



CATHAY DISPATCH

HAPPY NEW YEAR 2023 & HAPPY CHINESE NEW YEAR OF THE RABBIT!

By Commander Helen Wong



It is hard to believe that a new year has already started and for some, thank goodness! With the memories of the Northern California earthquakes, flooding and

other disasters amid climate changes fresh in our minds, a lot of us look forward to better days to come. A lot of us were glad the rain let up long enough for San Francisco to show off its fireworks show that had been missing for 2 years. While some chose to go watch in person at the Embarcadero, others enjoyed the show on television in the comfort of our homes, with light, heat, and dry rooms. It was a glorious night to see the Ferry Building in the foreground as the fireworks went off in the Bay. There were fireworks of different colors and the cameras from different locations captured them all. The Bay Bridge never looked so beautiful, and the lights from

downtown never looked so bright as on January 1st! New Years' is the time a lot of us make



(Photos from Ch.4 New Year's broadcast)



resolutions whether realistic or just wishful thinking! My favorite column is the Dear Abby one for the year and though many may have read it before, I think it is worth repeating for the wisdom that it leaves with us if we choose

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CATHAY POST 384 AMERICAN LEGION

2022-2023 POST OFFICERS

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- 2nd Vice CMDR:** Aaron Low
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
- Secretary:** Ron Ritter
- Sgt-At-Arms:** CJ Reeves
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- Judge Advocate:** Raymond Wong
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- Historian:** Roger Dong
- ALWMC Delegate:** Chuck Paskerian

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- Roger Dong, Publisher
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to take it to heart. So in a nod to the late Pauline Phillips from the original credo of Al-Anon:

JUST FOR TODAY: I will live through **THIS DAY ONLY**. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

JUST FOR TODAY: I will decide to be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

JUST FOR TODAY: I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

JUST FOR TODAY: I will improve my mind. I will read something that requires effort, thought, and concentration. I will not be a mental loafer.

JUST FOR TODAY: I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak

ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.

JUST FOR TODAY: I will do something positive to improve my health. If I'm a smoker, I'll quit. And I will get off the couch and take a brisk walk, even if it's only around the block.

JUST FOR TODAY: I will gather the courage to do what is right and take responsibility for my own actions.

We are reminded how much we need to follow some of these resolutions if anyone was watching the Monday Night Football game and saw Buffalo Bills player Damar Hamlin drop to the ground in cardiac arrest. The level of concern and care that came out following was admirable and showed that human life is bigger than football and should always be the priority. The players did the right thing in not continuing with the game, and there's no word whether they will finish. Having the courage to do what is right is always the best resolution to have.

At this time with rain and storm damages all over the Bay Area, if you are in a good place where you can help your fellow community mem-

bers or family, please reach out. You never will know how much it is appreciated.

2023 is the Year of the Water Rabbit starting from January 22nd and end-



ing on February 9th. The sign of the Rabbit is a symbol of longevity, peace, and prosperity. 2023 is predicted to be a year of hope. Rabbits are thought to be witty, quick-minded, ingenious, and vigilant. Rabbit years include 2023, 2011, 1999, 1987, 1975, 1963, 1951...

With Chinese New Year Day falling in January this year, our Post will be having a special lunch on the meeting date of January 14th. Please arrive on time for the 11AM meeting so that it can finish on time for lunch.

Thank you and blessings for a healthy and prosperous new year!

SAVE THE DATE

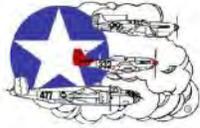
**SHOW YOUR POST 384 PRIDE
COME, STRUT YOUR STUFF**

**HONOR GUARD AT THE
ASIAN MUSEUM OF ART**

**YEAR OF THE RABBIT
THURSDAY, JAN 12 AT 11AM
MEET AT THE POST AT 9:30AM
RED SHIRTS**

**SUPERBOWL PARTY
SUNDAY, FEB 12 AT 1PM
POOL PER SQUARE - \$25**





Lee A. Archer Jr. Chapter
Of
Tuskegee Airmen, Inc.



Presents the

TUSKEGEE AIRMEN
Commemoration Day Ceremony



Saturday, March 25, 2023 - 6:00 PM

Delta Breeze Club
400 Windward Dr
Bldg 400
Travis AFB, CA 94535



FROM THE OFFICE OF 1ST VICE GEORGE TSANG

Here are some pics of Legionnaires and support members that attended the VFW Dinner on December 3rd at the Imperial Palace Restaurant in Chinatown.

See you all at our next meeting Saturday December 10th! Please feel free to come and bring your family to our Christmas Lunch!





Elvis was in the house!

For those that were unable to join our comrades on December 3, 2022 for the 91st Division/Chinatown Post No. 4618 Veterans of Foreign Wars (VFW) holiday dinner, you missed some excellent food and entertainment.

The evening included a lively and entertaining Lion dance, a talented performance by the silent drill team from Lowell High School, and a visit from a well-known celebrity...Elvis.

The post purchased four tables for the event so it was a great opportunity to visit and catch up with other members.

On a separate note, there was a discussion about “falls” during our December meeting. We talked about the need for resources to help prevent falls and also what post members can do to manage a fall should one occur. Following that discussion, I have compiled a number of resources available to everyone that may be worth looking into to keep yourself safe and prepared.

Some are wearable tools such as watches that monitor your activity (including falls) and others are local agencies and classes you might find helpful. Many are free services, but of course, the wearables need to be purchased.



