraded B-52H is not going to the bone yard at Davis Monthan AFB, Az any time soon.

With ongoing enhancements on her engines, sensors and bomb carrying improvements, the B-52H will be protecting America until 2050 and beyond.

What's new about our newest B-52H?

This latest B-52 will also be able to launch the Air Force's most advanced missiles, the new AGM-181 Long-Range Standoff (LRSO) nuclear cruise missile and the hypersonic AGM-183 Air-launched Rapid Response Weapon (ARRW). With the LRSO, the B-52 will be able to launch a nuclear missile far from one target, attack another target, or return to home base.

With new electronics and sensors, the five person air crew will be reduced to four persons.

The Weapons Bay Mod will enable "smart" weapons—such as the AGM-158 JASSM and GBU-31 JDAM—to be carried inside the bomber on weapons racks and rotary launchers, as well as on wing pylons, where they're carried now.



Armed with latest offensive attack missiles and able to attack from far away, the B-52 is still a vital part of our nuclear deterrence.

Sources: SEE B-52 at this link: <https://www.sfcathaypost384.org/rc.html>

...Continued on page 17
SEE JOB

IT'S NOT JUST LABORERS WHO ARE LOSING THEIR JOBS, HUMAN INTELLIGENCE COLLECTORS ARE ALSO LOSING THEIR JOBS. WHAT? THAT IS UNBELIEVABLE, INCREDIBLE.

Well, Friends, you have heard about all the cyber hacking that has been going on. Cyber hackers that attack our computer networks (Recall Solar Winds) that control our government agencies (including the Dept of Justice [FBI works here], the Dept of Energy, the Dept of Treasury, the Dept of State, Dept of Defense) infrastructure, or financial institutions, or airports, or large communications networks, are doing a lot more real, and theoretical, damage to us than 95% of the human spies have been able to do. I almost for-

got they have shut down hundreds of our hospital computer systems too. They shut down the entire healthcare system in Norway. Patients will die if computer systems linked to operation rooms are disrupted.

Cyber hacking of America has cost us millions, and when successful at shutting down parts of our national energy distribution system and disrupting our national infrastructure, that is very serious,

...Continued on page 17,
SEE INTEL

WHO'S JOB IS SAFE? AUTOMATION THREATENS LABOR JOBS THE MOST, BUT FEW JOBS OF ANY TYPE ARE SAFE FROM AUTOMATION (AND ROBOTS)

Even our fast food FAVS (McDonalds), is already using kiosks for ordering food which is automatically prepared and queued for you as you walk or drive from the front to the back of the restaurant. Full automation will not happen until the future, but it will happen.

McDonalds has been experimenting with automated restaurants for several years now, and continues to increase services and debugging their experiment. One of the greatest obstacles is

the human staff who get in the way of the automation/robots. Even augmented and enabled by Artificial Intelligence techniques, the clumsy human staff in the restaurants don't know when they need to step in, or step out, of the way of automation. It's not something they learned in high school, or at home.

For now the safest jobs are

...Continued on page 17
SEE JOB



THE PANDEMIC HAS SERIOUSLY DISRUPTED FOOD SUPPLY CHAINS. WHY IS THIS IMPORTANT TO MANY OF US, INCLUDING MANY VETERANS

For anyone who has children, or grandchildren in public schools, recent media reporting tells us how the disruption of supply chains is threatening to school lunches.

Schools are preparing to start up again, but when it comes to preparing for school lunches, they are finding suppliers in the middle of a supply chain crisis. Some food items are not available, and no surprise to most of us who have shopped for food recently, the cost of food items have gone up. The shortage of laborers in many parts of the industry has negative effects.

The manufacturers of lunch trays used by every student having lunch are having difficulty supplying sufficient trays for all students.

Even the food distributors are short handed and some have stopped providing delivery service.

The number of workers involved with preparing school lunches is insufficient.

Transportation costs have increased adding more pressure on schools that already are inundated with unprecedented problems providing both quality service and quality food.

Our Department of Agriculture has nutrition standards and schools can't cut corners when they are feeding our young students. School districts are doing their best to provide the most nutritious meals for our school kids, but when supplies are limited, our school children will not likely get the healthy meals they received before the pandemic. Most schools need donations from the public to compensate for rising costs.

Source: "Supply Chains Pinch School Menus," Jaewon Kang, WSJ, 26 July 2021, B1,B2

INTEL

Continued from page 16...

and even the KGB, now SVR, espionage operations, cannot harm us with such severity. Only the use of nuclear weapons is more threatening.

Actually, what really has changed is warfare, in peacetime, as well as in time of war. Cyber warfare is already being used against governments in peacetime, as well as in combat. Our satellites have already been scanned by low power lasers, and I am certain that if conflict is initiated against any of our primary foes, the first wave of attacks will be against our satellites, which today, provide real time data for most of our military operations.

