



CATHAY DISPATCH

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VOL 13 - 11

HAPPY 247TH BIRTHDAY MARINE CORPS - HAPPY VETERANS DAY - HAPPY THANKSGIVING IN NOVEMBER!

By Commander Helen Wong



It's the month to celebrate the birthday of the United States Marine Corps again! On November 10, 1775 the Second Continental Congress passed a resolution for "two Battalions of Marines be raised"

for service as landing forces with the fleet. At the end of the Revolutionary War, both the Continental Navy and Marines went out of existence only to be re-established on 11 July 1798 seeing action in Santo Domingo and taking part in operations against the Barbary pirates along the "Shores of Tripoli". In the following decades, Marines took part in numerous naval operations and in protecting American interests around the world. In World War I, they distinguished themselves on the battlefields of France as the 4th Marine Brigade earned the title of "Devil Dogs" for heroic action at Belleau Wood, Soissons, St. Michiel, Blanc Mont and in the final Meuse-Argonne offensive. By the end of World War II, the Marine Corps had grown to include six divisions, five air wings, and

supporting troops peaking at a strength of 485,113. During the Korean War, more than 25,000 Marines were killed or wounded. Our most famous honorary member of Cathay Post, Major Kurt E. Lee served with distinction and deserves to be recognized with the Medal of Honor which our Post Historian Roger Dong has been pursuing for a number of years. The Vietnam War was the longest in the history of the Marine Corps and it costs the lives of well over 13,000 Marines and wounded more than 88,000. In the 1980s, there were many terrorist attacks on U.S. embassies around the world and the Marines continued to serve guarding them. During the Gulf War, some 24 infantry battalions, 40 squadrons, and more than 92,000 Marines deployed as part of Operation Desert Shield/Operation Desert Storm. In late 1999, Marine units deployed to Kosovo in support of Operation Allied Force. Then after September 2001 terrorist attacks on New York City and Washington, D.C., Marine units were in Afghanistan as part of Operation Enduring Freedom. In 2002, the Marine Corps played a key role in the Global War on Terrorism, and by early 2003 76,000 Marines were deployed to the Central Command area for combat operations against Iraq.



CATHAY POST 384 AMERICAN LEGION 2022-2023 POST OFFICERS

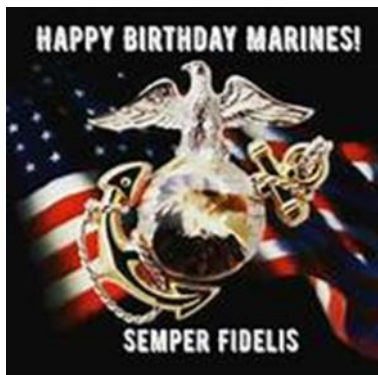
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- 2nd Vice CMDR:** Aaron Low
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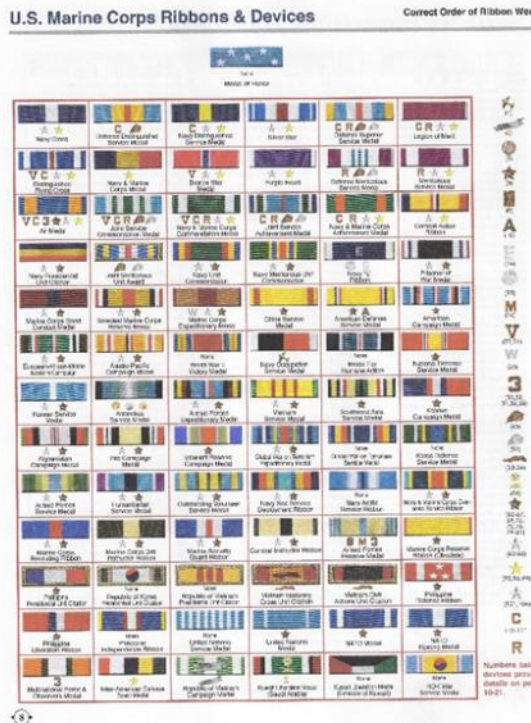
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Cathay Post is proud to have members who served in the Marines: David C-Lucasey (Jefferies), Chet Cameron, Wing Chan, Ferdinand Dimapasoc, Ollie Green, David Lang, John Li, Selwyn Louis, 2nd Vice CMDR Aaron Low, Kevin Lu, Vic Lum, (past member) Arthur Mark, (past member) Gerald Parker, Ernest Stanton, Edward Wong, and Ronald Wong. (These are the known members who were identified as having served though there could be others.) Semper Fidelis!!

Each branch of service has their own ribbons & devices. In order to recognize what the Marine Corps awards to their members, a chart is included. See if you can recognize what is authorized and what you may have. Also a chart of medals is included which covers all branches.



HAPPY VETERANS DAY ON NOVEMBER 11!

Here's a reminder about what Veterans Day is and is not: it's more than a legal Federal holiday. In 1918, it was known as Armistice Day when on the 11th hour of the 11th day of the 11th month a temporary cessation of hostilities was declared between the Allied nations, and Germany in World War I which was known as "the Great War." The Treaty of Versailles was signed on June 28, 1919 marking the official end of World War I. But the armistice date of November 11, 1918 became known as the date that marked the end of the conflict. In November 1919, U.S. President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day. On No-

vember 11, 1921, an unidentified American soldier killed in the war was buried at Arlington National Cemetery near Washington, D.C. On June 4, 1926, Congress passed a resolution that the "recurring anniversary of [November 11, 1918] should be commemorated with thanksgiving and prayer and exercises designed to perpetuate peace through good will and mutual understanding between nations," and that the president should issue an annual proclamation calling for the observance of Armistice Day. November 11th became a federal holiday in the United States in 1938. After World War II and the Korean War, Armistice Day became Veterans Day after President Dwight D. Eisenhower signed the legislation on June 1, 1954. From then on, November 11 became a day to honor American veterans of all wars. It is not to be confused with Memorial Day which is observed the 4th Monday in May to hon-

or American service members who died in service to their country or as a result of injuries while in battle. Veterans Day is to pay tribute to all American veterans, living or dead but especially to give thanks to living veterans who served their country honorably during war or peacetime. Thank you for your service!

