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CAPTAIN MOON FUN CHIN RECEIVES CONGRESSIONAL GOLD MEDAL FOR CHINESE AMERICAN VETERANS WHO SERVED IN WWII



Above: Capt. Moon Chin, during an interview with ABC 7 News

By Cathay Bulletin Staff

On Friday, December 18th 2020, Captain Moon Fun Chin was awarded the Congressional Gold Medal for his service in World War II, making him the oldest living recipient, and oldest living Chinese - American veteran at 107 years of age.

In December 2020 Congress honored nearly 20,000 Chinese American Veterans in all military branches for their service, some 75 years after WWII ended.

This honor was made possible by a bipartisan bill, [S.1050—115th Congress \(2017-2018\)](#) Chinese - American WWII Veteran Congressional Gold Medal Act that was introduced into the senate on May 4, 2017 and signed into public law (No. 115-337) by President

Donald J. Trump on December 20, 2018.

Captain Chin's service and multiple dangerous missions during WWII supporting the 10th Air Force has earned him full military service and benefits, as well as the Victory Medal, Silver Star, Air Medal, and the Distinguished Flying Cross, making him one of the most highly decorated civilian pilots.

Captain Chin has been an honorary member of Cathay Post for many years. He is a friend of Historian Roger Dong who has his story featured on the Chinese American Heroes website which Roger co-founded. Captain Chin is a local Hillsborough resident who has had such a busy schedule that Cathay officers

...continued on page 2



CATHAY POST 384 AMERICAN LEGION 2020-2021 POST OFFICERS

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

CATHAY BULLETIN STAFF

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

CONTACT US

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



Above: Chinese American Veterans Congressional Gold Medal Front and Back; Capt. Moon Chin, circa 1935





FROM THE OFFICE OF COMMANDER HELEN WONG

Happy New Year everyone! As 2020 has finally ended a most difficult year and we all have been challenged personally and professionally, I find myself reflecting on all that went on starting 13 months ago when at our December 2019 meeting, we celebrated our WWII veteran Frank Tong's 100th birthday as a very happy event. He had been a member for about a year yet he totally captured everyone's heart with his ever present smile, his monthly attendance at meetings, and his willingness to attend events from parades to recognition of WWII Chinese American veterans at San Francisco City Hall. Major world events started happening as by mid-December 2019 and continuing into the new year were the Australian bushfires; Prince Harry and Meghan Markle quit the royal family in January; the COVID-19 pandemic was reported by the World Health Organization starting January 9 affecting the way of life for all of us; the stock market crashed March 9; the Black Lives Matter protests started in May; Joe Biden and Kamala Harris became the Democratic presidential and vice-presidential candidates in the summer and ultimately becoming the president and vice-president elect November 7; the West Coast wildfires from mid-August were disastrous; Ruth Bader Ginsburg's death September 18 left the Supreme Court with a vacancy for a while; the death of popular tv Jeopardy host for 36 years, Alex Trebek, on November 8 was noted worldwide; and finally FDA emergency approval of COVID-19 vaccines from Pfizer and Moderna in December was seen as one of the greatest scientific accomplish-

ments in U.S. history. While we should not stop wearing face covers, staying 6' apart, or washing our hands, it is promising to hear that a vaccine is on the way to ease the pandemic in the future.

With these events behind us, and a new year on us, it may be past the traditional time for New Year's resolutions but it would not hurt to think of a few if you have not already done so. New Year resolutions date back over 4,000 years to the Babylonians and over time, they have evolved from praying to the gods for good harvests to knights in the Middle Ages renewing their vows to chivalry to the history of making and breaking New Year's resolutions to this day. Mainly the focus of the tradition has been on self-improvement goals and several of our Post members were kind enough to share their traditions or resolutions with me. Frank Wong has a tradition of enjoying See's candies for the American New Year and celebrating the Lunar New Year with eating a lot of ng go ta Chinese cake and will be making it this year as it symbolizes sticking together. Service Officer David Wong resolves to maintain a good healthy lifestyle by continuing to work on exercising, on proper eating habits and mental health. He also wishes this resolution to all his good friends at the Post. Chee Yee wishes everybody to stay in good health so that we will be able to meet in the New Year. For myself, I heard Steph Curry of the Golden State Warriors earlier in 2019 state "Control your WABA: Words, Attitude, Behavior, Action". This seems like a great resolution to go by as if you think



about it, you cannot control anyone else's words, attitude, behavior or actions even though you wish you could. How many times have we taken offense to some words that we think were less than flattering and answered back in the same way? How many times have we gotten a negative attitude toward someone we think is trying to tell us what to do? How many times have we behaved in a way that was immature or unprofessional that was instigated by us or as a response to someone else's behavior? And how many times have we acted in a way to lash out at others ("hurt people hurt people") instead of taking the high road when they go low? Even though Steph Curry is a superstar NBA player, he has the wisdom to share his mantra with others and perhaps see a better world to live in. I for one, want to better control my "WABA" so that is my New Year's resolution for 2021. Does anyone else want to join me? Happy Holidays!

...continued from page 1

have not been able to plan a lunch get together with him.

"I am honored to receive the Congressional Gold Medal. We hope the future generations remember the sacrifices of all the World War II veterans," said Captain Chin in an interview with ABC 7 News. See the interview here: <https://twitter.com/abc7david/status/1340173775438893056?s=20>

After the senate bill was signed into law, a design team led by Major General Robert G.F. Lee (US Army Retired), liaison to the US Mint created several design proposals for Chinese American WWII Veterans Congressional Gold Medal.