Our Air Force pilots and air missiles must have GPS to locate targets in foreign countries, our Army needs data for their missiles and also for locating enemy

troops and weapons, and our Navy needs data for locating surface and underwater targets.

And what about our human intelligence collectors? There jobs are already complicated as face recognition has already complicated all our embassy/consulate personnel, once foreign governments can get a clear image of any person officially assigned to our foreign offices. They can conduct internet searches to learn a lot about all our internet activities - even what you last ordered at McDonalds. Anyone in the spy business who has debts, or disagreements with other people or organizations that has been disclosed on the internet, will find the information likely used against him/her.

Sources: SEE **INTEL** at this link: <https://www.sfcathaypost384.org/rc.html>

JOB

Continued from page 16...

line cook and the fryers who cook our french fries, chicken nuggets and fried chicken breasts for sandwiches. Seems to me all you need are timers to insert and remove these items and not overcook them. But I've never worked at McDonalds :(.

Once the system is debugged, experts believe the food will never be more consistent and better. It seems that human laborers are not always precise and fully attentive when they are at work. Cash register operations are very effective with credit card purchases. Taking real cash is functional when the human customer can put the paper money effectively in the money slots and pick up their coinage without dropping the change all over the place. This is a very common problem when seniors are involved.

There is so much to look forward to in the near future. I hope I live long enough to enjoy all these modern conveniences.

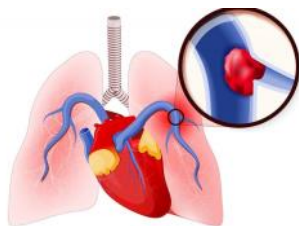
Sources: SEE **JOB** at this link: <https://www.sfcathaypost384.org/rc.html>



FOCUS ON HEALTH

FROM THE HARVARD HEALTH LETTER, AUGUST 2021

Most of us do not have blood clots in our legs. That's great, but as you and I get older, some of us, hopefully only few of us, will have blood clots that will appear in the deep veins of our legs (called "deep vein thrombosis" [DVT]) that will cause leg symptoms. If not resolved, the clots could break loose and travel through our veins to heart and then to our lungs, —> pulmonary embolism (PE).



Above: Pulmonary embolism illustration

More people die from PE each year in America than from breast cancer.

What can you and I do to avoid this deadly outcome?

"If blood in the deep leg veins doesn't move fast enough, or if you have a condition that makes you prone to blood clots, a blood clot can develop," explains Dr. Sherry Scovell, a vascular surgeon who specializes in venous disease at Harvard-affiliated Massachusetts General Hospital.

Exactly what triggers blood clotting?

1. If one is bedridden for long periods because of surgery or illness
2. Sitting for long periods such as 3-4 hours in a car, plane, or train
3. Minimal activity and sitting too long
4. Varicose veins, which are blood pools in the legs that don't work properly
5. Taking a medication that promotes blood clotting

What are the symptoms and risks?

Be watchful for the following symptoms if you note blood clotting in your legs:

1. A blood clot in the superficial veins. These varicose veins become very red, are tender to the touch, or are painful.
2. A blood clot in the deep leg veins. This is the deep vein

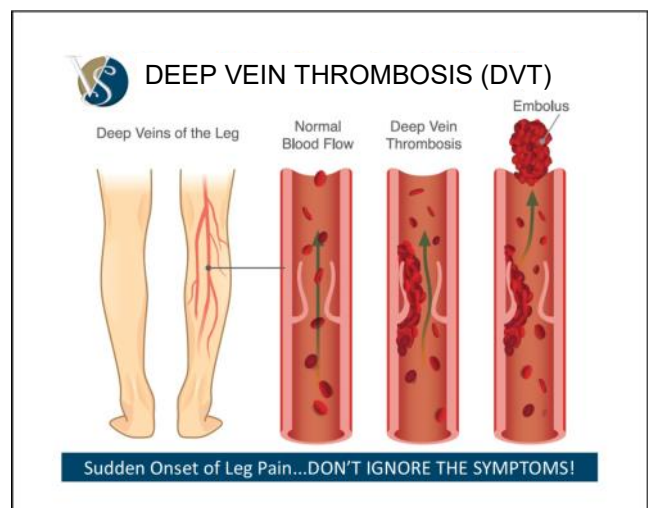
thrombosis (DVT). A leg becomes swollen suddenly and painful. When the legs are not normally swollen, but gets swollen over a few days, that must be noted and is a sign of danger.

What can I do to avoid blot clogs when I am in situations are risky?

