



CATHAY DISPATCH

APRIL IS PLAY BALL TIME!

By Commander Helen Wong



With Spring officially here, it is time to think about getting ready to play baseball or going to watch baseball. It was with a sigh of relief when Major League Baseball ended their lock-out and the teams

could get started on Spring training though a bit later than usual. You either love baseball or dislike baseball depending on what you experienced when young! Now we really needed an outlet for handling stress after all the months of avoiding getting sick from the Omnicron virus. With the San Francisco Giants losing their opening games, how quickly we forgot that many of the young players were trying for a roster spot with the team and the coaches were trying them out so it was not bad to lose games. How did some of the players get to this professional level? Would you believe they were involved in American Legion Baseball? 75% of American Legion players go on to play collegiate baseball. 51% of MLB players played in American Legion Baseball. Over 80 American Legion baseball players are in the Hall of Fame. Some of the players who had gone on to play professionally include Kris Bryant, Bryce Harper, Albert Pujols, Madison Bumgarner, Justin Verlander among others. Some say baseball was invented in the 1830's as an American game, and some say it was related to the game of sounders from the British. Whatever the background, by 1925 American Legion baseball (ALB) was started with the first

national tournament played in 1926. In 1938 more than 3,000 radio stations broadcasted the national tournament bringing the American Legion World Series (ALWS) to every part of the country. In 1961 the American Legion Player of the Year award is renamed after program coordinator George W. Rulon. In 1986 the American Legion begins to award \$10,000 annually in scholarship money to eight deserving players. It grows to \$25,000 awarded to 50 outstanding players. In 2010 Shelby, N.C. is named the permanent home of the ALWS. In 2014 Brooklawn, NJ Post 72 is the first team in 40 years to win back-to-back national championships since Rio Piedras, Puerto Rico, Post 146 won back-to-back in 1973 and 1974. In 2020 the COVID-19 pandemic forces the cancellation of the ALWS for the first time since 1927. Now it is back!

Baseball is such a popular sport that even Cathay Post had sponsored teams in the past. Pictured is the 1947 team.



Photo credit: Chester Gan



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
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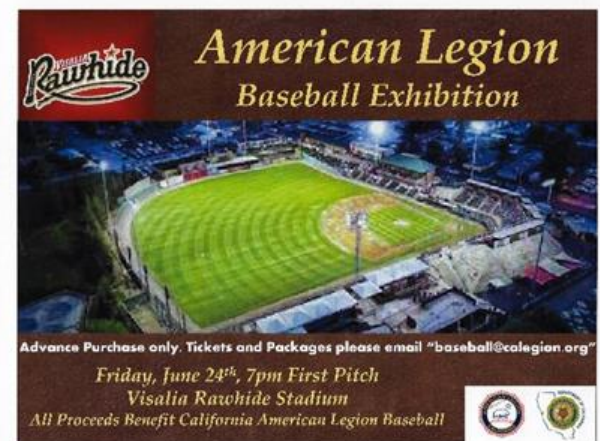
We are very fortunate in California to have a great American Legion Baseball Commission chaired by Ray Flores and marketing by Judy Leonardi. Here is a link to a story about the California American Legion Baseball:

https://issuu.com/adminhlm/docs/american_legion_baseball_california

Here is how to support the program:



Here is what is coming up:



Above: Post 510 CMDR Phil Delacruz, Judy Leonardi, CMDR Wong at the baseball poster after making donations.

As a personal aside, when I got called up to active duty in 1991 for Desert Storm support, I was sent to Madigan Army Medical Center in Ft. Lewis, WA for an undetermined time. No one else from my Army Reserve unit was assigned there and my family was in the Bay Area. What saved my sanity was finding baseball in the form of triple A ball: the Tacoma Tigers was the farm team for the Oakland A's and they played the Phoenix Firebirds, the farm team for the San Francisco Giants! Regardless of being far away from home, the one common denominator was baseball as the rules are the same regardless of where you play so it was familiar. Sitting in the rain in the Spring watching baseball had to be one of the most normal things to do during a period of uncertainty and abnormality during war time even in an 100 hour war. Now where's my transistor radio?



RON CHAN – CHINESE AMERICAN HERO

Roger Dong, Chairman and Founder of the Chinese American Heroes Organization has recognized Ron Chan for his significant contributions in support of Chinese American Veterans and community service. “Ron has tirelessly been the advocate of our Veterans specifically, and generally a role model amplifying Chinese American history and their contributions to America. For that, he has been inducted as a Chinese American Hero”.

Ron, when asked about this honor, notes, “To be considered a “Chinese American Hero” is very humbling. Frank Wong, a Korean War Veteran, I think said it best, “What we do for ourselves is surely going to die with you. What you do for others is immortal.”

Ron founded two organizations. He is Founder and Executive Director of the Bay Area Chinese Genealogy Group, and Co-Founder, Chief Marketing Officer and Associate Producer of the Chinese American GI Project.

With the Chinese American GI Project, he was instrumental in launching Veteran focused webinars, the book “Fighting On All Fronts”, the upcoming museum exhibition for the San Francisco War Memorial Veterans Gallery, and other numerous multimedia programs - including the American Legion Cathay Post 384’s 90th Anniversary Celebration video.

Additionally, he is a lecturer, flight leader, and volunteer for Honor Flight focusing on recruiting Chinese American Vets so we may be equally recognized on flights to Washington DC to visit the memorials in their honor.

Ron is an Advisory Consultant to the Locke Foundation Oral History Project, and an Advisory Board member of the Chinese Historical and Cultural Project.

Ron received many letters regarding his service to the Veteran community.

Connie Johnson, Honor Flight Bay Area Medical Director
Ron is an exceptional advocate for Chinese American veterans. He went to the trouble of finding particularly World War II veterans in Northern California, lobbied for them to get the Congressional

Gold Medals, assisted in creating the award ceremonies, then helped write a book about these worthy veterans. Ron Chan absolutely deserves to be named as a Chinese American Hero. He already is to many of us.

Melanie Chan, Chinese American Citizens Alliance, National President
I have always been impressed with Ron’s drive to honor the Chinese American veterans and his many other activities to benefit both the veterans and the Chinese American community. I will let his many accomplishments speak for itself, but what you don’t see in his impressive resume is his sense of organization and willingness to jump in and help wherever he can, even when he is not asked. He gives his time and skills willingly to help the community recognize the Chinese American veterans.

He worked closely with my organization, the Chinese American Citizens Alliance to award the Congressional Gold Medal to the few remaining living WWII Chinese American veterans. He was also instrumental in helping us to secure a large venue for the medal presentation in the East Bay. Yet, Ron does what he does not because he desires the recognition or limelight, but because of his strong desire to recognize the veterans in honor of his father and his drive to help the Chinese American’s understand their legacy. Ron is truly an Hero and deserving of this award.

David Yick, Chinese Historical and Cultural Project, Board President
I consider Ron to be a Hero of Heroes based on his work on so many U. S. Veteran projects that I have lost count. He is the most passionate person about promoting and acknowledging the contribution of Chinese American Vets that I know. What I remember most was his ability to assemble and lead a talented group of volunteers that worked tirelessly and many, many hours on the project.

Corliss Lee, Chair, LF Oral History Project, Director, Locke Foundation
Ron has been a vital advisory consultant to the Locke Foundation Oral History Project. Our mission is to collect stories about Locke, a National Historic Landmark and the only rural Chinese town

left in America in one of the most prolific agricultural lands in America. These stories are vital to the understanding of the Chinese in America. From its inception in 2019, Ron was instrumental in showing us how to conduct oral histories and has been accessible for any and all issues that have arisen since that time. In addition he has written very interesting and relevant articles based on his interviews for the Locke Foundation newsletter. Through his example, the Oral History Project has since written articles for every newsletter. Our success is due greatly to Ron’s involvement with the Locke Foundation. No words can really express our gratitude to Ron. We whole heartily support Ron on becoming a “Chinese American Hero”.

[Helen Wong asks] Ron, what are your motivations to work with the Veteran and Chinese American Community?

[Ron Chan response]
“Every Veteran Is An Extension Of My Father. Although I am not a Veteran myself, I am proud to serve, those who served. I do this to honor my father, Alfred Chan, who was a WWII Navy Seabee. Dad served on Midway Island helping build the military infrastructures for the invasion of Japan. It was on Midway he celebrated VJ Day.

My Dad returning from the war, became a Founder, Charter Member, and Life Member of VFW East Bay Chinatown Post #3956. There he held every post, including Commander over the course of 50 years.