- Apple - <https://support.apple.com/en-us/HT208944>
- Android Samsung watch - <https://www.samsung.com/us/support/answer/ANS00087244/>
- Garmin - <https://support.garmin.com/en-US/?faq=RfaXahBwKH8Q7pVFLsuUmA>
- Department of Aging and Adult Services - <https://sfgov.org/agency/aging-and-adult-services>
- Department of Aging and Adult Services - Phone (415) 557-5000
- Computer Classes for seniors - <https://www.sfhsa.org/services/disability-aging-services/community-activities/sf-connected>
- NOTE – other counties have a similar department. Example – Alameda - <https://www.alamedacountysocialservices.org/about-us/Adult-and-Aging-Services/index>
- General Veteran services - <https://www.calvet.ca.gov/VetServices/Pages/CVSO-Locations.aspx>





NANJING JI



This year marks the 85th commemoration of the NANJING massacre. As we do every year, Cathay Post 384 was there to honor and remember the victims of the Nanjing Massacre. Hosted at the Hilton-Financial District, the event honored the victims as well as highlight the continuing fight for justice with Japan. We are grateful for the unique opportunity to show unity and support for this annual event. This year's event took place on Sunday, December 11, 2022. The event is free and open to the public.

participate. As we drew closer to 12/11, the number of participants dwindled. Come Sunday morning, we were down to only three (3). It was concluded that the best approach would be a flag-folding presentation instead. David, Paul and I met up at the Post at 11AM. We arrived at the Hilton and touched base with the event Coordinator.

members of the Post. We are certainly grateful for them taking on a proactive role with Post obligations. They were able to march in with us. We were five (5) members strong. This is a relatively large number compared to this same event in the past. The ceremony was short and sweet. We were on our merry way. Some members were interested in the theme, so they chose to stay behind and take part. David, Paul and I headed back to the Post to drop off our gear. On the way, we found a new pizzeria, which just opened. We stopped in and had pizza-pizza (no, not Caesar's). Here is a montage of photos taken at the Hilton all lit up for the holidays. Please google Nanjing Ji for more information. I also threw in the picture from last year for comparison.



The honor guard was going to present the Colors, as we had at least six (6) members sign up to

The Committee sponsors and organizers wanted to keep a somber context to the ceremony, so no presenting of the flag to an individual. We spent about an hour practicing. It's not as easy as it looks. The flag required both unfolding and then folding again. We had a crash course on how to fold the US flag. As the 1pm start time approached, we were joined by Mickey and Bennet. They, along with Paul are the newest



ATURE CENTE





MESSAGE FROM THE SECRETARY, DEPUTY SECRETARY AND CHIEF OF STAFF STAY HEALTHY FOR THE HOLIDAYS—GET YOUR FLU SHOT AND COVID BOOSTER

As you prepare to spend some well-deserved time with your families this holiday season, I want to remind you about the best ways to stay safe from influenza (flu) and Coronavirus Disease, 2019 (COVID-19).

As you have probably heard, the current flu season is shaping up to be one of the worst in years. At the same time, COVID-19 is once again spreading rapidly. As a result, hospitalizations from both diseases are rising across the country. Older people, those who are immunocompromised, and those who have preexisting conditions are especially at risk. Fortunately, we have the means to help keep ourselves and our loved ones safe: Vaccinations.

The best way to protect ourselves, our families, colleagues, and communities from flu and COVID-19 is to get the flu vaccine and the updated COVID-19 booster—before we travel home for the holidays. And you can get both shots in the same visit.

If you are a Veteran, you can get your flu shot and COVID-19 booster at your nearest VA medical facility or one of nearly 70,000 in-network community locations nationwide. Both shots are free. If you are not a Veteran, both shots are readily available at pharmacies and hospitals nationwide.

All of us can make a difference by encouraging our friends, family members, and colleagues to get vaccinated and boosted. You can also help prevent the spread of infectious diseases by washing your hands, wearing a mask, keeping your distance, and limiting contact with people who are sick.

So, please, as we head into the holiday season, get your flu shot and your updated COVID-19 booster. It will help you and your families stay healthy and safe.

Thank you for all you do.

Denis, Donald and Tanya

MESSAGE FROM THE UNDER SECRETARY FOR HEALTH DECEMBER 15, 2022

VA MARKS MAJOR MILESTONE: PACT ACT ACTION WEEK, DECEMBER 10-17

The PACT Act expanded VA health care and benefits for millions of Veterans and their survivors – including Vietnam era, Gulf War era, and post-9/11 Veterans.

During this week of December 10 to 17—the PACT Act Week of Action—more than 90 VA facilities around the country are holding in-person town halls to provide information on what this historic law could mean for Veterans and their family members.

We are holding events in all 50 states as well as Puerto Rico and Washington, DC. We are inviting all Veterans, their families, survivors, and caregivers to learn more about what VA offers and how they can access these resources.

We are answering Veterans' PACT Act questions and helping them enroll in VA care and apply for their PACT Act-related health care and benefits. We have Eligibility and Enrollment stations set up to assist with enrollment.

Veterans, their families, caregivers, survivors, and advocates are encouraged to participate. Congressional, VSOs, community partners, and media are also invited to attend.

This has turned out to be one of our busiest and most important weeks ever—and a huge success. As of December 15, we have conducted more than 730,400 screenings for toxic exposure and look to surpass one million screenings by early next week. These numbers demonstrate the significance of what the PACT Act means to Veterans and survivors.

Thank you for your continued hard work during this important week—and for all you do for Veterans every day.

Shereef Elnahal MD, MBA

Under Secretary for Health



ELVIS SIGHTING AT THE VFW HOLIDAY DINNER

Hard to believe it's already been a month, since we last sat down for the VFW's annual holiday dinner. It was a rather wet and dark day on Saturday, December 3, 2022. A rather busy and typical Saturday for me. I began the day with Tai Chi class at the Post. Then, it was a 10am AMVETS meeting. Our DAV meeting scheduled at 1pm was cancelled, due to the holidays. Instead, I went to sit at the Veteran's Gallery at 1pm. I left at 4:30pm to head down to Chinatown. This year's VFW holiday dinner was at the former Golden Dragon (Gum Long) Restaurant. Cathay Post 384 was well represented with a total of three (3) and one-half tables filled – that's thirty-five

(35) attendees in all. Our hats go off to our loyal and generous member Randy for subsidizing two (2) of the tables to honor our awesome Support Members. The Post subsidized the remainder. Thanks to Carol, (VFW Support Member) we were treated to the Lion Dancers. They never fail to impress. The Lowell High School JROTC drum and flag corps also performed, as is tradition. This year was like no other. Again, our dear Carol wanted to give all Veterans an extra special holiday gift. She gifted to us the King of Rock and Roll – none other than ELVIS! Yes, believe it or not, the King is very much alive and well. The King was bringing down the house. I was



there to witness it. As an eyewitness, the King treated us to many traditional favorites, including a playlist of tunes for the Christmas Holiday. A great meal and an even better time were enjoyed by all.