1. Stay hydrated and avoid alcohol; drink water.
2. Stretch your legs. Get up every hour or two. Stretch your calves and move your ankles back and forth.
3. Move your legs while you are lying down. Bend your knees and point and flex your feet.
4. Wear compression stockings.
5. Avoid crossing your legs and periodically change your position.
6. Get an aisle seat when traveling whether on a plane, train, or bus. That gives your you the freedom to move around.

What to do if you have symptoms?

If you have symptoms indicating DVT, or PE, see your doctor or nurse immediately. If this is not possible, go to a hospital emergency room. Do not wait until after the weekend. You need to seek medical attention immediately.



Above: Deep Vein Thrombosis illustration



WHAT HAS OUR SERGEANT @ ARMS BEEN UP TO THIS PAST MONTH?



TOP ROW: SGT@ARMS CJ is having cake and eating it too, with a Pepsi chaser; CJ in red, August 2020 Legion donation; 2ND ROW: SGT@ARMS CJ and 101 face shields, CJ enjoying a plate full of noodles; BOTTOM ROW: SGT@ARMS CJ with a cart full of burrito, the mask screening team, and the cupcakes burglar.



CATHAY POST EVENTS THROUGH THE YEARS



TOP ROW: Post members and officers pose for photos; **MIDDLE ROW:** Post officers photo ops at various events; **BOTTOM ROW:** Post members at a food donation event; Memorial Day 2021.



SOLUTIONS TO JULY'S PUZZLES

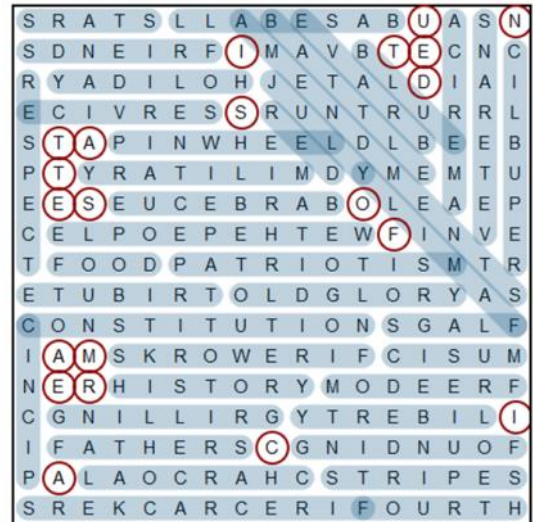
Did you solve everything?

WORD SEARCH SOLUTION

INDEPENDENCE DAY

What name did the Continental Congress select to replace 'The United Colonies.' ? Answer: **UNITED STATES OF AMERICA**

- | | | |
|--------------|----------|---------------|
| AMENDMENTS | FLAGS | OLDGLORY |
| AMERICA | FOOD | PATRIOTISM |
| BARBECUE | FOUNDING | PICNIC |
| BASEBALL | FOURTH | PINWHEEL |
| BATTLE | FREEDOM | RED |
| BLUE | FRIENDS | REPUBLIC |
| BRAVE | GRILLING | RESPECT |
| CHARCOAL | HISTORY | SERVICE |
| CONSTITUTION | HOLIDAY | STARS |
| FAMILY | JULY | STRIPES |
| FATHERS | LIBERTY | TRIBUTE |
| FIRECRACKERS | MILITARY | VETERANS |
| FIREWORKS | MUSIC | WE THE PEOPLE |



CRYPTOGRAM SOLUTION

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
K	L	C	B	W	A	Q	E	Y	U	R	P	T	V	I	X	S	F	H	J	N	O	Z	G	M	D

" I F W E A R E T O G U A R D A G A I N S T
 I G N O R A N C E A N D R E M A I N F R E E , I T
 I S T H E R E S P O N S I B I L I T Y O F E V E R Y
 A M E R I C A N T O B E I N F O R M E D ."
 - T H O M A S J E F F E R S O N

DID YOU FIND ALL THE AMERICAN FLAGS?



In celebration of Independence Day, We challenged our readers to find all the American Flags that were placed throughout the July Cathay Dispatch issue.
 P1=1 flag, p2=2, p3=4, p4=1, p5=1, p6=2, p7=1, p8=1, p9=1, p10=2, p11=1, p12=2, p13=3, p14=4, p15=1, p16=6, p17=2, p18=2, p19=8

TOTAL FLAGS = 45



KNOW THE SIGNS OF A CRISIS: Recognizing red flags and knowing when to get help can make a difference in a veteran's life. Read more at: <https://www.veteranscrisisline.net/education/signs-of-crisis>

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call. The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. People have called for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

CALL: Veterans and their loved ones can call **(800) 273-8255** and Press 1 to speak with a caring and qualified responder.