The design ultimately selected and shown on page 1, was approved by Secretary of the Treasury Steve Mnuchin in December, 2019.

On the obverse (front) side, the design depicts Chinese-American veterans from

every branch, and every theater in WWII. Inscriptions include: Chinese American Veterans, World War II, Proudly served as Americans, Distinguished Service.

On the reverse side, the complimentary design depicts how our Chinese-American veterans served – by air, land, and sea. A P-40 Flying Tiger, the USS Missouri BB63 Battleship, and an M4 Sherman tank are showcased in front of a WWII era American flag. Inscriptions include: Army, Army Air Forces, Marines, Navy, Coast Guard, Merchant Marines, Act of Congress 2018.



FROM THE OFFICE OF 1ST VICE COMMANDER GEORGE TSANG

I would like to take this opportunity to thank the members who donated to the our Christmas Toy Drive and the New Years donation to the general fund. These are hard times and your donations are greatly appreciated. The toys will bring joy to many kids during this holiday season and the general donations are much

needed to run by the post during this pandemic.

The following members are acknowledged by Cathay Post for their generous gifts:

- Don Gorwky
- Randy Toy
- Raymond Ong
- Vivian Cairo

- Chee Yee
- Chuck Paskerian
- Philip Leung
- Anthony Lyau
- Herman Jeong
- Bruce Toy

Again, thank you!

See you all at the January 2020 Zoom meeting!



Cathay Post members and SFFD Station 2 firefighters gather toys for the annual toy drive. Nice work everybody!



FROM THE OFFICE OF 2ND VICE COMMANDER CHUCK PASKERIAN

Note: At the time of this article, the information was not confirmed or verified.

CA BOYS STATE 2021 UPDATE

“Boys State” for American Legion District 8, will be held virtually this year for all Districts. This is unfortunate because the students will not be able to go to Sacramento for the annual program, but is necessary under our present State Health regulations.



Cathay Post 384 is sponsoring 4 boys, the same as last year. The cost will be substantially less than last year at about \$720 for 4, due to the reduction in travel expenses and incidentals required for a trip to Sacramento. Jay Pon is working on this, as usual - thank you, Jay! Jay will interview candidates for our 4 slots, sometime in February from the selected schools. All

schools have been notified by him, and issued proper instructions.

Normally there are about 1000 high school junior level boys who participate from of all the Districts in California for this event. The goal of Boys State is to teach participants about government from the city level up to the state level.

BOYS NATION 2021 UPDATE

The National Agenda has not yet been announced by National American Legion.

ORATORICAL CONTEST 2021

The oratorical contest is an annual Constitutional Speech Contest held in February. Eligible participants are high school students under age 20, who must write and recite an 8-10 minute speech about some aspect of the US Constitution, with emphasis on the duties and obligations of US citizens to our government. Additionally, contestants must also provide 3-5 minute speeches on a given question or topic. This contest typically begins at the post level; winners advance to the district, state, and national level. Winners receive scholarship money, with amounts



depending on prize level.

CALIFORNIA AMERICAN LEGION ORATORICAL CONTEST UPDATE

The 2021 CA American Legion Oratorical Contest details have not yet been determined by the Department of California American Legion.

NATIONAL AMERICAN LEGION ORATORICAL CONTEST UPDATE

The National American Legion Oratorical Contest, held nationally, has not been determined by the National American Legion, yet. It is assumed it also will be held live in person.

POST EVERLASTING DISTRICT 8 NEWS

Our dear Friend, Stan Kamiya, a member of Legion Post 510, who has recently gone on to his reward. There was a moving virtual funeral for my friend, Master Sergeant Stan Kamiya, also a VFW Comrade of Great Valor, and the Color Guard Master for San Francisco, always available to all causes to proudly show our Flag...

Best to start watching at about 11 minutes 30 seconds: <https://vimeo.com/494250015/aa50177752>



Above: Photos of Stan Kamiya and friends



As we continue the state-wide lockdown, due to the COVID-19 pandemic, I strongly urge each one of us to do our part – continue to wash hands, stay at home, mask and social distance. Please keep calm, carry on and by all means -STAY AT HOME. To that end, people have once again become acquainted with the daily crossword puzzle. Puzzles, in general, have made a huge comeback. I have recently given many puzzles away. They make great gifts and bring such joy. Encourage family and friends to take part in constructing a magical landscape. The time really flies by. Also, much to my delight, reading is back in style and trendy. Here's hoping you find that perfect novel, mystery or drama to curl up with while sitting near the hearth. It is in that light, that I present to you a few poems about a book and a stove. Enjoy the warmth of the written word.



ODE TO A BOOK

A book was lying on the shelf
It looked so lonesome and sad
I picked it up and turned the page
This is what I read

I am a leaf, gone to heaven
That is what they said
A tree that grew in Brooklyn
But now the tree is dead

I am as sharp as a razor's edge
Forever amber too
Now that I am all these things
What can a poor book do?



THE POTBELLIED STOVE

The potbellied stove, its sides aglow
As it stood in the general store
Its warmth spread o'er gray, bowed heads
They told tall tales of yore

The potbellied stove, with sides grown cold
Stands no more in the general store
It has gone the way of the grey, bowed heads
They tell tall tales no more

Did you know that the US Army is the only military branch with the rank of 5-star General???

There is a list of distinguished soldiers, who attained General of the Army. It all started with George Washington, but also includes Bradley and Patton. I wanted to share my poem for another great American hero MacArthur, who was born in January.