HAPPY THANKSGIVING NOVEMBER 24!

We hope everyone has a wonderful time with family and friends and to celebrate the blessing of the past year. From the very first time back in 1621 when it is generally believed that the Plymouth colonists and the Wampanoag shared an autumn harvest feast to 1863 when President Abraham Lincoln proclaimed a national Thanksgiving Day to be held each November, the American holiday is rich in legend and symbolism, with the traditional meal of turkey, bread stuffing, potatoes, cranberries, and pumpkin pie served to all. Cathay Post hopes that everyone who attends the November meeting enjoys the food as it is "tradition" to be together! Our 1st Vice Commander George Tsang made sure the turkey was ordered and all the trimmings was arranged with helpers to serve prior to taking off on his vacation. Thank you all for a bountiful year!





MAYOR'S SALUTE TO VETERANS PARADE



FISHERMAN'S WHARF

SUNDAY, NOVEMBER 6th 2022, 11AM

Jefferson Street

North Point St. to Leavenworth St.

Veterans of Foreign Wars Community Service Project



VETERANS DAY OBSERVANCE

at

GOLDEN GATE NATIONAL CEMETERY

1300 Sneath Lane (Veterans Way), San Bruno, CA

Join us in honoring our veterans on

Friday, Nov. 11, 11 a.m.

Band concert begins at 10:30 a.m.

Speakers:

CSM Eric Rupp, U.S. Army, Fort
Hunter Liggett Garrison
CAPT Charles Litchfield, U.S. Navy (Ret)

★ U.S. Naval Sea Cadet Corps Band of the West ★
★ Blue Star wreath presentation ★ Color Guard ★
★ Bagpiper ★ Capuchino H.S. Chamber Singers ★

Presented by the Avenue of Flags Committee



2022 PHOTOS AND EVENTS





2022 PHOTOS AND EVENTS





Comrades,

One of the reasons I joined Post 384 several years ago was because this post was active and involved. Participating in Post activities has always been a very positive experience for me. For those that are new to our post, and/or have not been able to join activities in the last few years, I urge you to consider joining us at this time. Since we were gone for Fleet Week, my step-daughter and her significant other participated in the "private tour" of the ships with several other Post members. Her recap is below. On a positive note, my wife and I had a good excuse for missing Fleet Week activities as we were vacationing at the Hale Koa Military Hotel in Oahu. For those unaware of the possible benefit, you can see the resort and check your eligibility at <https://www.halekoa.com/>.

Author: Alexa de Ryss

On Monday October 10th, we had the opportunity to tour two Navy ships as a part of San Francisco's Fleet Week. We

started our morning at Pier 35 in San Francisco and boarded the USS Harpers Ferry, a warship commissioned in 1995. This ship houses 350 Navy members at once, and occasionally 10-20 Marines. Our guide brought us up a series of multiple steep ladders to check out the front navigation room, where we learned about the many jobs taking place in that room, from route navigation to detailed transcription of navigation changes. We also had the opportunity to check out two Marine helicopters that were sitting onboard the ship.

Next, we walked across the pier to board the USS Kansas City, a combat ship commissioned in 2020. This ship's homeport is San Diego, and is used primarily for training purposes, to allow service men and women to learn the ins and outs of operating on the ship and handling emergencies onboard. The USS Kansas City was built with aluminum, making the vessel super light and therefore able to reach speeds up to 40 knots. Our guide explained that the ship's strength is its "speed and agility". Additionally, the ship's draft is just 15 feet, allowing it



to squeeze and turn into tight quarters. We walked through the living quarters of the ship and explored the helicopter deck. This ship has a smaller capacity, housing less than 100 onboard.

We thoroughly enjoyed our tours of these ships and getting a small glimpse into the lives of those who live and work onboard.

USS Harper's Ferry



USS Kansas City





FLEET WEEK – A SMASHING SUCCESS OF UNFORGETTABLE PROPORTIONS



In my humble opinion, we are so very lucky to host FLEET WEEK every year. It is by far my favorite annual event. We look forward to the ear-ringing, raging-blue thunderbolts and the uniforms of the Navy, Marines and Coast Guard.

Judge Advocate and VFW Post 4618 91st Division/Chinatown Commander Ray Wong with Dara (ALA) were there to represent the VFW. Two other VFW officers also attended. It was nice just getting to know many of the Chiefs on a one-to-one personal level. No longer included in the FLEET WEEK activities since the COVID Pandemic, is the visit and tour of the San Francisco VA Medical Center. The VA is working hard to include this tour and get it back on track. If they can't visit the patients, we can tour the nearby USS San Francisco and enjoy lunch at the Battle of the Bulge Monument outside the Cafeteria facing a 20-story US flag and stunning views of the Golden Gate Bridge.



This year was like many years past – it all began with the FLEET WEEK luncheon. We had the luncheon divided into two separate times to eat, to accommodate the 225 uniformed Seamen, Marines and Coasties. Fortunately, we had many helping hands. Everyone likes to participate in the FLEET WEEK luncheon. Henry Rose of the Marine Corps League (MCL) was posted at the front door lobby to usher everyone upstairs. Once inside the meeting room of our Post 448, they were welcomed to the War Memorial by CALEGION Department Commander Jere Romano. Junior Past Commander Nelson Lum and Post Commander/District 8 Commander Helen Wong gave them an introduction to the Legion and history of our magnificent building.

The parade was the culmination of a week-long salute to the Navy, Marines and Coast Guard. Despite being somewhat cooler this year, the parade did not disappoint. We were graced by Miss Asia Global and Miss Asia Chinatown. Our five muscle cars were enjoyed by all. Who doesn't like a red Corvette? Please refer to the attached pictures to get an overview of the parade, its preparation and staging and the COLOR GUARD. Our SGT@ARMS was representing in a large way with the new addition of a Civil War sword. The crowd was teeming with cheers. Already looking forward to next year.



From room 202, they made their way to the buffet line to pick up an assortment of culinary delights ranging from fresh sushi to primo pasta to spicy chicken wings. The cake was a decorative delight. It was so good. Bad news, we ran out of everything. That's the very proof of success. A big shout out to all those who contributed and helped us out with this auspicious event.