TEXT: Veterans and loved ones can also send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year, or call your local 24-hour mental health crisis line.

Veteran Combat Call Center - Combat vets and families can call any time 24/7/365: **1 (800) 927-8387** to speak with other combat vets and families about any issues from military experience to readjusting to civilian life.

CHAT ONLINE: Veterans Chat 24/7/365 Confidential Support is just a Click Away. If you're a Veteran in crisis or concerned about one, responders at the Veterans Crisis Line online chat offer help that can make a difference. Caring, qualified VA professionals are standing by to provide free and confidential support: <https://www.veteranscrisisline.net/get-help/chat>



WORD SEARCH

GET BUSY...WITH EXERCISE! When we get busy with day to day life, exercise is easily pushed to the bottom of the to-do list. But remember, physical activity is important for improving long term health, reduces risk of heart attack, lowers blood pressure, gives you more energy, improves mood and concentration, and makes you happier and healthier! This month, find all the words to reveal a familiar expression based on a proverb from Pembrokeshire, England in the 1800's.

M	O	U	N	T	A	I	N	E	E	R	I	N	G
G	N	I	M	M	I	W	S	A	V	N	G	S	S
A	E	P	P	L	G	C	E	O	A	N	N	C	M
L	A	P	D	G	I	N	L	A	I	Y	I	I	A
K	L	G	O	B	Y	L	I	B	E	N	L	R	R
C	E	A	O	R	E	M	M	N	E	P	T	T	T
S	R	R	B	Y	G	I	N	H	N	G	S	E	I
I	E	O	B	T	L	N	T	A	N	U	E	M	A
A	H	A	S	C	E	S	I	I	S	T	R	O	L
T	L	C	K	S	I	K	C	P	E	T	W	S	A
L	H	C	I	L	F	N	S	L	M	E	I	I	R
D	O	O	A	A	A	I	L	A	C	U	T	C	T
R	O	C	R	D	T	A	T	A	B	W	J	A	S
S	K	A	T	E	B	O	A	R	D	I	N	G	Y

- AEROBICS
- BALLET
- BASKETBALL
- CALISTHENICS
- CROSSFIT
- DANCING
- GYMNASTICS
- ISOMETRICS
- JUMPING ROPE
- MARTIAL ARTS
- MOUNTAINEERING
- ROCK CLIMBING
- RUNNING
- SKATEBOARDING
- SWIMMING
- TAI CHI
- VOLLEYBALL
- WRESTLING
- YOGA



CAN YOU SUDOKU?

SURE YOU CAN! How do I play Sudoku?

Sudoku is a logic game so you just need to use your brain to play it! The goal is to fill the grid, so that each row, each column and each region of 3x3 boxes contains all the numbers from 1 to 9. Good Luck!














3				1				9
1		2			8	3		
6	9			2		5		
5				3		4		2
9	1		2		4		8	5
8		4		5				7
		6		4			5	8
		9	3			7		6
2				6				3

WORK SPACE

	9		8		2	1		
		3	6		9		7	8
8				5			9	2
				8		9	2	
			7		3			
	3	4		2				
6	5			1				9
4	1		9		5	7		
		9	4		8		5	



AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1 AIR FORCE DAY	2	3 ALW/MC MEETING 3:00 PM DIST 8 MEETING 4:00 PM	4 COAST GUARD DAY	5 	6 	7  PURPLE HEART DAY
8 	9	10 AGENT ORANGE AWARENESS DAY	11 	12	13 NAVAJO CODE TALKERS DAY	14  POST MEETING 11:00 AM AWARDS AND INSTALLATION DINNER 5:00 PM
	16  NATIONAL AIRBORNE DAY	17	18	19 	20	
22 	23	24	25 	26	27 	
29 MARINE CORPS RESERVES BIRTHDAY	30 	31	AUGUST IS: ANTI TERRORISM AWARENESS MONTH			

PURPLE HEART FACTS

1. The Purple Heart is America's oldest military award, dating back to 1782. General George Washington created this award during the Revolutionary War, and was called the badge of Military Merit. It was a cloth purple heart with the word "merit" stitched across in white. Record books containing the names of the recipients were lost over time however.
2. On Washington's birthday in 1932, the Purple Heart medal was created by artist Elizabeth Will. This medal depicts a profile of Washington, and was made retroactive to WWI. The first recipient of the Purple Heart was General Douglas MacArthur.
3. The Purple Heart was only available to soldiers until 1932, when Congress made it available to all services and some civilians (Red Cross, some reporters, DOD employees). Further, the medal was only for the wounded.
4. In 1994, civilians were no longer eligible to receive the Purple Heart, and instead receive the Defense of Freedom Medal.
 5. There have been over 1.6 million Purple Hearts awarded to members of the US Military.