General of the Army Douglas MacArthur, born 26 Jan 1880, was an American 5-star General and Field Marshal of the Philippine Army. He was Chief of Staff of the US Army during the 1930s and played a prominent role in the Pacific theater during World War II.

THE RETURN OF MACARTHUR

MacArthur and his gallant men
Came back this war to win
To liberate the captive
And defeat enemy men

He said he would do it
And now his debt is paid
To those who nobly gave their lives
Now sleeping in their grave

The fortress of Corregidor
The Island of Bataan
Now echo to the roll of guns
And the voice of men

To men of allied nations
Who are fighting side by side
And cause the rising sun to set
And stem the axis tide

Old glory waves so proudly
Her colors are unfurled
Against the tyrants everywhere
Who try to rule the world

MacArthur and his gallant men
We say to you, Well Done!
The task you set out to do
Was not an easy one



In addition to the great 5-star General of the Army MacArthur, I wanted to focus on another top Commander. I'm referring to the past Commander-In-Chief FDR. Franklin Delano Roosevelt, born January 30, 1882 and often referred to by his initials FDR, served as the 32nd President of the United States from 1933 until his death in 1945. Considered a Titan amongst US Presidents, FDR is to-date the longest-serving US President. FDR died in office while serving a fourth term. I salute you FDR, Commander-In-Chief.

AMERICA MOURNS FRANKLIN D. ROOSEVELT

America mourns in silence
To a true and trusted friend
Who gave his life unselfishly
To help his fellowman

Master of our ship of state
Helmsman at the wheel
He brought our ship of state to rest
On an even keel

When sorrow and disaster struck
From far across the sea
He pledged to us his heart and soul
To keep our nation free

Other nations feel our loss
They too have felt the tyrant's heel
He gave them a helping hand
Thus, in humble prayer they kneel

American mourns this hour of grief
In this solace, we find relief
Dear Lord, let him rest in peace
Our own beloved Commander-In-Chief
"Franklin D. Roosevelt" (FDR)



WREATHS ACROSS AMERICA, DECEMBER 2020

This year's opening ceremony of Wreaths Across America was anything but - no fanfare and not much celebration. It was, however a sobering and solemn morning atop the hilly cemetery at the Presidio. Ahhhh, the Presidio – what more can I say. I have an intense connection to the place. It was, after all, my first duty station. Its infinite beauty is why I'm here in the City today. Many of you, if not most, are from the Bay Area and may take this gorgeous vista for granted. I

simply can't get enough of it. The same holds true for the 245 year old cemetery, officially called the San Francisco National Cemetery, (Golden Gate National Cemetery is in San Bruno).

As you can probably tell from the pictures, it was a brisk and sunny morning. I began at the Tomb of the Unknown Soldier to pay my respects. From there it was up the hill to the older part of the cemetery, where I laid the first wreath.

You place the wreath, say the soldier's name and salute. I worked my way down the hill and stopped to play TAPS. It was a very somber moment standing in the middle of such hallowed ground, between the obelisk and the Union soldier headstones, with the flag waving in the background. It was all so perfect, except for the fact there was no blanket of white snow to caress the green balsam wreaths from Maine.



Above: Photos at the San Francisco National Cemetery at the Presidio



FROM THE OFFICE OF JR. PAST COMMANDER NELSON LUM

As Christmas 2020 passes, we all can't help but feel that this year is really different from all previous years. Here in the Golden State, we have been ordered by our government to shelter in place. All non-essential businesses are ordered to



shut down for the purpose of mitigating the spread of the virus just as we did since March with varying levels of restrictions throughout the year of 2020. One of the by-products of these draconian measures is the inability of many charitable organizations to contribute as they normally do to those who are in need, especially the children who are from the less fortunate families. The negative effect on our economy has affected the amount of contributions that many of the Christmas programs dedicated for needy children have received. So, thus it is enormously challenging to sustain these programs as not to disappoint those children who are hopeful of not being forgotten by Santa.

Locally, the American Legion Cathay Post 384 has been working in conjunction with the San Francisco Fire Department Toy Drive program; in particular, the post has collected toys and cash donations from members and support members and do-



Above: Impressive collection of Christmas toy donations!

nating them to Station 2 of SFFD which is situated in Chinatown. The toys received will be distributed to the children in the neighborhood. Given the limitations and difficulties for travel, the members and support members have shown that they are committed and the very generous donations we've received at our post certainly expressed the wonderful caring desires of our members. On December 12,



Above: Past Commander Nelson and Post 384 member and firefighter Matthew Hutchinson

2020, after our virtual Zoom meeting, we contacted the SFFD Station 2 personnel, and they showed up at the front of our post with a big ladder truck. The toys we've collected and purchased were all picked up by the crew of firefighters, in



Above: Lions Alvin Louie & Salome Fung brings more toys for SFFD

particular, our own member, Matthew Hutchinson, who is a firefighter, was one of the five firefighters that came to our post. We've subsequently received more donations both in toys and cash. The additional toys were largely from the San Fran-



cisco Unified Lions Chapter Club, and they were delivered to our post by Lions Alvin Louie and Salome Fung. Thank you Alvin and Salome for the care and generosity you've shown to the children of our community.

Commander Helen Wong and I brought



Above: Past Commander Nelson and Commander Helen dropping off toys at Station 2 SFFD

the remaining toys to Fire Station 2 on Sunday, December 20th, just in time for them to be distributed to the children by the fire fighters.

We, at American Legion Cathay Post 384, have been involved in many charitable programs throughout the years for the benefit of veterans and the community. While the toy program is but one of many programs that we participate in, it certainly is one of the more gratifying deeds for me and I am certain our members feel the same as well. Until we meet again, Merry Christmas and Happy New Year. Everyone please stay safe.