A new event this year was the all-Chiefs soiree hosted by the Marines Memorial. Legionnaire David Adams and I were there to represent the American Legion. Our



IMPACT UPDATE OCT 13, 2022

IMPACT

Latest Updates for Implementing the 2022 PACT Act

Welcome to IMPACT—your source for news and information you can use as VHA implements the 2022 PACT Act.

As we continue our work, it is important that employees across VHA are aware of the new law and able to answer questions Veterans and their families may have about the PACT Act.

Launching Soon: The Toxic Exposure Screening

You've likely heard lots of discussion about the new Toxic Exposure Screening (TES) required under the PACT Act. The screening is in development and will be available at all VA medical centers and clinics in early November. All Veterans enrolled in VA health care will receive an initial TES that must be repeated at least once every 5 years. Veterans not enrolled who meet eligibility requirements will have an opportunity to enroll and receive the screening. Stay tuned for more information and resources.

Have Questions? We Have Answers—Trending Questions & Answers in the Resource Room

The PACT Act Resource Room is available 24/7 for VHA employees to ask questions and get answers from subject matter experts. Here are some recent questions:

Question #1: How will Veterans who served in Cambodia, but their DD214 reflects “Foreign Service” (not Cambodia or Vietnam), be able to apply? Many of these Veterans lost their service records in a warehouse fire and have no proof. How will the government make accommodation for that?

Answer #1: Unfortunately, this issue is not specific to PACT Act eligibility and is something VHA/VBA encounters quite frequently. If a Veteran's DD214 was lost or destroyed in the 1973 fire at the National Personnel Records Center (NPRC), the Veteran should request a copy of his or her record from the National Archives and Records Administration (NARA), or he or she may request a copy through www.eBenefits.va.gov. NARA will attempt to recreate the records, and if this is successful, the NPRC will issue them a NA Form 13038, Certification of Military Service. The NA Form 13038 will serve as a replacement for the DD214.

If there are additional questions on eligibility and/or documentation, we recommend contacting their local HAS/MAS office or the below contacts:

- John Saulmon, Chief of Staff, VHA Member Services
- Stacey Echols, Deputy Director, VHA Health Eligibility Center
- Jessica Pierce, Assistant Director, VBA Policy Staff

Question #2: How is this being rolled out in facilities? Do we assume if Veterans meet the criteria for the PACT Act that they are able to get full care?

Answer #2: Veterans eligible for the PACT Act are eligible for VA health care. Minimum duty requirements still apply at this time. Every Veteran who meets the minimum duty requirements and PACT Act requirements is encouraged to apply at this time.



HAPPY BIRTHDAY, GEORGE!

Please join Commander Helen Wong, on behalf of all of us at Cathay Post, to wish our esteemed Legionnaire, Sifu and Officer - First Vice Commander George Tsang, a very healthy and Happy Birthday in November.

Three cheers to George! For he's a jolly good fellow, which nobody can deny.

Our wishes go out to George virtually, as he is out of the country and won't be able to make the NOVEMBER meeting, complete with turkey, giblets and gravy. Miss you, George! Safe travels and fair winds! Best wishes for a super Birthday, wherever you are.

What is a Sifu you ask???

Sifu is a Cantonese term for "teacher" and also has the connotation of "father". It is a title that denotes respect towards the person addressed as Sifu.

I did mention Sifu. Most of you know that George has been teaching the Tai Chi class for the last five (5) years. We meet at the Post every Saturday morning at 9AM on Post monthly meeting days and at 930AM when there are no monthly Post meetings. I am fortunate to study under his tutelage. Luckily, I was able to attend class when we changed the Board of Directors meeting from Saturday at 9AM to Wednesday. That was over a year ago. I've been his student ever since. It's kind of like my very own one-year Birthday as well. Happy five (5) year Anniversary to Sifu George. The class is open to

any and all who are interested. Veterans always study for FREE. All others donate the suggested amount of \$5. No BOGO offers to be had here. It's a big bang for your bucks.

The class usually begins with a warm-up called self-reeling. From there, we go into sets.

Feel free to come out and join us. Here are some pictures for your viewing pleasure.



Veterans Week Agenda

• Sunday the 6th

- Parade at 11AM 
- Fisherman's Wharf, Jefferson Street

• Monday the 7th

- Coat Giveaway with SF Lions Club 
- Oakland CBOC at 11AM

• Tuesday the 8th

- Hot chocolate day 


• Wednesday the 9th

- Bank of America event 

• Thursday the 10th

- Popcorn day 
- Concert at War Memorial Vet. Building at 7PM

• Friday the 11th

- LIFT clothing event 
- Federal Holiday





APS Military Veterans News

The Changing Demographics of Veterans



The number of Veterans dropped by about 1/3 from 2000 to 2018. Much of this drop is the normal longevity of the World War 2 Veterans. In 2000 there were 5.7 million World War 2 Veterans; but, by 2018 there were fewer than 500,000. In 2018 the largest group were Vietnam Era Veterans with a total of around 6.4 million.

Some of the interesting facts from the 2020 census is that Veterans from recent service periods have a higher education, with more than one-third of Gulf War veterans had a college degree. Unfortunately, Post-911 veterans had a 43% chance of having a service-connected disability. Women make up a growing share of Veterans. About 1.7 million, or 9% of veterans. It is projected that number will jump to 17% by 2040. (Excerpts from: <https://www.census.gov/newsroom/press-releases/2020/veterans-report.html>)



Depending on what survey you look at, Veterans, including those currently serving, account for less than 8% of the population.

Veteran Suicide - (between 16 and 22 a day depending on what survey you read)

Here is a startling finding from: [2022 National Veteran Suicide Prevention Annual Report, VA Suicide Prevention, Office of Mental Health and Suicide Prevention, September 2022](#)

"In 2020, adjusting for population age and sex differences, the suicide rate for Veterans was 57.3% greater than for non-Veteran U.S. adults."