I spent half a century growing up with VFW among my father's comrades and children. In fact, as a young child, I thought Santa Claus was Chinese, because the only time I saw Santa was at a Chinatown VFW Christmas party!

For my many contributions to the East Bay Chinatown Post #3956, I received the Veteran’s of Foreign Wars (VFW) Service Award.

Working with both the San Francisco VFW Chinatown Post 4618, and the American Legion Cathay Post 384, and visiting the New York American Legion Kimlau Post, has been a great opportunity to engage the Veteran community

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FROM THE OFFICE OF COMMANDER HELEN WONG

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to tell the story of their lives so our voices are no longer silent, ignored or forgotten.

I am proud to serve, those who served.”

For more information:
The Chinese American GI Project
<https://chsa.org/wwii-chinese-american-gi/>

Facebook
<https://www.facebook.com/groups/chineseamericangiproject>

Honor Flight Bay Area
<https://www.honorflightbayarea.org/>

Bay Area Chinese Genealogy Group
<https://bacgg.org/>

Chinese Historical and Cultural Project
<https://chcp.org/>

Locke Foundation
<http://www.locke-foundation.org/>

Chinese American Citizen’s Alliance
<http://www.cacanational.org/>

WWII Congressional Gold Medal Program
<https://www.caww2.org/>



Above: Alfred Chan & Ron Chan, Honor Flight 2018



Above: 50th Anniversary Book Editor, VFW Service Award Recipient.



Above: Ron, Alfred, Christina Lim (Book Author), and VFW Commander Ed Yu



Above: Alfred sworn in as VFW Commander 1965



Above: Moderator Operation Chinese American GI



Above: Moderator Warriors in Our Midst A Chinese American Veterans Day Retrospective



Above: Seabee Alfred and Sailor Ron 1956



Above: Ron’s acknowledgement in “Fighting On All Fronts” book



Above: Alfred Chan Carpenters Mate 3/c Midway Island 1944 - 1945



Above: Ron Chan



CHINATOWN TO BATTLEGROUND WAR MEMORIAL EXHIBITION

By Ron Chan

In mid-April to May 2022, the American Legion Cathay Post 384, in conjunction with the Chinese American GI Project and the Chinese Historical Society of America (CHSA), is sponsoring the national debut of the exhibition “Chinatown To Battleground” at the San Francisco War Memorial Veterans Gallery. Celebrated will be Chinese American military service from the Civil War to Afghanistan. The exhibition is designed and deployed by Montgomery Hom and Ron Chan, Founders of the “Chinese American GI Project”. Their mission is to ensure that Chinese American military service is not forgotten, ignored or silent.

Commander Helen Wong, (LTC, USAR, Ret.) said “the American Legion Cathay Post 384 and its members are proud to be the first sponsor to initiate, fund and support this recognition for our Veterans. Our post has served Chinese American Veterans for nearly a century. This comprehensive exhibition is a long time coming to recognize that Chinese American history, is American history! Chinese Americans have proudly served America for over 170 years.”

Although the exhibition premieres locally at the San Francisco War Memorial Building, it will be deployed nationally as a travelling exhibit. This exhibit features over 100 selected artifacts from the Montgomery Hom military archives, which is the largest private collection of Chinese American military objects. A special short film directed by Montgomery Hom for the WWII Chinese American Congressional Gold Medal (sponsored by the Chinese American Citizen’s Alliance) will be featured as part of a multi-media screening at the exhibition. Custom posters and banners will also showcase how Chinese Americans fought in every theatre of war and proudly served in every branch of the armed forces.

Justin Hoover, CHSA’s Executive Director, notes, “The Chinese American GI Project since its inception has been affiliated with CHSA, representing our acknowledgement and support of Chinese American men and women who served bravely, often in the face of discrimination.” With Cathay Post 384 sponsorship combined with CHSA, elements of the exhibition will also travel to the USS Hornet - Sea, Air and Space Museum in May, for Asian Americans and Pacific Islanders (AAPI) month. This Chinese American Veterans exhibit joins programs from the Japanese and Filipino Veterans community.

The Chinese Historical Cultural Project (CHCP) / Chinese American Historical Museum (CAHM), is sponsoring the Silicon Valley/ South Bay exhibition debut.

CHCP’s film and oral history project, “War and Remembrance” will be a part of the exhibition. David Yick, CHCP’s Board President, notes, “We want to recognize Chinese Americans as part of the fabric of America and highlight our military service accomplishments and patriotism. This exhibition integrates well with our film project and provides great synergies in building a better museum experience for our members and visitors. This exhibition is a great addition to CHCP’s recognition of Chinese American contributions to

medicine, science, engineering and business.”

This unique exhibition will be later deployed in a nationwide roadshow as a source of pride for the Chinese American community.

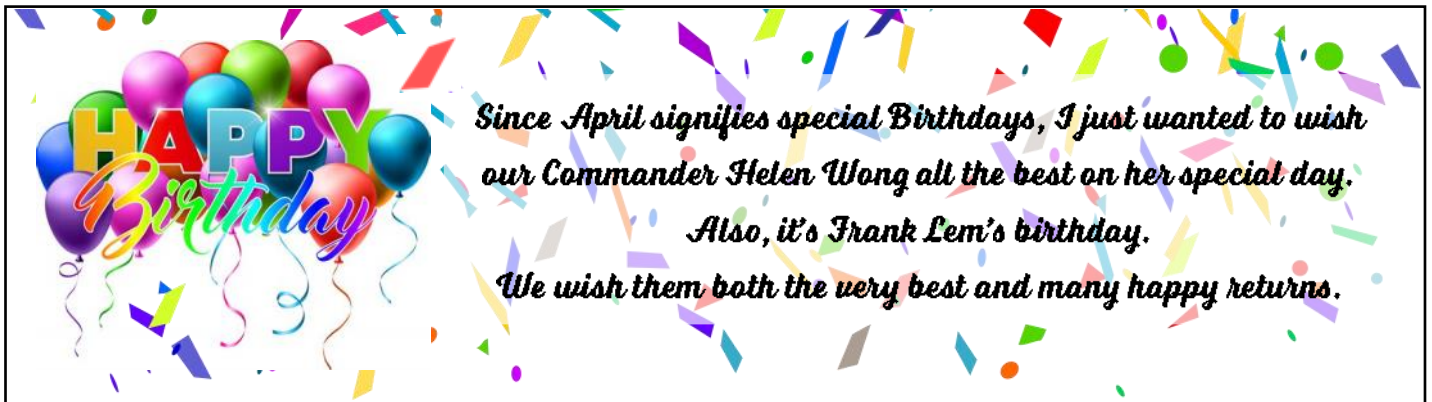




APRIL BRINGS BIRTHDAY WISHES AND BASEBALL!



SPRING IS IN THE AIR!



HAPPY BIRTHDAY TO VETERANS' VOICES!

Speaking of birthdays, I would like to spotlight Veterans' Voices (VV). VV is now celebrating 76 years. As Veterans were returning home at the end of WWII, a freelance writer living in Illinois founded the Chicago Committee for Hospitalized Veterans Writing Project (HVWP) in 1946. The need was there and Elizabeth Leitzbach Fontaine, at the age of 50, laid the groundwork for what was to become VV. For the many Veterans unable to acclimate back to mainstream life at home, the VA hospitals were admitting a high number of war-torn Veterans reeling from the ravages of war. Like any war, there are physical scars as well as emotional trauma, which is harder to detect and to diagnose. Many Veterans had what we now call Post Traumatic Stress Disorder (PTSD) or a more advanced form called Complex Post Traumatic Stress Disorder (CPTSD). In fact, back in 1946, health professionals called the new diagnosis Shell Shock (SS). Some form of this diagnosis has been present since the beginning of war. It's only recently that we have been able to fully understand the detrimental effects of war on our military. That fearless leader and pioneer from Illinois had the foresight to see these emotionally damaged Veterans. She went on the radio at the Hines VA in Chicago to tell Veterans they had a new hobby – WRITING. Veterans weren't sure what type of hobby this was or if they even knew how to

write or what to write. She didn't set out to make book writers, but as she puts it, "even if you write a few sentences or a paragraph, you are writing. Thus, the HVWP was born that day on March 15, 1946, at the Hines VA. It wasn't until 1952, that VV magazine was established so that the Veterans' writings to become published. The advancements in medicine and therapies called for submissions to be mailed in so that you could write from anywhere. As we introduced the information age to our ever-expanding globe, submissions expanded to the VV website (veteransvoices.org). The Writing Project was able to adapt through the years and so must the name. It was in the fall of 2015 that the HVWP finally changed its name to the current Veterans' Voices Writing Project (VVWP). With the end of Women's month, I can't think of a more likely woman to be featured and celebrated for all her work. Even in her late eighties, she continued to care passionately about Veterans, and she strived to improve their lives through writing. It's said that she never left home without a copy of VV. I can't think of a better role model or pioneer than Elizabeth Leitzbach Fontaine. I am especially grateful to her for establishing this mouthpiece of therapy. As many of you know, I have been a mainstay feature of VV for many years now. As a result, it has brought me untold joy and healing. I wish this for all

of you to feel this overwhelming sense of calm satisfaction and accomplishment. Doctor's orders – pen to paper.