WE JUST LOST SOMEONE SPECIAL

Famous Author, Dr. Judy Yung, documenting the important role of Chinese American Women in America, passes after falling.



By Roger Dong

Dr. Judy Yung was a very special scholar and Chinese American Hero. She earned her B.A. degree in English Literature and Chinese Studies at San Francisco State College in 1967 (same year our Post Historian, Roger earned his B.A. in Chinese Studies before joining the Air Force.)

Her first job was with the public library on Powell St in S.F. Chinatown, where after a short time, she noticed that among the books on Chinese Americans, no mention was made about the contributions of Chinese American women. That soon became her passion and mission.

So Judy went back to school and completed her PhD studies at the University of California, Berkeley in Ethnic Studies.

Now armed with excellent scholarship, Dr. Yung traveled across country and conducted several years of research, interviewing many Chinese women across America and recorded their history. She subsequently wrote, co-wrote or edited eight nonfiction books, including the famous bestseller "Unbound Feet: A Social History of Chinese Women in San Francisco," published in 1995.

In the interim, Dr Yung was hired by Univ

of California Santa Cruz as an assistant professor in the American Studies Department. She soon tenured to professor and became chair of the department. Dr Yung retired in 2004, had achieved every teaching award offered at UC Santa Cruz. She was the commencement speaker four times.

In 2010 after her extraordinary career at UC Santa Cruz, Yung and historian Erika Lee co-wrote "Angel Island: Immigrant Gateway to America," to commemorate the centennial of the processing station in San Francisco Bay.

Yung wasn't done yet, she decided to take a gander at the contributions of Chinese American men in her book project, "Chinese American Voices: From the Gold Rush to the Present." A major portion of her research involved Chinese American veterans. She discovered one Eddie Fung, who served in our Army, and was a famous military hero during WWII. Fung was a POW involved in SE Asia who survived Japanese Army harsh labor and torture. He personally

saved the lives of fellow Army colleagues stealing Japanese medical supplies, and was a competent cook who prepared food for his colleagues from edible animals captured in their various locations in SE Asia.

Mr. Fung was a featured speaker at our Post in 2014, and was well received. Read more about Eddie Fung here:

https://www.sfcathaypost384.org/uploads/1/0/5/6/105640191/cd_022014.pdf

Judy was apparently quite impressed with Eddie, and they married in 2003. Eddie was senior to Judy by 25 years.

A celebration of Dr. Yung's exceptional contributions is planned for a time after the pandemic.



Above: Eddie and Judy



SAY IT AINT SO: AFTER 100 YEARS - SAN FRANCISCO'S HISTORIC FAR EAST CAFE CLOSING ITS DOORS

By Cathay Bulletin Staff

One of Chinatown's oldest restaurants, is forced to close permanently in its centennial year. Rather than celebrate 100 years, Far East Cafe will close its doors.

Due to the loss of business revenue from the COVID pandemic, and a lack of support from the city of San Francisco, Far East Cafe finds itself with very little option otherwise. Outdoor dining and To-Go orders are not enough to sustain business.

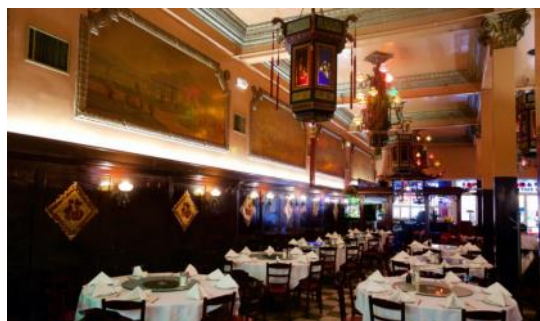
Owner Bill Lee told Wind Newspaper, "Mayor Breed has offered fundings and resources to the African and Latino communities, but there have been very few services offered by the City to save the businesses in Chinatown," Lee said. "We are struggling very hard to survive."

Several business in Chinatown have applied for small business loans and were denied. The Chinatown Merchants Association is urging city leaders to aid business owners by helping get loans approved, grants, and set up partnerships with big companies.

SF Supervisors Aaron Peskin, and Sandra Lee introduced legislation to the Board of Supervisors for a proposed \$1.9 million relief plan to help Chinatown businesses. The plan, called the Chinatown Restaurant Support & Food Security program, would provide food to the needy residents in the area.

Originally slated to close on 31-December, the closing date is now 07-January or later.

The Far East Cafe is one of two remain-



Top: Far East Cafe located at 631 Grant Ave.; Middle: 2015 Cathy Post Officer Installation Dinner, 2015 Photo credit Frank Jang; Bottom: main restaurant

ing banquet restaurants in Chinatown. New Asia would be the sole banquet restaurant remaining.

Far East Cafe, with its 800 person capacity has served the San Francisco community for large events such as banquets, weddings, political fund raisers, and lunar new year celebrations.

Cathay Post 384 held many officer installation events, Chinese New Year dinners, Post anniversaries, and other events at Far East Cafe.

Far East Cafe opened in 1920. Owner Bill Lee is the third owner of Far East Cafe. He purchased the 5,000 sq ft restaurant in 1999, and added the 10,000 sq ft 2nd story. The large banquet hall on the 2nd floor can fit up to 68 tables.

"I love Far East Cafe. I don't want to give up. But I have no choice. We can't afford to keep the restaurant up for running without any revenues from the business and resources from the city," restaurant owner Bill Lee told the Wind Newspaper.