Homeless – 12% of the Nation's Homeless are Veterans

I am part of this "cohort" and may have ended up Homeless and possibly opted for Suicide; however, I decided to go back to school. As some of you know, I received my BS and MS at San Jose State University, with Highest Honors. I was the President of Iota Chapter in the 80's. What many do not know is that it was not easy. I received scholarships and Veteran's Administration (VA) assistance. I am rated at 70% disabled due to exposure to Agent Orange, PTSD and hearing loss. I am thankful for those members of Alpha Phi Sigma that have been patient with me and have been there when I



needed them. I encourage you to find out who your Veterans are and help them. If they do not have the "grades" help them anyway and maybe, you can make a difference in their lives.

You will find that Veterans are "long term" friends, probably closer than family. I recently went to Honor a Marine I met at Marine Corps Base Camp Pendleton. He too was a Vietnam Veteran who suffered from exposure to Agent Orange. His exposure led to cancer that took him just when he was looking forward to spending time with his Grandkids. GYSGT "Chris" Christianson was the Marine Criminal Investigator that mentored me and "showed me the ropes". We were friends for over 50 years. My wife Karen and I are the God Parents to his twin daughters. Yes, Veterans may be gruff sometimes. They may seem to be antisocial and difficult to get to know. Reach out to them and help to reduce homelessness and suicide.





MY RIFLE

– THE CREED OF A UNITED STATES MARINE



This creed, accredited to Major General William H. Rupertus, USMC (Deceased) and still taught to Marines undergoing Basic Training at the Recruit Depots at San Diego and Parris Island, was first published in the San Diego Marine Corps Chevron March 14, 1942.

- 1. *This is my rifle. There are many like it, but this one is mine.*
- 2. *My rifle is my best friend. It is my life. I must master it as I must master my life.*
- 3. *My rifle, without me, is useless. Without my rifle, I am useless. I must fire my rifle true. I must shoot straighter than my enemy who is trying to kill me. I must shoot him before he shoots me. I will ...*
- 4. *My rifle and myself know that what counts in this war is not the rounds we fire, the noise of our burst, nor the smoke we make. We know that it is the hits that count. We will hit....*
- 5. *My rifle is human, even as I,*

because it is my life. Thus, I will learn it as a brother. I will learn its weaknesses, its strength, its parts, its accessories, its sights and its barrel. I will ever guard it against the ravages of weather and damage as I will ever guard my legs, my arms, my eyes and my heart against damage. I will keep my rifle clean and ready. We will become part of each other. We will

6. *Before God, I swear this creed. My rifle and myself are the defenders of my country. We are the masters of our enemy. We are the saviors of my life.*

7. *So be it, until victory is America's and there is no enemy, but peace!!*

History of the Creed:

In a conversation which took place sometime early in 1942 between BGen William H. Rupertus, USMC, Commanding General, Marine Corps Base, San Diego, and Capt Robert P. White, US-MCR, Public Relations Officer of the base, the general stated that his men must be made to understand "that the only weapon which stands between them and Death is the rifle...they must understand that their rifle is their life...it must become a creed with them." Whereupon Capt White suggested that the general write



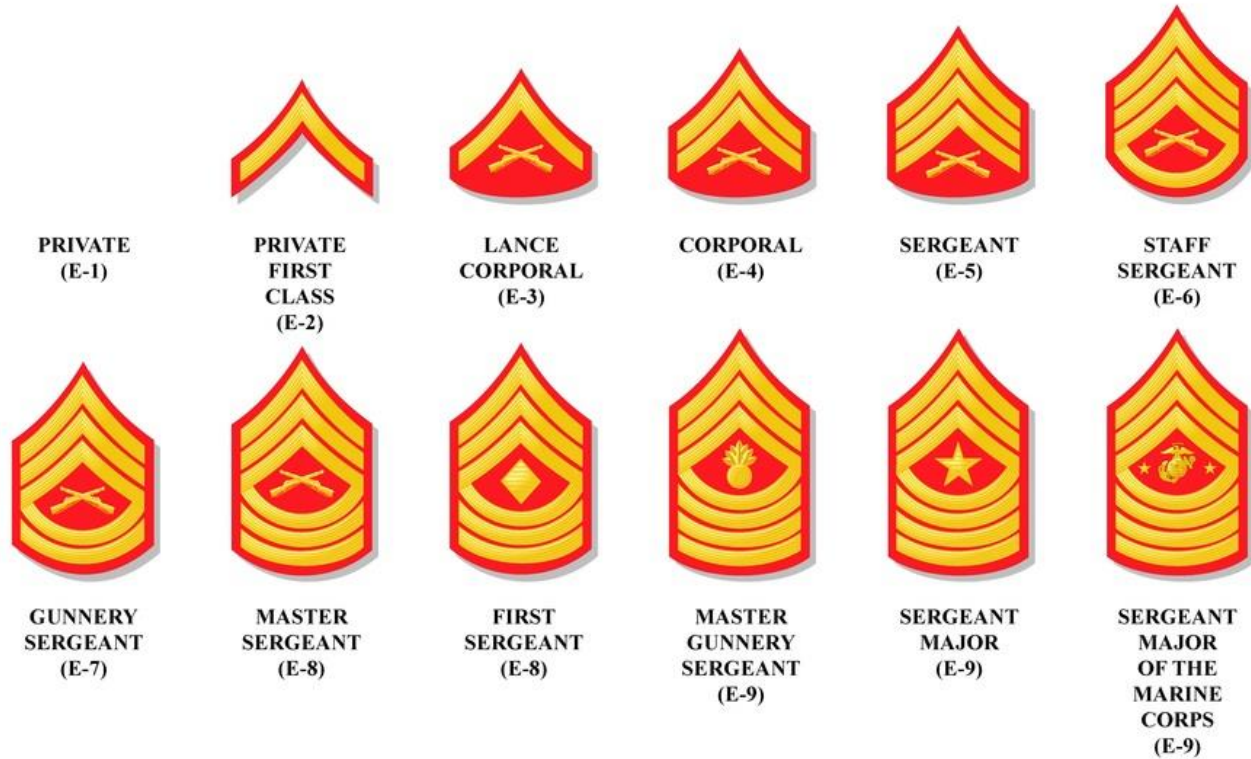
an editorial to that effect with the tentative title of "My Rifle is My Life." The general, who had won the Distinguished Marksmanship Badge as a second lieutenant in 1915, liked the title but disagreed with the idea of an editorial which he considered would sound like a sermon. Instead, he felt that the rifle creed should be "something so deep, a conviction so great, a faith so lasting that no one should have to be preached to about it." The very next morning, the general appeared in the captain's office with a "random scrap of paper" on which were penciled the notes which have since become the rifle creed. Capt White's part in the final production of the creed is best expressed in his own words: "All I did was to translate it, type it, suggest a few different word usages and add a line here and there to complete the General's thought. My job was that of an editor; and no editor could have bettered the General's piece in that particular."