Easter and Spring are the celebrations of all things new again, and how light and creation again prosper after the harsh dark of winter. To celebrate this new start on life, I wish to share a few poems on the subject.



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SPRING/PASSOVER/EASTER

The bridge between death
And return to life
Is full of spring sights
From the unexpected lightning
To the wind that comes back
With swallows and colorful sky
Giving flowers to the gardens
There is a dream flowing
Waiting for a chance
To stay forever
Hope roars and echoes
In joy and happiness
The lily of Easter and Passover
Becomes Spring incarnation
In the eyes of the one who
Dares to love.
- Teresinka Pereira

OESTRE

The snow has all melted
And winter has gone
Now Nature is singing
Springs' most beautiful song
As we honor the Goddess –
The Devine Oestre
While she breathes her life
Into the birds and the bees
She's fertile and loving
Ancient mother is she
From the youngest child
To the oldest tree
- Lady Caer Morganna

SPRINGTIME IS HERE

Springtime is here dressed in green,
Bordered with dandelions, gold and serene
High in the treetop, a red robin sings
Happy for Springtime is here
A clump of sweet lilacs dressed in full bloom
Shed a fragrance of richest perfume
The honeybee hums her own special tune
Happy for Springtime is here
- CJ





NEWS AROUND THE VA

April will see out with old and in with the new. We are happy to be sending out our SFVA Director Bonnie Graham. We wish her all the best in health and travels as she ventures out for the great beyond. The SFVA Deputy Director Jia Li will be acting Director until the position can be filled. I did want to provide you with excerpts from our departing Director Bonnie Graham.

When I look back upon my memorable career in the SFVA, I realize that the connections I have made with people is what I value the most. I have grown tremendously, as an individual, from you putting your trust in me and sharing so many of your personal stories. The more we listen to one another and strive to really appreciate our differences, the more we can each develop new connections and enrich our community.

I have learned how critically important it is for people to truly feel that they belong in the SFVA community. We all have a desire to feel as though we are part of something greater than ourselves. It's our desire to feel as though we have contributed, that we have given back, and that we have made a differ-

ence. Belonging is the outcome of a commitment by everyone to create an environment that is diverse, inclusive, equitable, and engaging.

We wish Bonnie a BON VOYAGE!

Here are a few words from the SFVA Acting Director Jia Li

I am firmly committed to stewarding the implementation of our Health Care System's forthcoming strategic plan, which lays out a roadmap for what we want to accomplish in the near future. Team members from across our organization have contributed to the plan, and I am excited to share it with you in the coming weeks. The Executive Leadership Team and I are excited to work with you as we continue to move the organization forward.

Thank you for your commitment to SFVAHCS and for all you do day in and day out to drive us forward and help us reach our tremendous potential. I am proud and inspired by how we have risen to the many challenges we have collectively faced, and how we have overcome them with resilience, courage, and a daring spirit.

I look forward to leading us into a future where we can focus on continuing to do what we do well and identifying opportunities in new areas where we can excel. I believe there are no limits to the excellence we can achieve together!

Beginning Mar. 30, the CDC updated their recommendations regarding COVID-19 vaccine boosters, as outlined below:

Adults 50 years and older who are not immunocompromised may choose to receive a second mRNA booster dose at least 4 months after the first booster.

Those 18-49 years old who are not immunocompromised and received Janssen as both their primary series and booster dose may receive a second mRNA booster dose at least 4 months after their Janssen booster dose

HOPE TO SEE YOU ALL OUT HERE FOR YOUR SECOND DOSE! Be sure to stop by and greet CJ at the Covid Screening Tent at the only patient entrance.

The SFVAHCS will begin administrating second COVID-19 Moderna vaccine boosters on Monday, Apr. 4. Eligible Veterans can call the COVID-19 hotline (415-750-2204) to schedule their COVID-19 vaccine appointments at our Medical Center's Fort Miley campus, or any of the 7 Community Based Outpatient Clinics (CBOCs).

According to Fiqh Council of North America, Ramadan, the 9th month of the Islamic lunar calendar, begins this year (2022) on the sunset of FRIDAY, April 1st (1st Day of Ramadan on Saturday April 2nd) and ends at sundown on , Sunday, May 1st (Eid ul Fitr on Monday, May 2nd) (Crescent sighted, in parts of the world).

Muslims are obligated to fast from dawn to sunset during this lunar month of Ramadan except those who are sick, travelling, women in pregnancies, breastfeeding their babies, in their menses and post-natal bleeding, Children, Old men and women with difficulty too fast.

Hospitalized Muslim patients are ex-





CAL LEGION SEC HELD IN SANTA MARIA

If you were present in person or by ZOOM, you should have noticed that something seemed a little off or out of balance. Commander Helen Wong with SGT@ARMS CJ were ostensibly missing from the MARCH general meeting. Just in case you were wondering, both CDR Wong and CJ were attending the California State Executive Committee (SEC) in Santa Maria, CA. It's a comfy six-hour drive from the SFVA. We headed out on Thursday, in order to attend many of the Committee meetings slated for Friday. The Membership Committee meeting was of particular interest to us. We are always looking for that silver bullet or special elixir, which would magically increase our membership exponentially. The jury is still out on what exactly works to make this happen. As such, we soldier on. All the business of the Committees is hammered out before the mass assemblies scheduled for Saturday and Sunday. The one big preview from the Membership meeting was the new Helmet for Heroes. Each District shall receive a prototype of this life-size helmet sitting atop a thirty-inch 2 by 4. Doesn't sound so new fangled you say. Well, wait for it...DRUM ROLL...it actually has a USB connection allowing it to play your favorite patriotic songs. Earplugs may be required. No assembly required. I am truly looking forward to Fleet Week this year. I hope to have the musical helmet at

our Luncheon and on the Marina Green. It will definitely attract a crowd. Saturday and Sunday were both chock full of day-to-day business. Breakfast and lunch were provided by the Auxiliary. American Legion Post 56 hosted this SPRING SEC. They have a complex, which features an auditorium. It takes up about one square block. A public bar is also sits on the property. Saturday's assembly witnessed the Post 56 Honor Guard post the Colors, after a homemade breakfast smorgasbord. After a few presentations and some voting, we were treated to a pork a stew and sour-dough soup bowls. After reconvening, it was back to CAL Legion business. The day ended with a group walk/run to highlight the Legion's 100 Miles for Hope program. With the National Photographer filming us in our running shorts and Legion shirts, CDR AJ challenged other states to out-do us. It was an impressive show of can-do teamwork with a whole lot of stretching and calisthenics. Sunday's agenda saw a presentation of our NASCAR partners and the announcement of Indy 500 car racing free to Veterans who attend. Baseball in Visalia is always a crowd pleaser. CDR Wong garnered her two free tickets for her donation to see the Visalia Blue Jays play at the State Convention in Visalia in June. The Commandants of the Sons and the Legion Riders also said a few awards and

made presentations. I was there to witness the more solemn closing of the SEC with the State's District Everlasting. Each District was named with the number of members who passed away. The SGT@ARMS rang the bell for each District and stated, "no one is there to answer". This was repeated for each District for a total of thirty (30). TAPS was played as a resounding tribute. It really was a somber and dignified ceremony, which brought goosebumps to all of us in attendance. Not only do learn so much about the Legion by attending these types of functions, but you also get to experience and explore some of the rural and out-of-the-way villages, which like CA Missions, are scattered all over the state. We were fortunate enough to stay at the quaint and cozy hamlet of Solvang. They refer to it as the Danish capital of California. As such, it boasts traditional windmills and thatched roofs. It really is such a charming village, known for its pastries. We couldn't resist the butter cookies, the kringles and, of course, the aebleskivers (a Dutch jam-filled donut). CDR Helen bought buckets full of these goodies to give as gifts. The locals were all so friendly and helpful. We also dined on specialties of Wiener schnitzel and Smorrebrod. It's not all fun, we also investigated and studied the military connections at the monument dedicated to its fallen comrades at the base

of the flagpole located in the town square. Enjoy the photo montage.