TREMENDOUS TOY TURNOUT TURNS UP TONS OF TOYS FOR TEENS AND TOTS!

This year will see tons of happy kids with huge smiles on their faces. The firefighters asked, and our Post members took the lead. Our toy barrel was bursting at the seams. There were so many donated toys, the fire truck had to come back after unloading and pick up yet another truckload of toys. Our Navy Veterans would say, "BRAVO ZULU" to U and U

and U. This is by far one of the most FUN community service projects by the Post. The generosity of our members never ceases to amaze and astonish. On behalf of CDR Helen Wong, I wish to add a great big THANK U to each and everyone of U for another successful toy drive. With the need ever greater this year, these donated toys will go a long way in making hundreds of local kids happy this holiday season. After a holiday

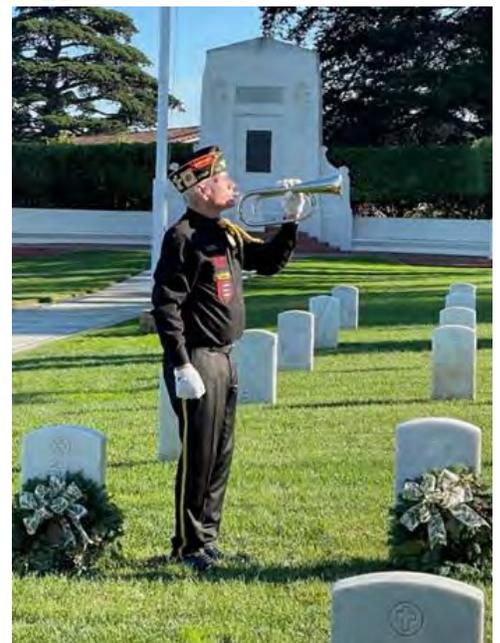
lunch of succulent Goose and tantalizing Tri-tip with all the trimmings, the Firefighters swung by for lunch and picked up all the toys tucked tidily around the decorated illuminated tree. On that same day, is the SANTACON. Many folks dress up as Santa or his helpers to ring in the season. It always makes for a festive atmosphere. I wish you all a very Happy and Healthy holiday season and many spectacular returns.





WREATHS ACROSS AMERICA 2022

Photos by CJ





**District 8 Area 2
Department of California**

**American Legion
National Oratorical
Contest**



Veterans Building War Memorial
401 Van Ness Blvd, 2nd Flr, Rm 202
San Francisco, CA 94102

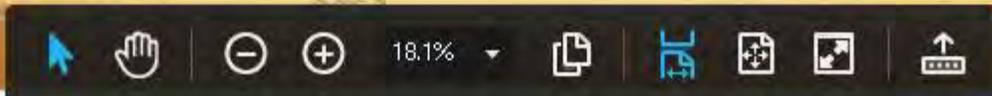
POC District 8 2nd Vice Commander
Christopher McDonald
(415) 866-9416 or
email: christophertmedonald.82@yahoo.com

**National American Legion
Scholarship Prizes**
1st Place - \$25,000
2nd Place - \$22,500
3rd Place - \$20,000
With additional prizes awarded at
each level of the contest -
District, Area, Department of
California and Nationals.

A Constitutional Speech Contest for
Higschool Students 9th thru 12th
Grade

Sunday, January 22nd, 2023
12:00 pm to 7 pm

Preregistration
Friday, January 20th, 2023
5 Pm to 7 Pm





WREATHS ACROSS AMERICA 2022 PHOTOS SUBMITTED BY CHUCK PASKERIAN



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 dial **988** 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>



STATUS OF U.S./CHINA/TAIWAN STORM BREWING



WHY MUST A WAR WITH CHINA BE AVOIDED?

Despite the daily war stories emanating from Ukraine, the deterioration of relationship between the United States and China involving Taiwan is greater threat for World War III, than the deadly war stories we hear daily from Ukraine.

This assumes that Vladimir Putin does not decide to use nuclear weapons against the Ukraines. If he unexpectedly decides to use nuclear weapons, our involvement would escalate

Few experts are forecasting a peaceful and harmonious outcome in this Asian hotspot as war involving two nuclear powers is the potential for global disaster.

On the American side, we have been hearing senior civilian and military leaders predicting a military assault by the Chinese. In 2021, the Commander of JICPAC stated that China would attack Taiwan by 2027. The next, and current, JICPAC Commander then warned that the Chinese would attack Taiwan sooner than anyone expected. Exactly, what does this mean?

In November 2022 our Navy Chief of Naval Operations opined that an attack to very soon between now until 2023.

Despite our dreary warnings, there is no evidence that in the territory adjacent to Taiwan, that China has increased its military operations that would reflect any preparation to go to war. However, they have more than 1500 missiles that have in place for more than 20 years that can strike Taiwan. (This was true in 1995, when our Historian was the Defense Attache' in Taiwan.)

It continues to build up her Navy ship inventory, and her navy ships have been very active in the South China Sea. Encounters with US

Navy warships and our reconnaissance (intelligence) air craft are almost routine, and there is always a danger of an accidental incident. Most recently one of our Air Force RC-135 reconnaissance aircraft was approached quite closely in the South China Seas. Seems that the Chinese don't like us gathering intelligence in their Caribbean. Never-the-less this incident is too similar to the 2001 incident that was very

I believe the most senior leaders on both sides have given strict warnings to avoid combat. Fact is, with Covid infections, damage from climate change, and domestic uncertainties, the civilian leaders in both countries have both their hands full. The cost and effort needed to deal with these natural threats cannot be ignored, nor will the harm done be fixed for a long time. Who needs a major war?