Special Message from our Historian Roger Dong:

For some seniors, we will miss the long flight of stairs that primed our appetites for the big meals. For everyone else, we will miss a part of Chinatown that was a delicious part of Chinatown's history and a small, but important part of our Cathay Post history.

RIP Far East Cafe. Cathay Post Thanks you for your service, and will always remember you.



INTELLIGENCE PERSPECTIVE: NORTH KOREAN ICMB DISPLAYS, GOVERNMENT HACKING

The author of these article is our Cathay Post Historian, Roger S. Dong, who was an intelligence officer in our Air Force and Department of Defense for 32 years. He specialized in China and Asia and served as an Air Attaché, or Defense Attaché in Japan, S. Korea, the Philippines, Hong Kong and Taiwan. He continues to follow military affairs in Asia after his retirement in 2004 and writes articles on military developments for our Cathay Post newsletters and other organizations with interest in foreign affairs.

NEW NORTH KOREAN ICBM DISPLAYED IN PYONGYANG PARADE



North Korea's new intercontinental ballistic missile (ICBM) at the Worker's Party 75th anniversary military parade

What do we already know that should tether down the simple parading of big rockets? Long range rockets are only threatening when there are nuclear bombs loaded in the warheads. It is highly doubtful that these parading rockets in public were loaded with radioactive nuclear war heads.

First, the only nuclear bombs ever tested by the North Koreans were at static test sites. No one has seen or heard of a nuclear weapon launched from North Korea and striking any target inside, or outside of N. Korea.

No North Korean rocket has been tested beyond a few hundred miles from North Korea. No North Korean rocket, including those in display at this parade has ever been tested beyond nearby Asia territory. The N. Koreans do not have a test range to test any long range (more than a few hundred miles).

It is very significant that two years ago, the North Koreans were conducting only their 6th nuclear detonation at their Punggye-ri test site. Something went wrong ... very

badly wrong. The test site, embedded in a hill, collapsed after a nuclear weapon was tested. It was reported by several foreign news services that 200 people were killed and with the collapse of the hill, it is assumed that a lot of testing equipment was buried in there. With a major nuclear test, we believe that many of N. Korean nuclear scientists were present, and if true, many were likely killed.

Nuclear scientists are not grown overnight. Hiring competent nuclear scientists to work in N. Korea, is also not an easy task. If many of their key scientists were killed, that would set the N. Koreans w-a-y back in their nuclear program.

Since that disaster, the only military ... continued, see N. KOREA on page 12

'WOT' HAPPENED?

OUR GOVERNMENT AND BUSINESS COMPUTER NETWORKS HAVE BEEN HACKED!

Recently, we were all shocked to hear that Russia, (according to the Intelligence Community, FBI, and State Department) had succeeded in hacking into our federal, state and local government computer networks. U.S. government computer networks penetrated included our the Department of Energy, the Department of Homeland Security, the Treasury Department, the State Department and Commerce Department. Media has reported that parts of the Pentagon's large computer network were accessed, but that has been denied by the Pentagon.

Additionally, around 18,000 business computer networks including commercially

strategic corporations including Microsoft and Intel were hacked. Universities and hospitals have also been hacked as well.

President Elect Joe Biden said the attack "constitutes a grave risk to our national security."

How did it happen?

Late in 2019, the Russian SVR intelligence organization (same organization that interfered with our 2016 presidential election) inserted malware into a computer management system from American firm, Solar Wind MSP called "Orion." The Solar Wind Orion software systems is widely used in federal, state and municipal governments,

businesses, hospitals and universities. Thus many, many computer networks have been compromised, and many trillions of bytes of data have been accessed by the Russian intelligence.

To date (December 2020) the data has only been collected, we have not yet seen this data turned into any offensive cyber operations. Data from this large variety of American computers can be used for supporting many nefarious purposes - from cyberwarfare operations to human intelligence operations.

... continued, see HACKING on page 12



FOCUS ON HEALTH

ALZHEIMERS - MOUTHWASH - COVID REALITY

HOT OFF THE PRESS: NEW CLUE TO SOLVING ALZHEIMERS!!

Researchers at Tokyo Metropolitan University recently discovered that the MARK4 enzyme changes the clumping of the tau protein that kills brain cells resulting in Alzheimer's disease.

Alzheimer's appears to be the end result of a number of human ailments related to damage to the heart and blood vessels. Heart disease, diabetes, stroke, high blood pressure and high cholesterol are contributing issues that can ultimately result in Alzheimer's. There are already many millions

of humans who have these precursors for Alzheimer's.

According to the World Health Organization (WHO), senior dementia is expected to double in the world's population every 20 years. Alzheimer's is the end result of mental dementia potentially affecting everyone who lives long enough to be a senior.

This discovery may be the first important step in slowing down the natural process of dementia and ultimately Alzheimer's.

We all look forward to the discovering all the factors that impact dementia, which threatens all human beings who grow old.

It should be noted that dementia begins even before humans become old, so the value of finding the key to slowing, or stopping, dementia is of immense significance to Mankind.

Read more about this topic, see ALZHEIMERS at this link:

<https://www.sfcahaypost384.org/rc.html>

WOULD YOU BELIEVE?

"Mouthwash Touted for Virus," Saabira Chaudhuri, WSJ, 201214, B-3

Major businesses are suggesting that a good gargle with a quality mouthwash will reduce any virus particles that are in our mouths.

A few companies have boasted that reducing virus particles in the mouth could help fight against the virus, because Covid-19 can be spread through droplets generated when an infected person coughs, sneezes, or speaks. Mouth washes dissolve the outer protective



layer of virus particle, hindering the particles from attaching to cells and infecting them.