PEARLS OF WISDOM WORDS TO REMEMBER AND LIVE BY

Civility and Respect

Civility is an essential and required behavior of all employees in all organizations. These are the interpersonal “rules of engagement” for how we relate to each other, our customers and our stakeholders; the fundamentals of courtesy, politeness and consideration.

Civility is claiming and caring for one’s identity, needs and beliefs without degrading someone else’s in the process. Civility is about more than

just politeness, although politeness is a necessary first step. It is about disagreeing without disrespect, seeking common ground as a starting point for dialogue about differences, listening past one’s preconceptions and teaching others to do the same. Civility is the hard work of staying present even with those with whom we have deep-rooted and fierce disagreements. It is political in a sense that it is a necessary prerequisite for civic action. But it is political, too, in the sense that is about negotiating inter-

personal power such that everyone’s voice is heard and nobody is ignored.

RESPECT connects us at a personal level. It reflects an attitude developed from the deep listening and understanding, cultural and personal sensitivity and compassion. It honors all the participants in an interaction by creating a safe place to have difficult conversations and leads to an environment of honesty and mutual trust.

WHAT WOULD APRIL BE WITHOUT GIRL SCOUT COOKIES?

We associate April with Spring, Easter, Passover, Ramadan, Baseball, Fishing and Girl Scout cookies. What a month. It’s so jammed pack, it should have its own action figure or at least a bobblehead. It was a sunny Saturday morning on April 2, 2022, when the cookies arrived around 11am. Our post bought a total of seven (7) cases, which figures out to 84 individual boxes. Was the number intentional? Post 3(84) bought (84) boxes. Is there a correlation here as in numerology or just a serendipitous coincidence? That’s seven out of the possible nine different cookie varieties. The smores variety

was missing, but maybe those should only be made on the bonfire at summer camp. The play-by-play of the events that auspicious Saturday morning was actually very simple. The cookies arrived, we presented the check and CYC distributed them. This donation opportunity brings great credit to our post and is great public relations. Cathay Post 384 was well represented. Junior Past Commander Nelson Lum was there to supervise. First Vice George Tsang presented the check. SGT@ARMS CJ maintained order, ensuring that all ran smoothly. Betty was there to facilitate and coordinated.

Our very own SMOTY Lily had prepared the labels, which we quickly stuck on the box opening. Cathay Post 384 was both in English and Chinese. This was a team effort and I wish to personally thank all members who pitched in and helped. It really does take a village or at least a Post. Let’s all do our share and help the Girl Scouts raise money in a tasty and delicious manner. Here is a pictorial of the day’s events with Elizabeth (Lizzie) Kubischke and Executive Director of CYC Sarah Wan. ENJOY!





REMEMBRANCE OF CAPTAIN STANLEY EDGAR ELLEXSON, JR. (USN RET.)



Stanley Ellexson was born in Tacoma General Hospital on July 4, 1930 and spent his childhood in the small town Sumner which is about thirty miles south of Seattle. After graduating from Sumner High School, he enrolled and completed a Bachelor of Arts Degree in Industrial Arts Education from University of Washington in 1952. He was selected and received his commission as an Ensign after successfully completed the Navy Reserve Officer Training Corps (NROTC) program on August 23, 1952. We recently learned of Stanley's passing around March 2022.

"Luck" may have been involved, but determination certainly was the main factor as to why Stan got into NROTC at a time when there was no major war. He chose the Navy following his father foot steps who enlisted during World War I. Fortunately for his father, WWI ended before he completed Radoman School and was not required to go on active duty. During that time of "peace", as a newly commissioned officer, Stan was involved in many different endeavors in his varied career. From sailing in the Far East to handling mundane yet important currency revival, to being assigned the task of retrieval in ports around the Pacific, Stan had an extensive Naval Career. He was responsible for leading every unit he was a part of or commanded to excellence. He often times won distinction and praise from his superiors and most importantly, from his peers. Spanning from the Philippines, to Thailand, Hong Kong, and many places in between, Stan was a positive and important ambassador of goodwill for both the United States Naval and the United States of America; especially with the innovative ways he conducted vital service missions.

Stan's career had not solely consisted of working on the ships cruising around the Pacific; he had also been hard at work mentoring the next generation of Naval Officers. Some of his Commands during the latter part of his career had included the US Naval Sea Cadet Corps Cowell Division, located at Treasure Island, and subsequently being promoted to the Regional Director and later Inspector of the Pacific Central Region which was responsible for

Northern California and Northern Nevada. For many years, Stan had been a steward for future Naval Officers, ensuring that they meet the high standards of their forefathers. He had been awarded the Navy Commendation Medal, China Service Medal, National Defense Service Medal, and Naval Reserve Medal with two Hour Glasses – denoting over 30 years of Satisfactory Service in total. Stan retired after 30 years of dedicated service in the Naval Reserve.



During his first two years of active duty, Stan recalled a very "exciting" story. This took place while he was assigned as Shore Patrol Officer in Hong Kong. There were eleven (11) ships in port at that time. He received order to go into the city and get all the sailors back on board their ships. Not knowing what the emergency might have been, he proceeded to drive around the city in a Jeep to where most of the sailors were gathered and notified them to return to their ships. Rumor soon spread that something major involving the military was developing. Local and international media were alerted to the possibility that the United States was about to engage in some kind of military maneuver. There were rumors that Chaing Kai Shek (the late President of Taiwan) had invaded mainland China, an American Navy ship was sunk in the Strait of Formosa, or the Indo-China situation meant war was imminent. After doing his best to contact as many sailors as he could, Stan final-

ly learned that the order to return to their ship was to facilitate the exchange of Military Payment Certificate (MPC) since the existing version was due to be replaced and was going to be expired on that day.

In addition to his Navy career, Stan taught at a private boy's boarding school. He ventured into the business world by opening a restaurant in the city of Richmond and oversaw its operation for more than 27 years. After Stan retired from his civilian occupation, he joined the Naval Order, Sons In Retirement, Golden Gate Breakfast Club, Queen's Club, the Sovereign Military Order of the Knights of Jerusalem, and most importantly, American Legion Cathay Post 384. Photography and traveling were some of Stan's many hobbies.

In 2005, the radical members of the San Francisco Unified School District Board of directors voted to abolish the JROTC program despite it being one of the most successful programs in the school system. A group of concerned parents, veterans groups, and teachers gathered to fight against the abolishment. I met Stan as we both worked for years in our successful effort to reverse that ill witted decision. It wasn't long before Stan and I recognized we were two likeminded people and enjoyed each other's company. He invited me to attend a meeting of the Naval Order and "coerced" me, a proud Army man, into joining the Naval Order. I did hold my ground and insisted for him to join Cathay Post 384 as an exchange. That was how Stan became a member of our post, and I must add, a very productive member of our post. He was later elected as our post's Judge Advocate where he immediately contributed a great amount of time and effort to examine all the post's documents and made all the needed corrections. We will miss his presence, may he rest in eternal peace.



FROM BLOOMBERG THE TRAGIC CRASH OF THE BOEING 737-800 IN CHINA

The China Eastern jet crash in a mountainous patch of the country's south is both a tragedy and mystery.

All 132 on board are presumed dead. The passengers included the chief financial officer of Dinglong Culture, a Guangdong-based entertainment company, a newlywed and a party of six traveling to a funeral. Nothing seemed strange before the Boeing 737-800 fell out of the sky at nearly the speed of sound just 100 miles from its destination. The weather was fine. Flight MU5735 was cruising at about 29,000 feet (8,839 meters). The plane halted its descent for some 10 seconds, and even climbed briefly, before its final downward spiral, Flightradar24 said. A video taken by a nearby mining company showed the plane intact until its final moments.

An equipment malfunction. Pilot illness or suicide. Even a terror attack. Nothing is being ruled out. The 737-800 is considered one of the safest aircraft, with 11 fatal accidents from some 7,000 planes since 1997, said aviation consultancy Cirium. The three pilots included one of China's most experienced commercial aviators, and all had good performance records and stable



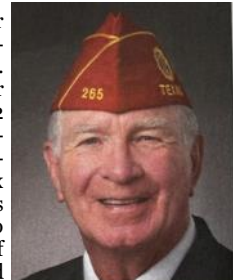
family backgrounds. Investigations can take years.