Question this forecast?

Since the beginning of 2023, the Chinese have appointed a new Ambassador to Washington, and lo and behold, he isn't talking war, or threatening America. Qin who has a reputation as a hard liner, but his first words in his role as Ambassador was to praise America. This is very surprising and is a solid hint that China does not want a crisis like a war with us. Certainly not at this time.

If true, they need to get better control of PLA Air craft buzzing our Reconnaissance aircraft. An incident could lead to war, which the leaders in both countries don't need or want at this time.

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

There is one very good reason to avoid war with China

Studies by Rand Corporation and our specialists in the Pentagon, who simulate with computer wargames demonstrate that victory with an opponent like China, 4 million square miles and armed with nuclear weapons will not make us number 1. This type of war is unwinnable largely due to the cost of long distance logistics. Against small foes, we have wasted a lot of money and people, and a war with a major adversary is unthinkable.

It is apparent that a war with China will be really expensive, and we may not win. If the war games are accurate, we will not win.

We already know from Vietnam, Korea and Middle Eastern conflicts, that long distant war are not winnable unless there are unlimited resources, both of manpower and finances.

War with a long distant major adversary, which has long range rockets and nuclear weapons, should change our goals and objectives to destroy China.

Despite our historical negative attitudes toward China, we must figure out how to live with China. Today, unlike years ago, both countries face enormous problems. The virus threat, the threat of climate change, the exhaustion of available natural resources and many man-made problems require cooperation if anyone is going to be around in a century.

The world, as we know it, may last a little longer, if both China and America can cooperate for the benefit of both parties.

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

ON DECEMBER 30, 2022, N. KOREAN KIM JONG UN VOWED TO BEEF UP HIS COUNTRY'S NUCLEAR WARHEADS

Since their nuclear testing disaster in September 2017, N Korea has only been shooting of dozens of rockets

Many people, including a few experts, have forgotten that in September 2017, when the North Koreans were conducting the 6th nuclear test, that the mountain used for testing totally collapse, killing many of North Korea's nuclear scientists and weapons specialists. It's been a little over 5 years since that catastrophe, and I cannot believe that you can develop and train competent nuclear specialists in such a short time. It is also hard to believe that Kim Jong Un could have hired nuclear experts from foreign nations to work for Kim and N. Korea.

If these assumptions are correct, it is Kim Jong Un again trying to get international attention by boasting and threatening his enemies. He has been doing this ever since he took office, and he hasn't changed.

Fact is, despite North Korea's demonstrated capability to launch rockets thousands of miles. They have no test range to confirm the capabilities of their rockets. Also, until he can conduct at least one more nuclear weapon test, he is bluffing. Even before their 2017 disaster, they have

never launched a nuclear weapon with a rocket.

Kim needs to be monitored, but he has been a loud mouth bluffer since his presidency.

He has been most successful at getting attention with threats and bluffs. That is Kim Jong Un and he continues to behave in the same pattern.

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





FUTURE WARFARE - THE AIR AND SPACE COMMAND

Warfare has changed, it has been and is, changing in real time. For our Air and Space Command, the recent space activities of China and Russia has put these two services on urgent alert for activities in space that are a true threats to our national security. In recent times we have witness both our adversaries conducting activities in space that can prevent our military from conducting offensive and defensive military activities for defensive and offensive purposes.

In November 2022, our Secretary of the Air Force Frank Kendall succinctly stated that: "Both Russia and China have been building space systems to support their military space operations and for strategic reasons, and they have both been working on offensive capability to counter our space systems. Preventing a conflict over space assets is going to become increasingly difficult due to the strategic value of satellites and the proliferation of technologies that can be used to destroy satellites. The United States wants space to be a peaceful domain for scientific and commercial pursuits."

Notwithstanding our declaration that we want space to be a non-confrontation do-

main, until all parties agree to stop activities that are clearly intended to disrupt or destroy their opponent's satellites and related space systems, our Space Command, even with limited resources, must still defend our space systems and have the capability to counter-attack the space systems of our adversaries.

Based on their demonstrated destruction of their own satellites, we must assume that their intent is to disrupt and/or destroy our satellites. Everyone depends on satellite communications to command and control their earthbound military assets. Anyone intending to go to war, must be able to first defend their satellites, and also be capable of attacking the satellites of their foes.

All parties seriously interested in dominating space to protect their communication links for most of their ground based military operations must insure that their satellites can continue to function during any conflict. The bad news for all is that a robust military space satellite operation is very, very expensive to build and protect. We are talking about many billions of dollars and unknown time requirements to develop and test any nation's robust space program that also

requires redundancy for true reliability and resilience.

Unlike past warfare, the initiator has tremendous advantage, because the initiator decides the targets and if the attacker has good intelligence and can destroy most, or all of the victim's space systems, it can win the conflict quickly. Since we are not likely to initiate space warfare, there is great pressure for us to be resilient and be able to retaliate after we are attacked. Our counter offensive planning must include many options as we must guess what our retaliation capabilities we will have after absorbing the first blow. That is extremely challenging and we all hope that our Space Command has the resources and strategic plans to survive and conduct a significant retaliation.

We must have sufficient counterattacking systems to wipe out the opposition so that it cannot attack again.

Yes, future warfare, if it is a space conflict, will be very different and is a threat that requires super intelligent planning and resourcing beginning NOW.

STRATEGIC AMBIGUITY HAS KEPT THE PEACE FOR DECADES.

WHY CHANGE NOW?

In recent months, many government officials and China experts have been trying to support Taiwan, as China has been conducting larger and larger military exercises targeting the island. As a democracy, it is natural for Americans living in another democracy to want to support Taiwan. It certainly seems like the right thing to do.