Reference Branch
Marine Corps History Division-
Memorial Veterans Building.





RANKS IN THE MARINE CORPS



ENLISTED:

- E-1, Private, Pvt
- E-2, Private First Class, PFC
- E-3, Lance Corporal, LCpl

Noncommissioned Officers, or NCOs:

- E-4, Corporal, Cpl
- E-5, Sergeant, Sgt

Staff Noncommissioned Officers, or SNCOs:

- E-6, Staff Sergeant, SSgt
- E-7, Gunnery Sergeant, GySgt
- E-8
 - Master Sergeant, MSgt
 - First Sergeant, 1Sgt
- E-9
 - Master Gunnery Sergeant, MGSgt
 - Sergeant Major, SgtMaj
 - Sergeant Major of the Marine Corps

NOTE 1: The E-8 and E-9 levels each have two ranks per pay grade, each with different responsibilities. Gunnery Sergeants indicate on their annual evaluations, called "fitness reports," or "fitreps" for short, their preferred promotional track: Master Sergeant or First Sergeant. The First Sergeant and Sergeant Major ranks are command-oriented, with Marines of these ranks serving as the senior enlisted Marines in a unit, charged to assist the commanding officer in matter of discipline, administration and the morale and welfare of the unit. Master Sergeants and Master Gunnery Sergeants provide technical leadership as occupational specialists in their specific MOS. First Sergeants typically serve as the senior enlisted Marine in a company, battery or other unit at similar echelon, while Sergeants Major serve the same role in battalions, squadrons or larger units.

NOTE 2: The Sergeant Major of the Marine Corps is the senior enlisted Marine of the entire Marine Corps, personally selected by the Commandant of the Marine Corps.



United States Marine Corps

*Once one, always one
A killer cause its fun
Never one to flee
And will always fight for you to be free
Draw their gun and kill another bomber
Cause they will always choose death before dis-
honor
Not everyone can see how or why
They would give up everything and be proud to
die
They do what they do
For me and for you
They are devil dogs from hell
And will always ring the bell
Signaling that the battle was won
And goddamn it was fun
Some lose good friends
Some lose brothers
But they get back to work*

*And put on their covers
They will take revenge, no doubt
But that's not what the job is all about
Yes, I'm talking about the corps.
And they will always be back for more
War is not a glorious sight
But it's one that must be seen
So when you go to sleep tonight
You can thank a US Marine.
And next time you're on your knees
Pray for one fighting overseas
Because freedom comes with a price
And they're all rich in pride
So maybe you should think twice
About the ones who have died
Semper Fidelis Marines Past, Present
and Future!
Raising hell since November 10, 1775*



CATHAY POST 384 MARCHES IN ITALIAN HERITAGE DAY PARADE IN SAN FRANCISCO

We can be happy that we honored the San Francisco Italian Heritage Parade, not only by marching with our banner, but also providing a great Honor Guard under the direction of Post 384, and District Sgt-At-Arms, CJ Reeves.



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>

UPDATE: Veterans may now call **988** and press 1 to speak to a caring and qualified responder.



JENSEN HUANG AND NVIDIA

Most of our Post members may not know that in 2005 our Post Historian and distinguished Cathay Post member, retired Air Force Colonel Joseph Chan developed a website called "Chinese American Heroes," dedicated to identifying and honoring Chinese Americans who have made major and important contributions to America, and often for the whole world. About 10% of the heroes this website honors many Chinese American veterans. The website is currently being re-designed and will be accessible again in December 2022.

One of the greatest business and technology heroes on this website is Mr. Jensen Huang, known to technologists, but not well known to the general public. Mr

Huang, originally from Taiwan, is the founder of one of the most important technology companies in the world, NVIDIA. Founded in 1993, Huang's brilliance and leadership has, and is, having a very significant impact on civilian and military technology. Early investors in this stock in 1993, are very wealthy.

A few years ago, Jensen and his wife contributed (\$30 million) to Stanford University which constructed the Huang Engineering Center, and most recently (\$50 million) for further development of Artificial Intelligence computing at Oregon University.

We should all be watching and thanking



the technical (and financial) contributions this hero and his wife will be rendering in the future.

Read more about Nvidia and Sources: See **NVIDIA** at this link: <https://www.sfcathaypost384.org/rc.html>

LET'S DISCUSS THE INTRIGUING TOPIC OF THE UNITED STATES, CHINA AND TAIWAN

MANY EXPERTS ARE PREDICTING THAT CHINA WILL TAKE MILITARY ACTION TO UNITE TAIWAN SOON. BOTH CIVILIAN AND MILITARY EXPERTS HAVE BEEN STATING THAT CHINA WILL TAKE ACTION VERY SOON WITH THE ESTIMATES RANGING BETWEEN 2204 THROUGH 2030.

In the opinion of our Post Historian, a China specialist since 1972, it is highly unlikely that China will take military action to capture Taiwan. China does indeed want to have Taiwan officially part of China, and there are very compelling reasons why she will not Taiwan by force.

That does not mean that increasing pressure from America and military accidents could not force her to act irrationally, but there is too much at stake for China to force Taiwan to join China as long as America seriously intends to fight China to keep Taiwan separate from China. Recent statements by President Joe Biden have firmly stated that we will defend Taiwan in the event of a Chinese invasion.

What might those compelling reasons be?

Some of these compelling reasons are stunningly ignored by China experts. Our post historian, a retired USAF Lt Colonel, has been following China and Taiwan since 1972. He has B.A. and M.A. on China and Japan. He does not know everything about China and Taiwan, but he has many years watching China and serving throughout Asia, including Taiwan, Japan,

South Korea, the Philippines, Singapore Air Attaché in our Hong Kong Consulate General. His service coverage was from 1972-1999.