A lot is riding on the truth. China's strong aviation safety record came from overhauling the industry after a spate of deadly accidents in the 1990s. Domestic insurers could be on the hook for up to 510 million yuan (\$80 million) on this crash, according to Bloomberg Intelligence.

READ MORE: See 737 at this link: <https://www.sfcathaypost384.org/rc.html>

COMMANDER DILLARD SAYS, "LET'S SUPPORT ROTC CADETS"

The Commander suggests, and Cathay Post responds. Authorized in our March 11, 2022 Post meeting, Cathay Post authorized twelve (12) x \$500 scholarships to be awarded to the ROTC cadets of the Army, Navy and Air Force at UC



Berkeley. Our Historian initiated this project and is in contact with the three branches of ROTC at UC Berkeley. We plan to award these scholarships and certificates to 4 deserving cadets with each of the three services on May 6, 2022. Commander Helen Wong and representatives of each of the three services from Cathay Post plan to be at the awards ceremony to present our scholarships along with a special treat of delicious cakes donated by our Post to further sweeten up the joyful ceremony. This event may be the start of our special awards presentations in future years. The SF JROTC Spring Meet is on April 23 at Abraham Lincoln High School.

LOS ANGELES COUNTY CHINESE AMERICANS AND ANYONE WHO LOOKS ASIAN, ARE FEARFUL OF ATTACKS BY OTHER AMERICANS

THE MANY EXAMPLES OF ATTACKS ON ASIANS, SOME FATAL, HAS RESULTED IN FEAR GOING OUT TO SHOP, DINE, OR JUST TAKING A WALK

Los Angeles county is not unique. Check out New York City, San Francisco, Oakland and pollsters will find frightening fear among Chinese Americans (and anyone who looks Asian) in all locations where there are Chinese Americans. Where there are Chinatowns and Chinese American shop, dine out, or just taking an outside walk, there is much fear of being attacked, either to be robbed, or beaten, or push into the path of a subway train.

What can we do about? In some locations, there are young volunteers, who are sometimes non-Asians, who escort senior Chinese Americans, and other Asians when they go shopping in local Chinatowns. While that is good news, escorts are not available for everyone, and even if we could always have a number Bruce Lees

guarding all Asians, the problem does not go away. Why has this happened in the recent history (past 2 years).

The main reason for those people who must threaten and hurt Chinese American, and anyone who look Asian, is that of hatred for China. As some historians have noted, Chinese Americans are the forever foreigners, and it is much easier for those paranoid, to hurt and harm foreigners than other American citizens.

Few Americans know anything about China, few have visited China, so those who hate Chinese Americans because of our race, learn all they know about today's China from the media, especially when the media reports on the comments of national leaders, including military

leaders, who fear the growing military and economic strength of China. And many have practically declared her our enemy. We now have a mutually deteriorating situation as for the first time in history, the Chinese are calling us their enemy. Since the Chinese first met Americans in the 18th Century, most Chinese have loved and admired America. The Chinese call America, Mei Guo, the most beautiful country – the country of opportunity. In the Chinese language, no other foreign country has such an honorable name.

READ MORE: See HATE at this link: <https://www.sfcathaypost384.org/rc.html>



DEALING WITH INFLATION

Everyone knows that inflation is here and it is going to be a serious problem for all of us who are not millionaires, or billionaires. The food bill for a family of four has gone up almost \$400 recently. Normal people like most of us, are under tremendous pressure to have sufficient funds to pay more for food, utilities, gasoline and most everything else as the pandemic, clogged shipments at our ports, shortage of truck drivers, shortage of service workers, shortage of computer chips and now bad weather is driving up the price of goods and services that will cause much pain and result in citizens questioning the competency our government. We all need to blame someone for our suffering and inability to deal with life as most of us are not wealthy and cannot fund living.

During the federal shutdown in January 2020, surveys revealed that 78% of our population lived paycheck to paycheck, and insufficient savings to pay a sudden bill of \$400. 78% of our population of 330,000,000 is almost 257.4 million people who will be severely impacted by this inflation that is going to get worse before it gets better. I think this 78% is a little high, but most people do not have excess income. Middle class incomes have been flat for four decades, so inflation is very bad for the Middle class – sounds like most of us.

So what should most people be doing until inflation is deflated.

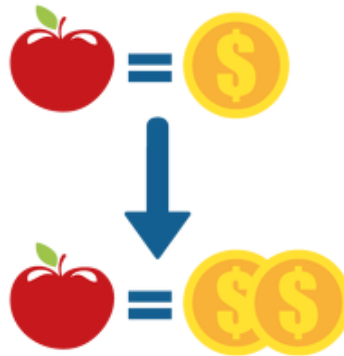
Step 1 is to set up a budget. Prioritize your needs. Use apps and the Internet to find lower prices, including for gasoline.

1) Food and shelter should be priority 1. We must eat to survive and don't want homelessness. Seek out all relevant food sales items to save a few dollars. Meat and fish prices are rising faster than vegetables, eat more veggies. More veggies is good for your health.

2) For single people, finding a good roommate should reduce your rental expenses. This option is not suitable for most families. But if you are a grandparent with a paid-up home, make room for your children and your grandchildren, if you can.

3) Your necessary healthcare issues are also priority. Budget for your prescriptions. This is much more priority for seniors.

4) Eating out is too expensive, reduce or eliminate this costly habit which getting



more costly. You should have already notice that everything on the menu is up, even at MacDonalds. Forget about crab and lobster for awhile. Chicken and turkey meat are cost effective alternatives, so get creative with dishes using these two items.

5) Expenses to avoid. You can upgrade your cell phone later when you have the funds. Avoid major purchases like automobiles. Used car prices have been increasing a lot for the first time in history. New cars prices have been inflated for a number of reasons, including a shortage of semiconductor chips. If your car is running and dependable, defer that expense for now.

If you are young and still working, continue to save for retirement, but be wary of the stock market, even the best stocks are very volatile and unless you are a very shrewd and competent trader, you could lose more money than you make. In a volatile market, timing is critical, and who can time the purchase of stocks when prices are unpredictable.

Some people are trading stocks because they believe that trading stocks is the only way to beat inflation, but if you are unlucky, you can ruin your life for a long time, maybe forever.

Making changes to counter inflation is not easy, we must all hope that the current rates of high inflation will start to subside. So we must all survive until that happens. If you and I are not wealthy, we must have a financial plan and live by it until inflation subsides and normality returns.

Good luck to all of us.

Sources: See **INFLATION** at this link: <https://www.sfcathaypost384.org/>

WE MUST CONSERVE WATER!



California is experiencing historic dry conditions: February is usually California's wettest month, but January and February 2022 were the driest we've seen in recorded history," the letter reads. "Statewide, precipitation is less than half the yearly average, and dry conditions are forecast to continue through spring.

Next to air, water is the most important ingredient for survival. Food, of course, is the next most important requirement for all living creatures.

It is vitally important that everyone does our best to conserve water. The world is going through many challenges for our long term and healthy survival. We must all assume responsibility to contribute to our long term survival.

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

WHAT'S WITH ALL OUR SUPPLY CHAIN ISSUES?

WHEN WILL THE BOTTLE NECKS BE RELIEVED SO THAT WE CAN HAVE ALL THE THINGS WE NEEDED LIKE BEFORE?



Our supply chain problems are angering everyone, and we are told that these bottlenecks will not go away quickly.

So why are we having bottlenecks in the distributions of some many things we all need.

The Pandemic is one reason why goods shipped to our ports are stuck and not unloaded to trucks for distribution to our warehouses and stores. The major puzzling issue is lack of manpower, despite the story that we are told that there are lots of jobs nationwide. Our unemployed people do not want to work at ports unloading crates of merchandise, and there are not enough truck drivers to pick and transport the tons of products stuck in our major harbors to local warehouses and our stores. We are told that there are also a shortage of truck trailers to attach to many trucks. At destination, there is a shortage of warehouse workers to unload the truck loads of products which need to be sorted and shelved in our stores.

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



WHY HAS PURDUE UNIVERSITY BECOME THE CENTER FOR DEVELOPING FUTURE HYPERSONICS TECHNOLOGY?