But China, now a major nation, and a major force, involved in this U.S./China/Taiwan triangle insists that Taiwan is part of China, and the United States should not get involved with their internal affairs. Neither side, initially backed down, and the war of words has gotten heated and the potential for World War III between two nuclear powers is a matter of enormous concern.

As a China specialist since 1972, our Post Historian has been watching some of the leaders and also the behavior of the leading Chinese government agencies for over 50 years. China has abandoned Communism since the death of Mao ZeDong, and has ramped up her nation practising autocratic capitalism. She has been pretty successful, as she is a major trading nation with more than 100 countries in the world. Her 650

billionaires and countless millionaires attest to her capitalistic biases and capabilities.

Many experts still refer to her as Communist China, aka: ChiCom. Karl Marx would question anyone who believes communist countries can be capitalistic and have a very significant number of super-wealthy citizens.

Our trade with China is enormous. In 2020, we imported more than \$800 billion in Chinese made goods. We also exported over \$200 billion to China. This by definition is a coupled relationship. Many American businesses have been reminding our officials that the success of many of our businesses is linked to the import of Chinese made goods. Also often overlooked is the fact that our businesses consulted with many Chinese companies who produce goods for us Americans. The link between our consultants and the Chinese companies that crank out goods made for Americans is a very tight connection.

Politicians who want to uncouple our relationship must put on proper spectacles if they think that decoupling will make us

stronger. Our relationship with China is best described as co-dependent.

Despite all the combatative dialogue from our senior civilian and military leaders we read in the media. I believe there is a quiet agreement between the highest officials in both nations that both sides must not allow any incident, especially accidents to lead to war. A war between these two large and powerful nations cannot be resolved with conventional weapons.

Once we have a real war started, the temptation to go nuclear is a logical step to victory.

Sadly, a nuclear war would likely result in life ending results for Mankind. We should not forget that nuclear generated radiation includes Strontium 90 and Cesium 103, both of which have radioactive half lives of 2500 years. Of course a nuclear war could solve all problems for Mankind, as all problems could go away – forever.

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



TWO REAL TERRIFIC SPY (DEFECTOR) STORIES YOUNG PEOPLE NEVER HEARD OF, AND MOST SENIORS HAVE TOTALLY FORGOTTEN.

BOTH WERE SENSATIONAL DEFECTORS WITH ACCESS TO NUCLEAR SECRETS. ONE WAS A RUSSIAN GENERAL, AND OTHER ONE IS A CHINESE OFFICIAL. DO YOU KNOW WHO THEY ARE? THE FIRST WAS OLEG PENKOVSKY!



General Oleg Penkovsky was the most famous, then Soviet, defector/spy, who provided technical reports on the weaknesses of Soviet ICBMs that helped John F. Kennedy deal effectively with Nikita Krushchev and averted a nuclear war during the

Cuban Missile Crisis.

Early in his military career, Penkovsky was an Army combat soldier until he was wounded, and after recovering from his wounds he began his career in the Soviet Army Intelligence Directorate, known as the GRU. Excelling in the GRU, he was promoted to Colonel and was assigned as the Deputy Chief of the Foreign Section of the State Committee for the Coordination of Scientific Research. This department received all scientific and technical intelligence collected on the U.S., Britain and other Western countries. He lost confidence in the leadership of Nikita Krushchev and was so upset that he decided to defect to America.

Penkovsky initially approached American students on the Bolshoy Moskvoretsky Bridge in Moscow in July 1960 and gave them a package in which he offered to spy for the U.S. He asked the students to deliver his information package to an intelligence officer at the U.S. Embassy. The Central Intelligence Agency could not contact him, because U.S. Embassy staff feared an international incident, and the CIA had to contact the British MI6 for assistance.

The first meeting between Penkovsky and two American and two British intelligence officers occurred during a visit by Penkovsky to London in April 1961. For the following 18 months, Penkovsky supplied a tremendous amount of information to the CIA -MI6 team of handlers, including documents demonstrating that the Soviet nuclear arsenal was much smaller than Nikita Khrushchev claimed or the CIA had thought and that the Soviets were not yet capable of producing a large number of ICBMs. This information was invaluable to President John F. Kennedy in negotiating with Nikita Khrushchev for the removal of the

Soviet IRBMs from Cuba.

In 1961 Penkovsky worked with MI6 and pass extremely valuable intelligence to the Brits. What did he pass to the West? He provided more than 5,000 photographs of classified military, political, and economic documents to Brits which was shared with us.

Of exception value were documents revealing capabilities of Soviet ICBMs. His intelligence revealed that their Soviet long range missiles were, in fact, quite weak. This intelligence was vital during the 1962 Cuban missile crisis. Fortunately he had delivered this critical data before he was exposed,



arrested, sentenced and executed. Penkovsky was one of the most likely the most important intelligence source during the Cold War.

High level defectors like Penkovsky are quite unusual and rare. And next ...

Have we ever had a high level Chinese defector?

There is just one who is known to the public. He was Mr. Ling Wancheng. Ling defected in 2012. Ok youngsters, who remembers Ling Wancheng?

Who is Ling Wancheng? No photos of Ling Wancheng are available. Ling is discretely living likely in a rural area in America away from populated locations.

Ling Wancheng is the brother of Mr. Ling Jihua who was the Chinese Communist Party's Party Secretary, and thus Ling was also the Chief of Staff to then President Hu Jin-Tao.

Ling Jihua, brother of Ling Wancheng.

He had complete access to, and was responsible for, the safeguarding of the most important, and most sensitive, internal documents in China. This position is similar to that of Chief of Staff to our President, except

that Ling had both access to, and control of, documentation of national level discussions and decisions on every topic of interest to the President. If 2,700 documents were brought into, and passed to the U.S. in the US, it could not have been hardcopy, but in digital media, either several high volume memory sticks/cards, or an external hard drive.

Ling Jihua's fall from grace began in February 2012 when his son crashed his \$100K+ Ferrari at high speed in Beijing, killing him and also one of two young ladies who were in the vehicle and involved in sexual high jinks.