What is very essential and important for any China specialist is to under the Chinese government especially who are the top leaders in China, and what are their highest priorities?

In brief, the top leaders/decision-makers in China are the seven (7) Communist Party members of the Standing Committee of the Politburo (SCP). Until October 22, 2022, they were all engineers and scientists who make all the major decisions since the passing of Mao Zedong. The decisions have been logical and pragmatic. Even though there were some bad decisions, as a single party nation, they were able to quickly take course corrections.

The SCP's directives have resulted in 4 decades of exceptional economic growth in China and propelled their country in the 4th quartile of economic position in the world to the first quartile, and actually number 2 in the world. Some economists have stated using Purchasing Power

On October 22, 2022, the composition of the SCP was altered when Chinese President Xi Jinping (XJP) arranged to have four of the seven SCP member changed. All these new SCP members were close associates of XJP who had held government positions subordinate to XJP. They are not scientists or engineers, so it is predicted that decision-making may be different henceforth. If true, it is very difficult to predict what new major decisions will be made in Beijing, until we actually see their directives.

Assuming that their economic developments are still the highest priority, China will still be very unlikely to take any actions that could lead to war with the United States. A war will be extremely disruptive and could destroy their China Dream to be the most powerful economy in the world by the year 2049. Covid and climate change are now disrupting their pursuit of their China Dream.

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



WHO IS THE CHINESE AMERICAN WHO WILL BE FEATURED ON OUR AMERICAN QUARTER?

Most people were very surprised that Chinese American female actress, Anna May Wong, was announced to be featured on the future edition of our American quarter.



It is indeed an honor for a Chinese American to be honored on our American quarter. Anna May Wong was an actress who was featured in a number of American films almost a hundred years ago. Other than some of our seniors, few people, including most Chinese Americans, may not recall her. I had to Google her name to refresh her name and history. Here is a video on her career:

We read much about the sexual harassment of women in Hollywood, including many famous actresses. We can assume that Anna May Wong, a beautiful Chinese woman, also received a lot of attention from lecherous Hollywood barons. At home in America, Anna May Wong, was featured in stereotypical roles as an Asian female. That inspired her to travel to Europe where she had the opportunity to play lead roles and was successful, and that helped to gain additional attention back in America. Wong was born in Los Angeles, so she was a Chinese American, not an immigrant. She was just 61 years old when she died of a heart attack. Our congratulations to Anna May Wong for her selection to soon be in the pockets of most Americans.

We are all appreciative of the honor rendered in the recognition of Anna May Wong, but IMO, there are a number of

other Chinese Americans who also deserve national recognition and be featured on American coinage and/or currency.

Anyone one of our dozen Nobel prize winners could/should receive national attention and recognition on our currency. We have a number of medical professionals who have made national level contributions. An considering our American military personnel, there are several including Army Captain Francis Wai, Navy Admiral Gordon Pai-eh Chung-Hoon , (and two Cathay Post members) Army Major Kurt Lee and Air Force Colonel Richard Hum. Two exceptional female military heroes include Army pilots Maggie Gee and Hazel Ting Lee.

But one exceptional Chinese American should not be overlooked for his major contributions, IMO that is Chinese American Astronaut Leroy Chiao.

Dr. Leroy Chiao was an American chemical engineer, retired NASA astronaut, entrepreneur, motivational speaker, and engineering consultant.

Astronaut Chiao flew on three Space Shuttle flights, and was the commander of Expedition 10, where he lived on board the International Space Station from October 13, 2004 to April 24, 2005

Among our Chinese American veterans, WWII Army pilot Maggie Gee also should be recognized for her exceptional

contributions. During the War, as a female pilot, the Army was reluctant to send females into dangerous aerial combat, so they used her great flying skills to tow targets for male pilots the practice shooting at airborne targets. Seems to me that could be extremely dangerous too.

After the war, Maggie Gee studied Physics at the University of California, Berkeley and later conducted nuclear research at the Lawrence Livermore National Laboratory. There is a movement to honor her with the renaming of the the Oakland California Airport. The petition and donations are ongoing.

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

EXCELLENT NEWS

Social Security payments will rise by 8.7 percent next year, the largest increase in decades, to keep up with inflation.

The Social Security Administration announced the cost of living allowance increase as high prices eat away at the value of the retirement benefits.

Too bad everything else is rising and will not help anyone save any money.





THE VIRTUES OF ACUPRESSURE

Acupressure is based in China, it's been used for hundreds, if not thousands of years. Maybe because it's not made in America, or developed in the West, most Westerners ignore this medical practice, without checking it out for potential health benefits.

One big issue that should encourage the practice of acupressure is that there are few side effects and, in most instances, there is little or no pain. Long term side effects are not heard of. It solves a number of problems, but of course, there are many problems humans have that cannot be treated with acupressure.

Acupressure can be effective in combination with other treatments. E. g. If a person is bruised badly, immediate ice treatment is recommended followed by proper acupressure techniques.

In my own situation, I fell a few months ago and badly bruised my left arm.

I iced it down a few days then applied acupressure techniques and 2 weeks later, the bruise was gone. This didn't cost me any money, just a little time and a little patience. Acupressure treatments can even be used to stop bleeding.

According to acupuncture doctors, what happens when acupuncture is used, it pacifies the liver, stimulates the Chinese concept of "Chi" which is vital body energy, eliminate stagnation and stop bleeding.

Check out this YouTube video for more information:
<https://youtu.be/r4d2vMzFIAI>

If this Chinese technology intrigues you, there are many other related free videos available on You Tube. Search: "Acupressure." You will find that different techniques can many issues, including pain, stress, sleeping, weight loss, and many other health issues.



Above: Bruised arm

BALANCE EXERCISE, AMERICAN HEART ASSOCIATION

Balance exercise is one of the four types of exercise along with strength, endurance and flexibility. Ideally, all four types of exercise would be included in a healthy workout routine and AHA provides easy-to-follow guidelines for endurance and strength-training in its Recommendations for Physical Activity in Adults.