China has for two decades funded and developed hypersonic technology and displayed her initial results in the summer of 2021. The fact that a country which did not get involved with advanced military technologies until the 21st Century has apparently gone ahead of both the Russians and us in hypersonics. One major reason China has succeeded is that it had recognized the need for such technology and generously funded their "hyper" project. A very successful economy has provided the Chinese with the required funding for a variety of 21st Century projects, including both military and critical civilian projects. This is now being demonstrated in their progress in semiconductor chips development. A few years ago, Chinese President Xi Jinping announced funding of \$1.4 billion for advanced science development, which included funding for semiconductor work.

(Successful development with semiconductors will further improve her economic and military prowess and should be taken very seriously.)

In the summer of 2021 China's test launch of test missile employing hypersonic technology was a wake up call for America to refocus and fund America's hypersonic development and future systems.

After China's initial hypersonics test missile, former President Donald Trump funded hypersonic development with \$3.2 billion in the FY21 budget. All this new funding is not going directly to defense contractors, or even our Department of Defense research facilities, but to Purdue University.

This sounds surprising, but Purdue University, a land grant public university, is now, and will continue to be, in the center of hypersonic research. On the Purdue University campus is the "The Hypersonic Ground Testing Center (HGTC)," an independent, non-profit consortium developed by the Purdue Research Foundation (PRF). The PRF has been quietly the center for hypersonic research for years, but now, working with our DoD will be on hyper drive to until we catch

up with China (and Russia). For more information on the PRF, checkout TheDistrict.PRF.org

Note that on March 12th the Russians used a hyper-rocket to attack a military barracks in Ukraine.

Rolls Royce has joined the party on the Purdue campus to develop high temperature tolerant materials for the rocket engines that will power our future super-fast systems.

It certainly appears that our current and future destinies for Hypersonics will be centered at Purdue University.

Sources: See **PURDUE** at this link: <https://www.sfcathaypost384.org/c.html>

GUESS HOW MANY NUCLEAR WEAPONS WE NOW HAVE IN OUR NUCLEAR ARSENAL?

Maybe you have never wondered how many nukes we have, and if you wanted to know this deadly statistic, you would need a very high security clearance to officially get that data. Even with a high security clearance, you would not find out until you, or I, have a real need to know.

In the December 2021 issue of Air Force Magazine, John Tirpak's article, "China's Longer Peaceful Rise," it is reported that:

"The U.S. now has 3,750 nuclear warheads fielded, the State Department revealed in October; down from 3,882 in 2018 and 3,805 in 2019. The decline is due to warheads being taken offline because of the decay of their plutonium cores and a sluggish pace of replacement. If that pace of decline continues, the U.S. fielded inventory will decline to around 3,100 warheads by 2030, three times more than China. Beijing will thus not achieve nuclear parity within this decade." Now for the first time, you and I know!

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

MANUFACTURERS AND DISTRIBUTORS OF OPIOIDS SETTLE BILLION DOLLAR LAWSUITS WITH MANY STATES

CRIMINAL PROSECUTIONS ARE STILL PENDING

The Sackler family, owner of Purdue Pharma, will pay as much as \$6 billion to help many states, local communities and native American tribes address the harm and damages resulting from sale of OxyContin, the drug that created opioid epidemic.

However, the COVID pandemic has provided fertile ground for additional abuse of OxyContin to continue and has resulted in record high deaths due to abuse of drugs especially OxyContin. Add in the abuse of Fentanyl, a very powerful synthetic opioid, often used with other opioids like OxyContin, and thousands have perished. This is a national crisis, and when added to the large number of our citizens with significant health issues, including diabetes, heart disease, and Covid related mental and physical harm, demands national attention and financial support.

Directly related to the manufacturing and sale of opioids, are the major distributors of drugs, including opioids. The distributors, all well

known national firms are Johnson and Johnson, AmerisourceBergen Corp., Cardinal Health Inc. and McKesson Corp. will be paying a total of \$19.5 billion to 46 states over 18 years, according to the companies. J&J said it would pay \$5 billion to 45 states.

The guilty will be fined, but few will go to jail, and none guilty of severe criminal acts will face the death penalty.

Recall that in 2007-2008, we had an international financial crisis, caused mainly by greedy bankers and money lenders, a few paid fines, but no one went to jail.

Wealthy criminals can afford to hire the best attorneys and thus few are ever punished with incarceration. Wish that were not true.

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



JAMMING THEIR JAMMERS

In the February 2022 issue of Air Force Magazine, John Tirpak writes of our "Dominating the Spectrum - Foreign advances and U.S. neglect have realigned the electromagnetic battlefield. Here's how USAF is fighting back."

Have we been sleeping? Our Chief of Staff, General Charles Brown notes that while we were focused on counterinsurgencies in the Middle East, not advanced modern warfare, necessary for victory in current warfare, both Russia and China have focused on Cyber and Electronic warfare, and are now more advanced than us. Many of our military leaders in all three services basically agree that while we were focused on the effort needed to fight the Taliban, we have not dedicated sufficient resources to deal with Cyber and Electronic warfare and need to change our policies to counter the capabilities of our major opponents, Russia and China.

Indeed our government agencies, hospitals and power grids have been disrupted and even penetrated by Russian hackers who are alleged to just be criminals blackmailing for money, but these hackers are strongly believed to be authorized by the Russian government to conduct these operations. We have also detected Chinese hackers probing our power plants.

These offensive attacks and probes are a dire warning that we are vulnerable and could suffer very serious consequences, if we have neither a great defense or a more effective

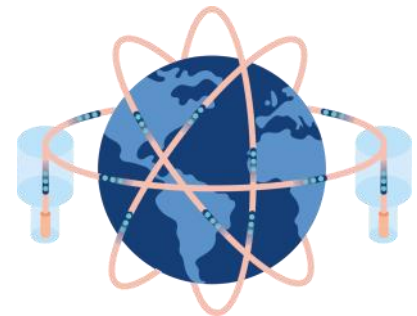
cyber offense. capabilities. It is noted that even though we have seen the capabilities of Russian hackers, the Chinese are also very competent as they have spent a lot of money and have been strategizing their Cyber operations for many years.

General HInote, our Air Force Deputy Chief of Staff stated that he believes that the Chinese have become so good because they believe that Cyber warfare is a prerequisite for warfare victory.

Our Chief of Staff, General Charles Brown notes that while we were focused on counterinsurgencies in the Middle East, not advanced modern warfare, necessary for victory in current warfare, Russia and China have focused on Cyber and Electronic war and are now more advanced than us, leading our Air Force and Space Command to action.

"The Air Force approved a new Electromagnetic Spectrum Superiority Strategy last April, and Air Combat Command stood up the 350th Spectrum Warfare Wing last summer. In the fall, the service reorganized EMS under the Intelligence, Surveillance, Reconnaissance and Cyber Effects directorate. And this spring, the Air Force and Navy will send Congress a joint report on efforts to accelerate research and deployment of "cognitive" electronic warfare, which leverages machine learning."

While this new focus is reassuring, we are warned that Space Command needs additional



resources, both financial and staffing. The current staffing in Space Command needs additional competent manpower. Qualified manpower is not available within our current Air Force personnel, and must be supplement from the civilian Cyber staffs. This is being down now, but it is taking time to locate and recruit the precise talent and skills needed.

Our National Security Agency (NSA), of course is involved with our Cyber capabilities and we have learned from the Director of the NSA and Commander of the U.S. Cyber Command General Paul Nakasone assure us that NSA is very active conducting daily offensive operations described as "persistent engagement," which would allow us to react quickly when needed. Our foes, both the Russians and Chinese are either hacking or probing our civilian and government computers regularly and it is good to know that our NSA is poised to respond when needed.

Sources: See JAM at this link: <https://www.sfcathaypost384.org/c.html>

THE LATEST DATA ON COVID'S HARM TO OUR BRAINS

MANY COVID VICTIMS WILL SUFFER LONG TERM NEUROLOGICAL HARM

Not everyone who is a COVID victim will have long term mental problems, but numerically, even those who had mild infections, can have long term, serious mental issues.

According to Mr. Walter Koroshetz, director of the National Institute of Neurological Disorders and Stroke, part of the National Institutes of Health. "The big surprise was the people who never required hospitalization that are having persistent trouble."

It is also not clear how many people will eventually recover and how many will be left with devastating long-term effects.

We will not know the answer to our questions until 5 years, or 10 years, and longer

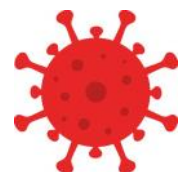
have passed.

What we know now is that COVID victims who had gone to hospital and been put onto a ventilator have suffered the most debilitating mental effects.