When former President Hu Jintao heard of Lin Wancheng's defection and the documents he provided to America, he reportedly had a heart attack. Hu survived so that shock did not kill him.

Ling Wancheng traveled for several years as a businessman and not a government official to America. Thus his luggage was not subject to tight inspection and search whenever he entered or exited the US. He had entered, and exited the US multiple times, and owned a mansion in Loomis, CA. Ling was had money, and owned a \$2.5 million, 8,000 square foot mansion in Loomis, CA. He enjoyed life in America and had become an addicted golfer who owned two golf courses.

No intelligence operations can match the invaluable golden bucket of intelligence provided by a national level, walk-in source, like Ling, or it can be really valuable when they defect and report on station for years like General Oleg Penkovsky.

We had a very high level source on Vladimir Putin's staff, but after reporting for years, but because there was concerned that he had been compromised, the defector was extracted to America in 2019. Perhaps someday we will get the details. The defector most likely is living in a rural area away from any metropolis.

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



WHO KNEW THAT IN 2004 A CHINESE AMERICAN ENGINEER WAS RESPONSIBLE FOR DESIGN OF BOEING AIRCRAFTS FIRST MILITARY PLANE ?

Yes, even though William Boeing is assumed to be responsible for building the first aircraft for Boeing Aircraft, in fact, Mr. Wong Tsu was the one aeronautic engineer who made that happen. And this is actually recognized in the Museum of Flight.



Wong Tsu was born in Beijing China in 1893, and as an obviously brilliant young man and the age of 12, was selected for the Manchou government's Yang-Tai naval academy, and at 16, he became one of the first Chinese naval cadets sent to England to study naval engineering. After graduation, the government sent him to study the emerging science of aviation at the Massachusetts Institute of Technology (MIT).

In May 1916, the fledgling Boeing Airplane Company hired Wong as their first trained aeronautical

engineer. He helped design the company's first successful military airplane, the Boeing Model C, which was purchased by the U.S. Navy. The Model C was first used to carry mail and the catalyst for the development of the Model 40A, the first Boeing aircraft to carry passengers.

During his career, Wong designed more than two dozen aircraft. And in 2004, Boeing unveiled a plaque and exhibit at the Museum of Flight in Seattle, Washington, recognizing and honoring Wong's work as its first engineer.

Wong Tsu's engineering achievements to aerospace industry were significant contributions to America's national defense in the early years of our nation's history.

We should all be very proud that Chinese Americans have been serving our Nation since the early 20th Century. Hooray.

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

WHO IS AVRIL DANICA HAYNES?

She is the Director of National Intelligence (DNI) appointed by President Biden - the first female DNI

The public usually knows very little about our most senior intelligence officials, especially when they are female. On January 21, 2021 Ms Gina Haspel was appointed as Director of Central Intelligence (DCI). Who knew anything about her before she became the DCI? We were recently provided some details about our current DNI. Our Source is Samantha Vinograd, who served on President Obama's National Security Council, 2009-2013, and in the Treasury Department for President George W. Bush. Vinograd worked daily with Haynes in the White House during the Obama administration so has directly observed the competency of our DNI in action. Vinograd

who worked close to Haynes for several years in the White House described her colleague, who also has both a physicist and law degrees, as extremely intelligent and serving in national security at the highest level. Haynes was always prepared and her positions were never clouded in politics. These characteristics are precisely needed for any intelligence officer.

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



THE CIA SUICIDE PACT

The source for this story is Alyssa Farah Griffen, who was a former director of communications at the White House. She gave this testimony to the House Jan 6 Select Committee in April 2022.

Farah Griffen testified that in 2018 there was an internal CIA agreement for a "Suicide Pact", which was the plan for many CIA officers to resign if their Director Gina Haspel had been fired.

Haspel a 33 year CIA veteran, and the first woman to be a CIA Director, was obviously highly respected for her

long service in the Agency. So when the rumor surfaced that she might be fired, many senior CIA officers pledged to resign. Haspel was very briefly replaced by Kash Patel, but for just 14 minutes, before the appointment was formalized. The action was authorized and pulled almost immediately. The potential resignation of many senior Agency officers likely was the threat that made a difference to the White House.

Haspel remained as CIA Director until the Biden administration. William Burns was appointed the current CIA Director by President Joe Biden.

HAVE YOU SEEN THE NEW ANNA MAY WONG QUARTER?

If you haven't, don't miss our next Post meeting. All ladies attending will receive a new, uncirculated Anna May Wong quarter. We have 40 Anna May Wong quarters to give out to our lady members, support members.

While this special quarter has been in circulation since October 2022, it is rarely seen in circulation. Currently, it is a collector's coin, and only available from coin sales channels at a triple

premium price + tax.

Only ladies will be eligible to receive this gift from Cathay Post. You must be present to be to receive this gem. It looks like this:





THE ROBOTS ARE COMING TO REPLACE US!

This may not be news to you, but you (and I) better be ready. We can all be replaced - and sooner than you (and I) think.

There are many reports about automation and robots, but since they began appearing in a few work places a decade ago, some scientists have learned a lot about automation, and robotics, and the time has arrived for much more automation and robots.

Locally, we have written about "Moxi" who is used in our hospitals to serve patients with their long list of pills many patients need all day long. Nurses who are very busy taking care of patients who need a lot of attention in ICUs for many major health issue, and even COVID, cannot keep track of the great variety and amounts of pills needed by their patients who are not under intensive care. Moxi, developed in Japan has been a most valuable service, to our local patients. It tracks all the pills needed by patients in a hospital, and delivers necessary medication to all patients in a timely manner with a fresh glass of water.

Go to any MacDonaldis and customers

now place orders into a kiosk, which is a stationary robot. The orders go directly to the kitchen so customers get their orders cooked faster, and food is deliverable sooner if you use a delivery service.