They don't all need to be done every day, but variety helps keep the body fit and healthy, and makes exercise interesting. You can do a variety of exercises to keep the body fit and healthy and to keep your physical activity routine exciting. Many different types of exercises can improve strength, endurance, flexibility, and balance. For example, practicing yoga can improve your balance, strength, and flexibility. A lot of lower-body strength-training exercises also will improve your balance.

Having good balance is important for many activities we do every day, such as walking and going up and down the stairs. Exercises that improve balance can help prevent falls, a common problem in older adults and stroke patients. They can also benefit those who are obese since weight is not always carried or distributed evenly throughout the body. A loss of balance can occur when standing or moving suddenly. Often we are not fully aware that we may have weak balance until we try balance exercises.

How much do I need?

Balance exercises can be done every day or as many days as you like and as often as you like. Preferably, older adults at risk of falls should do balance training 3 or more days a week and do standardized exercises from a program

demonstrated to reduce falls. It's not known whether different combinations of type, amount, or frequency of activity can reduce falls to a greater degree. If you think you might be at risk of falling, talk to your doctor.

Tai chi exercises also may help prevent falls. Balance, strength and flexibility exercises can be combined.

Try these balance exercises:

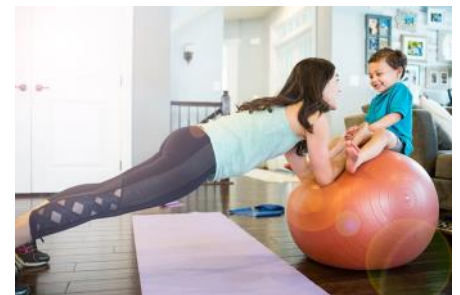
- See how long you can stand on one foot, or try holding for 10 seconds on each side.
- Walk heel to toe for 20 steps. Steady yourself with a wall if you need a little extra support.
- Walk normally in as straight a line as you can.
- If you find standing on one foot very challenging at first, try this progression to improve your balance:
 - Hold on to a wall or sturdy chair with both hands to support yourself.
 - Next, hold on with only one hand.
 - Then support yourself with only one finger.
 - When you are steady on your feet, try balancing with no support at all.

Examples of balance exercises:

- Yoga
- Tai Chi

You can do balance exercises anytime or anywhere.

Try standing on one foot while working in the



kitchen, waiting in line or brushing your teeth.

Walk heel to toe around the house or office. Yoga and Tai Chi do not require expensive classes or equipment. Find an instructional book, DVD or website to get started at home. Local recreation centers and senior centers may also offer free or low-cost classes.

What if I'm recovering from a cardiac event or stroke?

Some people are afraid to exercise after a heart attack. But regular physical activity can help reduce your chances of having another heart attack.

The AHA published a statement in 2014 that doctors should prescribe exercise to stroke patients since there is strong evidence that physical activity and exercise after stroke can improve cardiovascular fitness, walking ability and upper arm strength.

If you've had a heart attack or stroke, talk with your doctor before starting any exercise to be sure you're following a safe, effective physical activity program.



IS THERE A SECURITY RISK IN YOUR HOME?

Many people are living in a home that is very vulnerable to intruders who can get access to your home, especially when we are not home.

How can that be? I've never been intruded before. We've had good front door locks, so some of us assume that we are safe.

Well, if you use electronic locks or electronic garage door openers at your home, you (and maybe I) have been very lucky.

Anyone who uses an electronic garage door opener have been vulnerable for as long as you have been using one. But today, there are many hackers who are digitally clever and have even more sophisticated ways to open up your garage door.

When they know that you are not home, they can pop open your digitally locked garage door, and if there is a door connecting the garage to your home, they can easily force their way into your living areas. The professionals can locate most of your valuables in 20-30 minutes. They will first rummage your bedrooms first as most people stash their emergency cash and jewelry somewhere in a bedroom.

Now that you are warned, you must figure out how to outsmart today's digital thieves. Don't store all your valuables in your Master bedroom, like most people still do.

A RACIST MUST INSULT AND REVEAL HIS IGNORANCE WHEN SILENCE WOULD HAVE BEEN THE BEST REACTION

In a recent New York Post brief report, when a young Chinese boy did really well in a Advance Placement (AP) Calculus examination, the readers of the NY Post article had to be subjected to a responder who only dared to reveal his identity as "K. Nobody." Well Mr. Nobody is so closed minded and racist that he made the following comment.

"High test scores does not mean there's personality, creativity, or interest. Just show one can have so little character that they can supplant life to push out a few

more points on an exam that is meaningless once in college."

Mr Nobody knows nothing about Felix Zhang and hurls degrading comments about Felix and ignorantly claims that the young man has no character and somehow scored very well in the AP Calculus examination.

Sadly, there are a few Mr. Nobodies in the world, and they contribute nothing to the advancement of Man on our Planet.



THIS IS HARD TO BELIEVE. BUT ...

Recent studies in UK revealed that recent Influenza A victims exposed to the RSV (respiratory syncytial virus) can develop into viral pneumonia which is very dangerous and can be fatal. While these cases are not common in the U.S., viruses are not contained by borderlines, and therefore, everyone, everywhere needs to be cautious.

Before you (and I) stop using face masks in public, you (and I) must

decide whether we and young children in our families should be extra cautious and reduce risk by continuing to face mask in public, especially around strangers.

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



THOUSANDS OF ASIAN SENIORS IN SAN FRANCISCO STRUGGLE TO AFFORD FOOD



The success of many Asian/Chinese in the Bay Area/San Francisco has blinded the public

to the reality that there are many who are not doing well, and approximately 10,000 are depending on food banks to survive.

Inadequate incomes nationwide includes 2,000,000 Asians, especially seniors, who now depend on social programs for survival food (and housing).

The problem of inadequate incomes, nation-wide, for many Americans, includes many Asians. The success of some Asians in America has camouflaged the inadequate incomes of other Asians and these Asians are living miserable lives and depending on food banks.

Sadly, there is no realistic solution to upgrade the salaries of most working people to just keep up with inflation. Also true is the fact that salaries in general have not inched up much in the past four decades. In the 1950s-1960s salaries were suffi-

ciently adequate that people could buy homes and save for retirement. These were the years that our middle class was large and the whole nation and our economy did very well.