However, not every mouthwash company is marketing their product as a virus killer. Johnson & Johnson, owner of the popular Listerine mouth wash, declared that their lab testing of Listerine, did result in effectively eliminating viruses.

Bottom line, it is not wise to believe that mouthwashes can destroy viruses, including the dreaded Covid-19 virus - even if you swallow after gargling.

MYTHS AND DELUSIONS ABOUT COVID-19

For months, so many of my friends, including veterans and some former senior government officials, have warned me not to exaggerate the threat of COVID. The Pandemic in 1918 killed 50-100 million people, or between 1-2% of the world population. COVID isn't going to match that result.

This COVID virus threatens seniors mainly, and young people are pretty safe, I was told by many colleagues. Ironically, these were all seniors telling me this myth. During our current pandemic, (as of December 24,

2020) the world has lost 1.7 million lives, but we are not yet done.

Of course in 1918, our knowledge of fighting virus was almost nothing, and today we have decades of scientific and medical knowledge from dealing with the flu and many other viral threats in the last 100 years. We also have many more hospitals (with modern equipment like respirators and ventilators, and better trained doctors and medical staff).

Regarding COVID we have learned much, but we have so much more to learn. Since the virus has detected only about a year, we really do not know the long term effects for the many people who just got sick and recovered. We do now know that for many victims who recovered, that many have relapses, with more severe effects. These are the "long haulers." Even those who only had mild symptoms had much worse relapses. This is very concerning and will be another burden for our currently exhausted

... *continued, see COVID on page 12*



COVID...continued from page 11

healthcare staff.

Regarding our newly developed vaccines, the long term effects of these vaccines will not be known until a lot of time has passed.

We now know that COVID is not just serious health threat to the elderly or those with a severe, chronic illness. Those who are in terrific shape, are young and have no prior illness can, indeed, become critically ill from COVID.

There is an explanation for the varying outcomes. The amount of COVID that invades any human being is likely the answer. And it is logical. If anyone receives a "small" dose of the virus, our normal immune systems can neutralize the invader - assuming the victim is healthy. However, any person, regardless of age, sex or gender, who is unfortunate to receive a large dose, can get serious sick and die. Infections among the young is growing and has two major outcomes. They themselves can get sick, and they can also infect many others, including friends, and family. One infected person can spread

the virus to several members on one family and destroy several members in one family. These stories are too sad to repeat.

Median age for hospitalized COVID patients is now only 40 years of age. Once a victim needs to be hospitalized, the likelihood of death escalates.

Read more about this topic, see COVID linked here:

<https://www.sfcathaypost384.org/rc.html>

N. KOREA...continued from page 10

systems the N. Koreans have tested are rockets. Rockets are not a great threat without warheads. Let's see how soon the N. Koreans test another nuclear weapon. Until that happens, it is a logical conjecture that the N. Koreans are bluffing.

Of timely relevance, N. Korea, according to a number of media reports has been heav-

ily impacted by Covid-19. It has covered up the situation as the virus has struck hard, and the N. Korean healthcare system is weak, and cannot handle the damage the virus has wreaked on the North Korean population. North Korea is in no position seriously threaten other nations when the virus is uncontrolled in their nation.

While Covid-19 has and is, harming populations globally, perhaps the only silver

lining is that no nation really wants to get in conflict while all nations are fighting to keep their populations healthy and alive - to fight some day, if they can first conquer Covid-19.

For detailed reporting on N. Korea's nuclear test disaster, see INTELLIGENCE PERSPECTIVE - NORTH KOREA linked here:

<https://www.sfcathaypost384.org/rc.html>

HACKING...continued from page 10

What to do?

The hacking of major federal agencies is very alarming as the federal agencies have data ranging from nuclear weapons management (Department of Energy), national internal security (Homeland Security), national financial programs (Treasury), foreign affairs (State Department) and business (Commerce Department).

The hacking of our state and local government computer networks is also very alarming. This means that the computer networks for our police departments, fire departments and emergency medical service computers have been accessed and potentially these computer networks can be disrupted. Especially during this pandemic, any disruption of our computer networks as emergency services are being deployed, could have tragic consequences. A major disruption operation could result

in much damage, harm and national panic. Our healthcare management system is already very stressed and vulnerable to severe harm if computer operations are disrupted, or data destroyed or manipulated.

Our intelligence and counter intelligence organizations are operating had maximum effort to protect and repel enemy cyber operations. This is of the highest priority, and in fact, our national security agencies are operating at wartime alert, even though no one officially has declared war.

How long has this been going on?

On 21 Dec 2020, the Wall Street Journal reported that the hacking has been ongoing as early October 2019.

How should we respond?

It is assumed that counter-cyber planning, and cyber-operations have been active at our National Security Agency, and our military Cyber Command.

Our response must be strong and assertive. Some offensive cyber strategies must pre-approved by the President. A major cyber offense targeting strategic and military computers could quickly develop into real conflict. We do not want to start WWII, which would be globally devastating.

If an enemy with the capability to disrupt our infrastructure, healthcare system, and our economy, attempts to seriously harm our Country, we would have to retaliate in very strong actions.

America must be very careful in the months ahead. With a major change in the White House, our enemy (ies) may try to take advantage of us, like during 9/11.

Stay safe and keep up your guard.

Read more about this topic, see HACKING linked here:

<https://www.sfcathaypost384.org/rc.html>



OP/ED: WHO CARES ABOUT IMMIGRANTS? ARE IMMIGRANTS IMPORTANT?