The research at New York University disclosed that among the patients who were severely infected, around 50% did not recover sufficient mental health to live a normal life and/or return to work.

Reported by Megan Hosey, a rehabilitation psychologist at Johns Hopkins Medicine, says about a third of ICU patients who have acute respiratory failure have symptoms that are similar to those of traumatic brain injury.

Bottom line, if you are lucky enough to have avoided COVID to date, in public - stay a safe distance from strangers. Wear a good face mask when you must mingle in crowds or are near other humans. You don't know whether anyone near you (and vaccinated) may be a carrier/spreader, and can unintentionally infect you and anyone who gets near a spreader.



Wishing all good physical and mental health.

Sources: See BRAIN at this link: <https://www.sfcathaypost384.org/c.html>



WHICH MILITARY SERVICE HAS HAD FIVE "4" STAR FEMALE GENERALS? WHAT'S YOUR GUESS?

If you guessed our Army, you guessed wrong.

If you guessed our Navy, you missed again.

If you guessed our Marines, you are really a poor guesser.

The correct answer is our United States Air Force.

Our Navy has had a single (one) female 4 star, Adm Michelle Howard, who is black and retired.

Our Army has had a two 4 star generals. The first was Gen Ann Dunwoody, now retired and General Laura Richardson, who is on active duty and Commander of Southern Command.

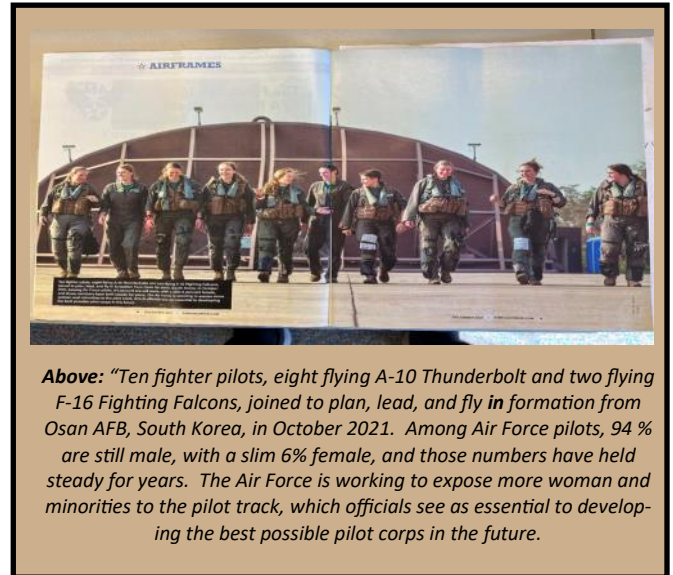
Our Air Force has had five (5) 4 star generals. Four (4) are retired and their names Gen Janet Wolfenborger, Gen Lori Robinson, and Gen Maryanne Miller. On active duty is Gen Jacqueline Van Ovost, Commander, Air Mobility Command.

A very pertinent note about our Air Force

generals, male, or female, among, our top generals, the vast majority all have Air Force flying careers.

Which leads our Post to ponder. Former Commander Jay Pon's daughter 2nd Lt Kestrel, a graduate of our Air Force Academy, is currently training to fly Air Force jets, and if she continues her successful efforts in our Air Force, has a shot at earning one, two, or more stars.

That would make Dad, and all of us very proud. Let's keep her as a member of our Post, so that we can really brag as her career progresses. Note that not too many active duty military are members of our American Legion, even though they are eligible. That's not a criticism as I don't know anyone who was a member of our Legion when they were on active duty.



Above: "Ten fighter pilots, eight flying A-10 Thunderbolt and two flying F-16 Fighting Falcons, joined to plan, lead, and fly in formation from Osan AFB, South Korea, in October 2021. Among Air Force pilots, 94 % are still male, with a slim 6% female, and those numbers have held steady for years. The Air Force is working to expose more woman and minorities to the pilot track, which officials see as essential to developing the best possible pilot corps in the future.

Go, Kestrel, Go!

U.S. Cyber Command General Paul Nakasone assure us that NSA is very active conducting daily offensive operations described as "persistent engagement," which would allow us to react quickly when needed. Our foes, both the Russians and Chinese are either hacking or probing our civilian and government computers regularly and it is good to know that our NSA is poised to respond when needed.

HEY GI, WANT TO VOLUNTEER TO DEFEND UKRAINE?

Some GIs did not need to be asked, they volunteered on their own volition

The Ukrainian Embassy in Washington advised the Voice of America (VOA) that 3,000 U.S. volunteers have responded to the nation's appeal for people to serve in an international battalion that counter Russian aggression.

Many others have also stepped up from other countries, including post-Soviet states such as Georgia and Belarus.

From America, US Army veteran Matthew Parker, with 22 years of service responded when he learned that the Russians had invaded Ukraine, he recalled that a Ukrainian American soldier who had served alongside him with U.S. forces in Iraq and decided he wanted to help the Ukrainians fend the Russians. Parker, fought battles in Bosnia and Iraq, is not alone. Several thou-

sand other American veterans have joined to support Ukraine.

Parker, a native of the U.S. state of South Carolina, had been an instructor as well as a combat leader in the Army, offered to be placed me where he was needed. He could teach Ukrainians how to use different weapons systems. Those skills are badly needed by the Ukrainian forces. He feels that he is dealing with Putin, a bully who is hurting women and children.

Like many of the volunteers, Parker feels that Americans' own democratic rights will be threatened if Putin and the Russians are successful.

Another of Parker's former combat friends was from Georgia, where Russia staged a

similar war in 2008.

"They served next to me, soldiers from Georgia in Iraq. And I know how it felt being around them while their country was being attacked. Now we have another free country similar to Georgia that's being attacked," he said.

Parker said he is leaving his security training business in South Carolina, his family, and three dogs and heading to Ukraine as soon as next week.

Sources: See **UKRAINE** at this link: <https://www.sfcathaypost384.org/c.html>





OMG WHAT IS MY PASSWORD?

Not everyone has problems with remembering Passwords, but some of us do (including Me).

These are not normal times – for many reasons. But regardless of what’s happening in Russia, China, or Ukraine, most of us are required to remember a number of passwords, that must be changed for any number of reasons. This is the problem, we should not use passwords that can easily be guessed by hackers. If you are a target of a hacker, the hacker probably knows you, or knows something about you and that is why you have been targeted.

Our Passwords are our first defense to prevent any hacker from interfering with our use of our digital devices. BUT, many of us need more than a few different passwords for our ATMs, access to our bank accounts, to department stores, access to our stock trading accounts, access to Eventbright, to many websites we used regularly, and our email accounts that can reveal everything about us. So most of us, who do not have photographic memories are in a lot of trouble these days. Most of us must know at least a dozen Passwords, and some of us have 20 or more different Passwords to conduct the business of life in the 21st Century.

Passwords are unavoidable and a curse most of us live with every day. Are there

any secrets or techniques that can help us create new passwords or change existing Passwords? One simple, but one which requires some discipline is having a ledger for our Passwords. These can be purchased on line for less than \$10.00. We will have a few for door prizes at our next post meeting. Bring at least \$5 to our next Post meeting for a raffle and a chance to win a Password Passbook. Afterwards, you might be able to sell your prize for double the cost of a raffle ticket.

The first headache we have when dealing with creating or changing Passwords is complexity. We will be reminded that the Password cannot be too short, most of the time we need to have 8 characters and they must include at least one capital letter and at least one number. Often e must also include one symbol like an ! or #.

We are all human beings, so strings of letters, numbers and symbols are too difficult to remember - if we must remember more than a few nonsense strings of characters. Some entities offer us the opportunity to have an extremely complex Password that most hackers will not be able to unscramble. But if a hacker finds out your ID, your birthdate, cell phone number, or your



home address, they might be able to get entry to whatever entity/organization retains your super complex Password.

So what can you and I do, to create dozens of our own Passwords that you and I can remember, but is too hard for even friends to figure out our secret Passwords.