Today, with flat salaries for 4 decades, our middle class has shrunk, and we have serious issues with homelessness, jobs that pay sufficiently for our citizens...

Thousands of Asian seniors in San Francisco struggle to afford food.

Out of many San Francisco families relying on free groceries from the food bank, Asian senior citizens make up the largest demographic, stated the San Francisco Standard

BY ALLYSON PANG, OCTOBER 17, 2022

According to the area's primary distributor the San Francisco-Marin Food Bank, its latest data showed that 62% of its participants are Asian, and many are seniors. The YMCA also operates multiple pantry events in the city and told the San Francisco Standard that they serve a large number of Asian Americans, specifically monolingual Asian seniors.

Food pantry and social welfare worker Les Tso told the San Francisco Standard that Asian seniors—especially monolingual immigrants—are

often ignored from the public attention and resources because of the "model minority" stereotype.

"Asian Americans are doing well in many cases, but we have almost two million people living below the federal poverty line who are Asian American," researcher Michael Chui said in a McKinsey & Company podcast. "There's a lot going on here. Again, I think in many cases, we're invisible to other folks, and many Asian Americans are invisible to one another."

For over 10,000 Asians aged 65 and older, census data shows that they fall below the poverty level. However, Asian Americans may be overrepresented in high-wage occupations.

Tso also told the San Francisco Standard about the stereotype that Asian seniors resell food bank donations for money. He said this was not only incorrect, but the food bank also has a quota on how much a person gets.

According to Tso, many Asian seniors in San Francisco rely on food banks because they can't afford to keep their cupboards stocked. Sui Chi Lau, 73, told the San Francisco Standard that while the free vegetables get her through the week, it's still not enough.

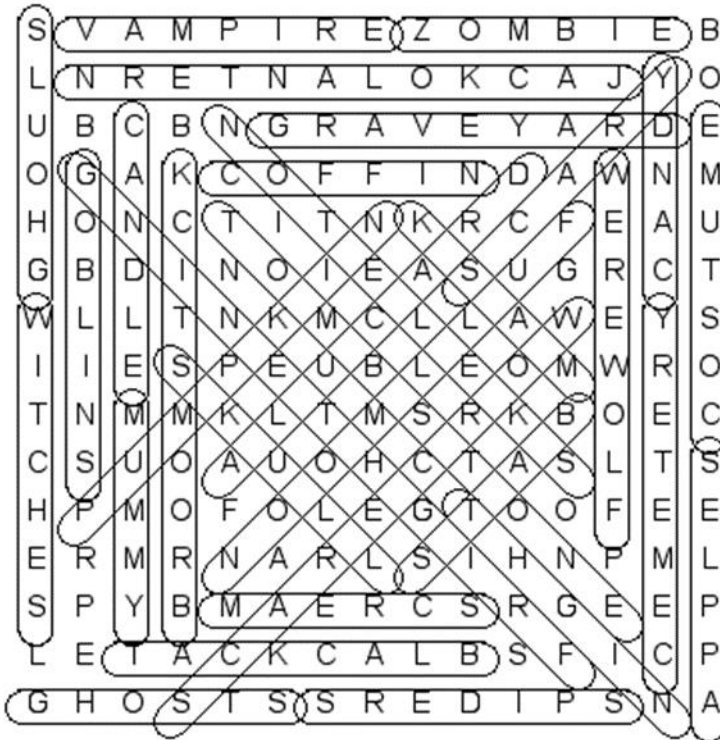
"Other people can have fresh fish," Lau said. "I can only afford the dead fish."



SOLUTIONS TO OCTOBER'S PUZZLES

Did you solve everything?

WORD SEARCH SOLUTION



- APPLES
- BATS
- BLACK CAT
- BROOMSTICK
- CANDLE
- CANDY
- CEMETERY
- COFFIN
- COSTUME
- DRACULA
- FRIGHTENING
- FULL MOON
- GHOSTS
- GHOULS
- GOBLINS
- GRAVEYARD
- JACK O LANTERN
- MASK
- MUMMY
- NIGHT

- PUMPKIN
- SCARECROW
- SCARY
- SCREAM
- SKELETON
- SKULL
- SPIDERS
- TOMBSTONE
- VAMPIRE
- WEREWOLF
- WITCHES
- ZOMBIE

The hidden activity was:
BOBBING FOR APPLES



SUDOKU SOLUTION

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

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



WORD SEARCH

Find and circle all of these Halloween themed words that are hidden in the grid.
The remaining letters spell out a popular Halloween themed activity!

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

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN
COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD
JACK O LANTERN
MASK
MUMMY
NIGHT

PUMPKIN
SCARECROW
SCARY
SCREAM
SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE



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!

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

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

4NUMBERS

Use the four numbers in the corners, and the operands (+, -, x, ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: $6+(7 \times 3)+1 = 28$ and $1+(7 \times 3)+6 = 28$

4	6		
54			
2	6		
+	-	x	÷



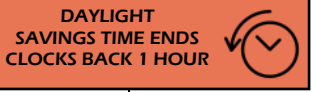





6	7		
37			
6	7		
+	-	x	÷

WORK SPACE



NOVEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	2	3		5
6 	 14 	8	9 EXECUTIVE BOARD MEETING 7:00 PM	10 MARINE CORPS BIRTHDAY 	11 VETERANS DAY	12 POST MEETING 11:00 AM
20	21	22		24 THANKSGIVING DAY	25	26 
27 	28	29	30	NOVEMBER IS: NATIONAL VETERANS & MILITARY FAMILY MONTH WARRIOR CARE MONTH NATIONAL VETERANS SMALL BUSINESS WEEK: NOVEMBER 1st-5th		

DECEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
				1 CIVIL AIR PATROL—USAF AUXILIARY BIRTHDAY	2	3 
4	5 	6 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 		9	10 POST MEETING 11:00 AM
11	12 	13 NATIONAL GUARD BIRTHDAY	14	15	16	17 
18 		20 	21	22 	23	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 BOXING DAY	27	28	29	30	31 NEW YEARS EVE