First, let's remember that everyone's family were immigrants at one time - unless you are a Native American. Even our Native Americans immigrated to America, but they immigrated hundreds of years ago, and settled and established America as their home, long before the rest of us late comers arrived.

How important are our immigrants?

60% of all inventions and innovations are produced by 1st or 2nd generation immigrants.

Today, the major crisis in America is the harm done by the virus, Covid-19. There is almost nothing more important to us Americans than getting inoculated for this virus.

But we would like to note that some recent immigrants are and/or have been involved with the major discoveries for vaccines fighting Covid-19 (CV-19).

In today's national crisis with the Covid-19 virus, a number of immigrants have played a key role in the research and discovery of key vaccines directly needed to eliminate the CB-19 threat.

Take a look at this list of immigrants:

The First vaccine introduced for dealing with CV-19 is from Pfizer Pharmaceuticals. The CEO of Pfizer is Greek immigrant. The first vaccine released for emergency use is from Pfizer.

The Second vaccine almost ready for implementation is from Moderna. The CEO of Moderna is Stephane Bancel, an immigrant from France. Moderna's Chief Technical Officer and Operations Officer is Juan Andres, a Spanish immigrant. Moderna's Chief Digital

and Operations Excellence Officer is Marcello Damiani, also from Spain. Moderna's Founder is Dr/PhD Kenneth R Chien, a developer of 17 major patents. Moderna's other Founder is Noubar B. Afeyan from Lebanon, developer of >100 patents.

Moderna's scientist are responsible for development of mRNA technology, a very significant medical breakthrough that has dramatically reduced the time need to develop one of the major vaccines to be used against CV-19.

Also vitally important are the thousands of immigrant workers who are doctors, nurses, healthcare providers (home care givers) for many handicapped people (and veterans) and CV-19 victims.

It should also be noted that today:

- 38% of home healthcare workers are immigrants
- 29% of our doctors are immigrant
- 23 % of our pharmacists are immigrants
- 55% of our farm workers are immigrants. Their daily work effort puts food on the tables for all Americans. Few of our own citizens are capable of performing this physically demanding work that also pays less than minimum wages. There is no incentive for our citizens to compete in this
- 70% of the jobs held by immigrants during pandemic are categorized as essential workers.

Let's give a big hand and yell out our AttaBoys for the thousands of immigrants who are giving us their best efforts to deal with CV-19 and put food on our tables everyday.

FINANCIAL PLANNING REMINDER

For those of us seniors who have IRAs or Roth IRAs, we will not be exempt from income taxes this year, so be ready to withdraw funds from your retirement accounts or pay a heavy penalty. We quote the following article from Barron's magazine so that you will have accurate information to handle your mandatory withdrawal funds and pay your taxes for 2020. Read carefully and discuss this with your retirement accountant.

Good Luck!

[The Return of RMDs and Other Retirement Considerations You Should Know for 2021](#)

By Cheryl Winokur Munk, Barrons, Dec. 26, 2020

Read more about this topic, see FINANCIAL PLANNING

link: <https://www.sfcathaypost384.org/rc.html>





DECEMBER PHOTO ALBUM



TOP ROW: CJ around the VA - Santa's helper CJ distributing the red poinsettias donated annually by the local Elk's Club of San Francisco; Santa CJ in the SFVA ER distributing the Banh-Mi sandwiches donated by AMVETS on Sunday, December 20th. Commander Helen of AMVETS Post 34 submitted a grant request. As a result, we received \$150 for sandwiches and \$350 for the PODCAST, which we participated in following the distribution; CJ in full white PPE and bionic face shield doing screening at the employee entrance of Building 203. The white beard was added for fun to lighten the situation. The complete ensemble looked like a white, winter land! CJ outside stylin' with the Mona Lisa tie. **MIDDLE ROW:** CJ at the VA showing us the Christmas spirit! This was Christmas Day and we simply tried doing a make-shift Christmas tree with all the trimmings. It just wouldn't be Christmas without the snow. We were only dreaming of a white Christmas during the pandemic – by making the best of a bad situation. CJ with little PPE in order to get his vaccine shot on Christmas Eve. The SFVA has been dispensing the Moderna COVID-19 vaccine all week. The vaccinations take place in the original hospital in Building 1. Normally locked and rarely used, we get a glimpse into the building, which was the main focus of the SFVA back in 1934 when it first opened. Santa CJ poses in he parking lot with balloons and AMVETS signage! **BOTTOM ROW:** Photos from Wreaths across America event at the Presidio.



HAPPY NEW YEAR!

A Scottish poet by the name of Robert Burns wrote this poem in 1788. The literal translation is “old long since” and is a term meaning “days gone by.” The original poem was five verses long and was meant to get people to sing and drink to days gone by, and was sung as a toast to the New Year. Find the words in the list to reveal the 12 letter (3 word) solution!

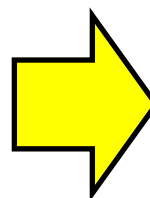


- CELEBRATION
- CHAMPAGNE
- CONFETTI
- COUNTDOWN
- DECEMBER
- DECORATIONS
- EXTRAVAGANZA
- FESTIVITIES
- FIRECRACKERS
- FIREWORKS
- HAPPY
- INVITATION
- KISS
- MEMORIES
- MERRY MAKING
- MIDNIGHT
- NOISEMAKER
- RESOLUTIONS
- STREAMER
- TIMES SQUARE
- TRADITION

HOW MANY FLAGS?