The following is quoted from the article “What’s Wrong With Having “Complex” Passwords? A Lot.” Karen Renaud, WSJ, September 9, 2021, R10

Read Article: See **PASSWORD** at this link: <https://www.sfcathaypost384.org/c.html>

YOU WILL LIKE THIS STORY:

DUKE WONG, A CHINESE RESTAURANT OWNER/COOK HAD A STROKE AND HIS CUSTOMERS RAISED OVER \$60,000 TO HELP PAY FOR MEDICAL BILLS

Duke Wong, a Chinese restaurant owner and cook, owned and operated his establishment, the Mandarin Garden restaurant for more than 35 years’ Duke Wong, recently had a stroke and his many loyal and appreciative patrons missed their old, reliable friend. And there is a Miss Brenda Ross, a long time friend and patron, initiated a Go Fund Me campaign and raised over \$60,000 to help pay for medical bills. One of Duke’s sons, Dr. Jeffrey Wong profusely thanked all the donors for their heart warming support and contributions.

God bless Brenda Ross, a good Samaritan, who sets an example for all of us.

THANK YOU BRENDA.

Sources: See **DUKE** at this link: <https://www.sfcathaypost384.org/c.html>



Above: The Duke on Duty



REVIEW AND RECALL OF AN ARTICLE FROM AARP MAGAZINE ON "HOW TO LIVE LONGER."

Not all of us subscribe or read the many articles in the AARP monthly magazine, but not too long ago, there was very important article on great ways to live longer. Assuming that many of our readers, didn't read that article, more likely many of us do not remember reading that article, let's review it and note the important advice to seniors, especially senior elders, things we should do to live longer and healthier. The suggestions begin as follows:

1. Consider extra Vitamin D. If you are, like me, you are already taking supplements so be careful of adding Vitamin D supplements, if you are already ingesting Vitamin D, from your other supplements.
2. Cut back of pain pills. Excessive use of pain killers can kill you too! They are known to cause heart attacks and strokes. OTC brands include Advil, Motrin and Aleve. Again, we are talking about excessive use, occasional use may not be threatening. Check with your doctor, if you want personal advice.

3. Get enough sleep. You already know this, but today in stressful world we live in, getting a good night's sleep is really difficult for most people. Heart attacks and stroke are possible, if people don't get enough sleep.

A few helpful hints are noteworthy (you already know some of this info, but take it seriously this time!). Darken your bedroom and set thermal stat to 60-67 degrees - cool temperature.) Get your daily exercise, so that you are at least a little tired when you hit the sack. Stick to a regular sleep schedule as that will help you have a sleeping habit. Eat ripe fruit, it is better for us and is more nutritious (and shouldn't cost you more). Drink a few cups coffee and/or green tea each day. Avoid processed sugar, a natural sweetener like honey, is strongly suggested.

Eat whole grains. Three servings of whole grain foods daily reportedly will reduce the likelihood of an early demise.

Here's a suggestion many of us will like. Spice up your life and eat hot



peppers, they will help all of us live longer and reduce inflammation in our bodies. We should all know that inflammation is the cause of many issues that harm our health and longevity.

When we reach seniority, we should all do our best to eat less. Obesity is bad no matter what your age, but obesity much more harmful when we get old. We should all continue to eat as healthily possible, but eat less. If we are not eating healthy foods, it is twice as important to eat less.

HEY YOU, (AND ME USING LAPTOP COMPUTERS AND STOOPING), GET OFF OUR BUTTS AND MOVE AROUND!

WHO AM I TALKING TO? TO ANYONE WHO USES A LAPTOP (THAT INCLUDES ME)

Sitting down in front of our laptops for more than 30 minutes is not good for our bodies, especially some of us who are not young studs anymore. For us former studs, sitting down for hours, is bad for our backs, and our necks, to name just a few parts of our old bodies that can no longer take abuse.

Even when we use a desktop, we seniors can still be hurting ourselves, if we

sit for hours and not get up and stretch and move our ancient skeletons.

Therefore, if you don't want to be your own pain in the neck, make sure you get up every 20-30 minutes, and stretch, and move around, lift some weights or argue with your spouse, but get up from your computer seat, and step away from your computer.





SOLUTIONS TO MARCH'S PUZZLES

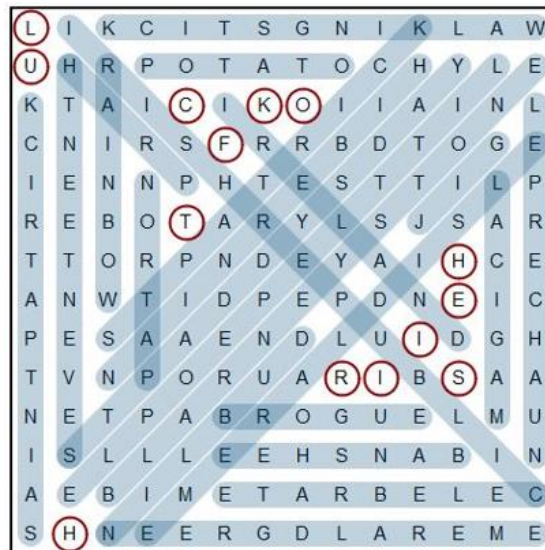
Did you solve everything?

WORD SEARCH SOLUTION



Were you able to find all the words?

- BANSHEE
- BLARNEY STONE
- BROGUE
- CELEBRATE
- DUBLIN
- EMERALD GREEN
- EMERALD ISLE
- HARP
- HIBERNIAN
- IRELAND
- IRISH REPUBLIC
- JIG
- LEPRECHAUN
- LITTLE PEOPLE
- MAGICAL
- PATRON
- POTATO
- RAINBOW
- SAINT PATRICK
- SEVENTEENTH
- ST PADDYS DAY
- ST PATRICK
- WALKING STICK



Answer: LUCK OF THE IRISH

SUDOKU SOLUTION

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

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



CRYPTOGRAM

Decode the message. Each letter in the phrase has been replaced with a random letter or number.
 Try to decode this Halloween theme excerpt from a famous poem. Good Luck!

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
				R							Z		J				X	S	K						

" E N N T E R , T E
 O Y L R M N I J F L O J K R X K M R
 S R N L N T E S
 S U X O J E L F T Z I J F K B R S F
 L E S N T : E N T
 U Z R N S N J K O Y L R I O I J F K
 S E T E S T S T E E R S T
 S F W R K O W R S K N S K R F Y N I H R X S O K Q
 R S E R T L N T E S
 U X F S U R X O K Q L F T Z I J F K B R S F
 E L E N N E R S T R E E T
 L R Z V F W R N J J R B X N I S K X R R K

WORD SEARCH

Happy Spring! April Fool's Day is intended to be this, although some may not agree. Find all the words to reveal this 8 letter word.

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





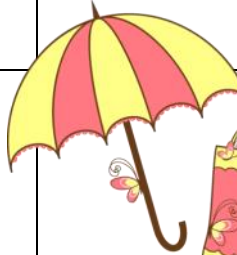

- ABSURDITY
- AMUSE
- CELEBRATE
- CHICANERY
- COMICAL
- DECEPTION
- FUNNY
- GULLIBLE
- HILARIOUS
- HUMOR
- INFANTILE
- JESTER
- JOKESTER
- KOOKY
- LIGHT-HEARTED
- MAKE FUN OF
- MISCHIEVOUS
- OUTRAGEOUS
- QUIRKY
- RIDICULOUS
- SCAM
- STUNT
- SURPRISE
- TOMFOOLERY
- TRICKERY
- UNWITTING





HAPPY EASTER

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT	
<p>APRIL IS: MONTH OF THE MILITARY CHILD MILITARY SAVES MONTH</p>				<p>NAVY RESERVE BIRTHDAY</p>	<p>1 APRIL FOOL'S DAY</p>	<p>2</p>	
<p>3</p> 	<p>4</p> <p>GOLD STAR SPOUSES DAY ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM</p>	<p>5</p>	<p>6</p> <p>BOARD OF DIRECTORS MEETING 7:00 PM ZOOM</p>	<p>7</p>	<p>8</p> <p>NATIONAL FORMER POW RECOGNITION DAY POST MEETING 11:00 AM</p> 	<p>9</p>	
<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p> 	<p>14</p> <p>AIR FORCE RESERVES BIRTHDAY</p>	<p>15</p> <p>GOOD FRIDAY</p>	<p>16</p>	
<p>17</p> <p>EASTER</p>	<p>18 19</p> 		<p>20</p>	<p>21</p> 	<p>22</p> <p>EARTH DAY</p>	<p>23</p> <p>ARMY RESERVE BIRTHDAY</p>	
<p>24</p> <p>CHECK OUT OUR WEBSITE: https://www.sfcathaypost384.org</p>			<p>25</p>	<p>26</p>	<p>27</p> 	<p>29</p>	<p>30</p> <p>NATIONAL MILITARY BRATS DAY</p>