BUT, robots are already capable of much more sophisticated activities. They are active at most airports, (dealing with luggage behind the scenes), in hotels (also dealing with luggage and room service), in drug stores, (sorting and labeling drugs for pickup or sent to your home by a delivery service), at your auto service center (for order tracking and various other services like fixing a tire), hospitals for checking a patient in, assigning a room and a nurse to patients, and even in surgery, where some operations are best conducted by a robot, or a robot assists a real doctor by locating locations on a patient's body where incisions and other medical procedures are best facilitated). In factories, robots are excellent for assembly line work and can work many hours without overtime wages, meal and rest areas, sick leave or maternity/paternity leave, vacations, retirement pay, or the support of an HR department.

So anyone who thinks they cannot be replaced - better think twice if you need your job.

Even pets have been robotized. Robotic pets, especially dogs of many varieties can be designed and used to provide comfort and companionship to seniors who love dogs (or other pets). Your robotic dog can cost you a few hundred dollars up front, but the savings in dog food can easily pay for a robot pet who does not eat a penny's worth of pet food for the life of the pet.

Global sales for robots was \$15.5 billion in 2021 and sales are growing at least 10% per year. 517,000,000 robots were sold in 2021. This year it is forecasted that more than 600,000,000 robots will be sold. For investors, investing in the right company which makes robots sounds like a sound investment. Have your broker do some research for you.

For a report on robots and future warfare, check out other related reports in this month's Cathay Digest.

Sources: "The Rise of the Robot Worker," Daren Fonda, Barron's, December 26, 2022, p 16-19

YIPES, WE ARE ALREADY AT WAR WITH CHINA!

No one is shooting or launching long range missiles at anyone, but we are already fighting with China, because of our relationship with Taiwan

This on-going war does not involve weapons, but IT is the war to control the production and distribution of semi-conductors. Semi-conductor chips are now an integral part of almost every manmade product used in this 22nd Century. Some have called it the oil of this Century.

According to Chris Miller, author of "Chip War: the Fight for the World's Most Critical Technology," "Our society can't function without chips."

Whether we are talking our microwaves or cell phones, or all types of new automobiles, OR the stock market, or military technology, chips are absolutely essential to the control (brains) of almost all modern man made products. America was the global semi-conduct leader during most of the 21st Century, but today, technology, including semi-conductor technology, is spread throughout the world. A lot of

the newly developed chip technology now resides in Asia. Today, the South Koreans, Japan and Singapore are the major semiconductor component providers. The Indians and Vietnamese are joining the race.

America is the leader for chip design and chip speed development, but the Chinese are challenging us, and several years ago, they budgeted \$1.4 trillion for advanced science. Realizing the value of chips, most of that money has been directed into semi-conductor development.

Continued on page 17...

Continued from page 16...

Of particular value is the manufacturing center for semi-conductors which now is centered in Taiwan. This nation produces 30% of the world's supply of chips and 80-90% of the highest density chips (3 nanometers). It is working on the next higher level of 2 nanometer chips. These extremely high density chips are critical for military and space applications.

It is obvious to many in Taiwan, including TSMC leaders, that it is the objective for America to gradually become the world's Source for semi-conductors, especially the best and most dense semi-conductors in the World. That would be a truly enormous achievement. Semi-conductors are not like typical commodities. Producing chips, of most sizes, depends on hundreds of different essential components providers. As previously noted, most of these providers are in Asia.

TSMC is very successful, due largely to the business partners she has developed in Asia and other parts of the world before many were aware of the critical role of chips. Whether anyone can duplicate such a huge network is the big question. The other difference is that everyone knows how important semi-conductors are, and so bargaining and getting competitive prices will be more difficult.

Welcome to 23rd Century of Semiconductors.



NEW LAWS IN 2023 FOR CALIFORNIANS

New Laws in 2023 for Californians.

If you are not a Californian, you do not need to read this article. If you are Californian, did you know that now that it is already 2023 and the Governor of California has signed into law, an unusual number of new laws.

Can you name a few of the laws? There actually is a very large number of new laws, so can you name 10 of the new laws?

If you are one of the few California citizens who can name 10 new laws, you still missed the mark by 987 new laws! Actually 997 new laws were passed in 2022, but most did not become effective in 2023.

One of the major new laws raised the minimum pay to \$15.50 per hour which will give 3 million workers a larger hourly income. With inflating prices hurting low income citizens so much. This is important for basic survival for many citizens. Hooray!!!

Here's an unusual new law, you may have missed. If you receive any pornography, you will not be fined, but if you send any porno, you could be fined between \$1,500 to \$30,000. This could raise a lot funds for California, if they prosecuted violators vigorously. =-)

Newsweek partially covered the major issues involved:

California's New Laws Coming Into Effect for 2023
BY JAMES BICKERTON, Newsweek, 12/31/22

For California the beginning of each new year sees an array of new laws take effect having been passed by the state legislature then signed into law by the governor, currently Gavin Newsom.

Newsom could have an eventful year with insiders tipping him as a possible Democratic Party candidate for the 2024 presidential election, especially if Joe Biden decides not to seek a second term. Recent polls suggest Americans do not want to see another Donald Trump vs Biden contest.

However, critics of Newsom include Kimberly Guilfoyle, his former wife who is now engaged to Donald Trump Jr., who earlier this month insisted the governor "ain't making it to the White House."

Minimum Wage Increase

The Californian minimum wage is set to increase to \$15.50, thanks to the SB 3 (2016) legislation.

Companies employing more than 15 people will also be required to include pay scales in job postings.

Those with 100 or more employees will also have to send pay data to the state government, showing "the median and mean hourly rate for each combination of race, ethnicity, and sex within each job category."

Make Jaywalking legal

New legislation means Californians will only be breaking the law when crossing the road using a non-designated crossing point if they do so where "a reasonably careful person would

realize there is an immediate danger of a collision."

Expanded Abortion Access

It's been a tough year for abortion rights campaigners in America, with the Supreme Court overturning Roe v. Wade in June, but new laws strengthening abortion access are due to take effect in 2023.