Last month, in celebration of Veterans Day, We hid a number of American Flags throughout the November Issue of the Cathay Bulletin. Did you find them all? Here is the count:

P1 = 1	P7 = 2	P13 = 0
P2 = 1	P8 = 2	P14 = 1
P3 = 1	P9 = 0	P15 = 2
P4 = 3	P10 = 0	P16 = 2
P5 = 1	P11 = 0	P17 = 2
P6 = 0	P12 = 0	P18 = 1





TOTAL =
19



SOLUTIONS TO LAST ISSUE'S WORD SEARCH

It was brought to our attention that the November puzzle team may have been a bit overzealous with our puzzle word scramble challenge. We apologize for the over-challenge, and promise a better puzzle this month. Thank you and enjoy!

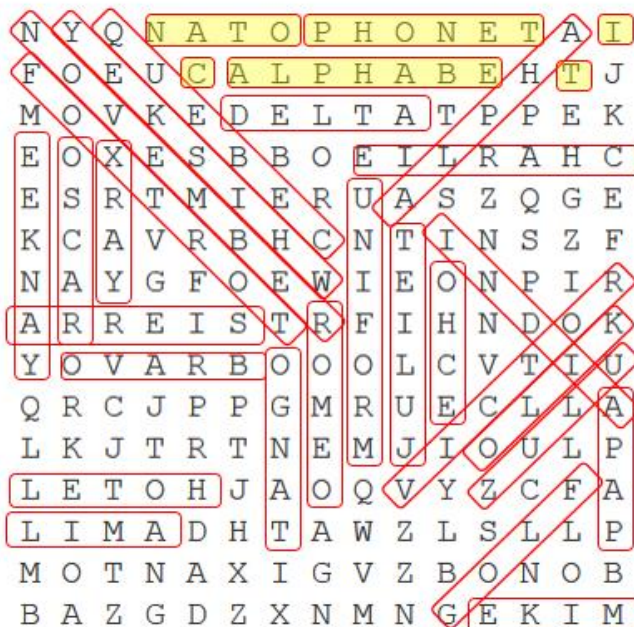
Know Your ABC's - Solution

Miscommunication issues can occur due to technical reasons in a variety of situations, such as when talking on the phone in an area with bad reception or with a lot of background noise. This is especially frustrating if you're trying to communicate an exact term, such as a name or a street address.

This is a method of spelling out words by using easy to understand code words, each of which signifies a single letter in the English alphabet. Using this method can help you avoid miscommunication issues, by allowing you spell out words in a way that is intelligible to listeners regardless of the situation.

This can be valuable for anything from talking with tech support, to giving critical information to emergency services. In fact, this method is so effective that there have been calls for using it among medical professionals, where accurate communication can be a matter of life and death.

NATO PHONETIC ALPHABET



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>



JANUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<p>FUN FACT: January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year.</p>					1 NEW YEAR'S DAY	2
<p>ON THIS DATE JANUARY 3, 1959: Alaska was admitted as the 49th U.S. state with a land mass almost one-fifth the size of the lower 48 states together.</p>		5 ALWMC MEETING 3:00 PM DIST 8 MEETING 4:00 PM	6	7	8	9 POST MEETING 11:00 AM
10 	11	12			15	16
17 	18 MARTIN LUTHER KING JR. DAY	19	20 INAUGURATION DAY	<p>ON THIS DATE JANUARY 21, 1954: The USS Nautilus, the world's first nuclear powered submarine, was launched at Groton, Connecticut.</p>		23
24 	25	26 AMERICAN LEGION TRAINING TUESDAYS 4:00 PM	27	<p>ON THIS DATE JANUARY 28, 1915: The U.S. Coast Guard was created by an Act of Congress, combining the Life Saving Service and the Revenue Cutter Service.</p>		
31 						

AMERICAN LEGION TRAINING TUESDAYS

The last Tuesday of each month American Legion National Headquarters staff will present 60 to 90-minute sessions on topics aimed at post commanders and adjutants.

JAN 26, 4:00 PM PST
TOPIC: REPRESENTING THE AMERICAN LEGION BRAND

FOR MORE INFORMATION, VISIT HERE:
<https://www.legion.org/training/training-tuesdays>



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FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
BLACK HISTORY MONTH	1 NATIONAL FREEDOM DAY	2 GROUND DOG DAY	3 FOUR CHAPLAINS DAY	4 USO BIRTHDAY	5	6
7 	8 	ALWMC MEETING 3:00 PM DIST 8 MEETING 4:00 PM	10	11 	12 LINCOLN'S BIRTHDAY CHINESE NEW YEAR	13 POST MEETING 11:00 AM
14 VALENTINE'S DAY	15 PRESIDENTS' DAY	16	17 ASH WEDNESDAY	18 COAST GUARD RESERVE BIRTHDAY	NATIONAL SALUTE TO VETERAN PATIENTS WEEK 2/14 HRU 2/19	
21 	22		23	24	25	26
28 	<p>FUN FACT: The United Services Organization (USO) was founded in 1941 and is a not for profit organization. One of the main missions of the USO is to bring a touch of home to military women and men stationed overseas.</p>					

**FEBRUARY 12TH, 2021 IS CHINESE NEW YEAR, LUNAR YEAR 4719
YEAR OF THE METAL OX**

The Ox is the second out of the twelve zodiac signs: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. The five elements are metal, wood, water, fire, earth. Famous people born in the year of the Ox include: Charles Lindburg, Louis Armstrong, Johnny Carson, Ed Sullivan, Bruno Mars, Merle Haggard, actors George Clooney, Richard Gere and Dustin Hoffman, artist Vincent Van Gogh; Princess Diana.