AB 2223 provides new protection against prosecution for those who have an abortion, or otherwise lose a baby before birth, whilst SB 1375 will increase the range of medical personnel permitted to conduct an abortion. Under the legislation, certified nurse midwives and qualified nurse practitioners will be able to carry out abortions, without requiring a physician to be supervising the procedure.

Tougher Penalties for Hateful Symbols in Schools

AB 2282 introduces tougher punishment for those who use hateful symbols in schools as part of hate crimes. The legislation, introduced by Democratic assembly member Rebecca Bauer-Kahan, was approved in the state senate by 39 votes to nil.

Bauer-Kahan commented: "A noose and a swastika and a burning cross were treated differently, both where they could legally be placed and how they were treated as a penalty. They all needed to be treated equally."

"We expanded it to schools because we decided that was a sensitive space where we don't want, especially our young people, to be terrorized."

New Protection for Cyclists

Drivers will now be required to move into another lane when passing a cyclist in the same direction if this can be done "with due regard for safety and traffic conditions" and is "practicable and not prohibited by law."

Previously, they were simply required to maintain a distance of at least three feet.

Shooting Victims Can Sue Firearms Manufacturers

As a result of AB 1594 victims of gun violence, along with local prosecutors and the state attorney general, will gain the right to sue firearms manufactures for the damage their weapons caused following a number of mass shootings across the U.S. in 2022.

Gun rights activists have argued this legislation undermines the second amendment.

Historic Convictions Sealed

Most of those convicted of non-violent and non-sexual offenses will be able to have their criminal records permanently sealed after a period of time, in a bid to help reintegrate convicts back into Californian society.

To be eligible an ex-convict must have completed their sentence, and not committed any more offenses. It will also be possible to seal some violent crime records, but this will require permission from a court.



THIS IS OUR SAN FRANCISCO CHINATOWN'S CHINESE HOSPITAL

The early Chinese immigrants living in the San Francisco Bay Area did not have any western medical care until 1899, when the Tung Wah Dispensary was established on Sacramento Street in Chinatown. This Dispensary was the only source for western medicine until the Chinese Hospital was constructed 26 years later.

Chinese Hospital, located at 845 Jackson Street, between Stockton St and Powell Street, was completed in 1925. (Note it is only 4 blocks from our Cathay Post headquarters.) Prior to having an American western hospital, there was no western hospital that could effectively provide medical service to any Chinese person in America due to language limitations. It should surprise no one that our early settlers did not speak much, if any, English. And, of course, in those early days, none of our American trained doctors spoke Chinese.

If available Chinese herbs could not cure a Chinese person, that person was out of luck. There was also only limited types of herbs available in America, and the number of herb doctors was also limited. Herb doctors and limited herbs were only available in big cities like San Francisco or New York city. If you lived away from a major metropolis with a large Chinese population, you were in big trouble if you ever needed any type of medical care. Life was indeed difficult and dangerous for the early Chinese immigrants.

In the 19th and first half of the 20th Century, there very few Chinese American doctors/medical staff. When our Historian was born in the 1940s, his doctor was a Dr. Kingston. His Mom spoke English, so communication was not a problem. For many Chinese patients at this hospital, translators, when available, were necessary. Until the World War II babies grew up, some went to medical schools and became doctors, even the Chinese hospital staff was absent any Chinese American medical staff. Thank heavens that many of our smart and hard working Chinese girls decided to become doctors. And many became nurses!

Today, the doctors at Chinese Hospital are all Chinese Americans, mostly females. Things

have changed a lot since the early days, and today, according to the Centers for Medicare and Medicaid Services, our Chinese Hospital provides medical service now ranked among the best hospitals in San Francisco.

The Hospital now supports a Stroke Center in conjunction with the UC Medical Center. As we all know, strokes are a threat to everyone, and therefore, with Chinese Hospital nearby (only 4 blocks from Cathay Post) it is comforting that a stroke center is so close. For stroke victims minutes count, as stroke victims need immediate competent medical care. The first couple of hours is vital to prevent severe damage to the brains of all stroke victims. Even if a stroke victim is not near our hospital, EMT personnel in ambulances will deliver their patients to a competent stroke center.

Some great news as \$7,000,000 gift from the Charles Huang Foundation, the largest philanthropic contribution in our 123 years. Additionally, California State Assemblymember Phil Ting advocated and secured \$5,000,000 of the state's budget for Chinese Hospital, marking the first time in our history that we've received state funding. Collectively, these funds will be used towards renovating our Outpatient Building and adding more beds to provide care to more patients. Additionally, this project will expand the much-needed subacute beds to the San Francisco healthcare ecosystem. Subacute care includes medical attention for patients recovering from a number of different medical problems, including post surgery services.

Chinese Hospital is a community hospital (not for profit organization) so it serves our entire community, not just Chinese patients. A number of our Cathay Post members were born there, and some of us (and our family



members) have received excellent medical services at our Chinese Hospital. And many of us will use this hospital sometime in the future. As we all get older, medical services will become more relevant to each and everyone of us.

The CEO of our hospital is Dr. Lian Zhang, whose leadership and medical skills have establish Chinese Hospital to be one of the best in our nation. She has received both national and international awards for her distinguished accomplishments in hospital management.

It makes great sense for our Post to support and contribute to this important hospital as many of us are potential clients. Several of our Post members started a donation last month, and I am asking all of our Post members to make a generous donation to keep our Hospital healthy and valuable to everyone. Your contribution should be made by our next Post meeting on Saturday, Jan 14, 2023. Thanks in advance for your kind support and needed donations.

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

EXERCISE AND COVID

Reminder: The more You exercise, if You get Covid (or any viral infection) the more likely your symptoms will be milder.

Researchers at Kaiser Permanente reported in December 2022 their findings with 194,000 Covid patients. Most of us already know that exercise is good for us, even if it is just to prevent obesity and strengthen our heart. What is more certain now is that a good daily exercise regime will strengthen our resistance to se-

vere consequences of Covid infections.

In contrast, people who are inactive, are almost twice as likely to be hospitalized, and four times more likely to die.

Do we have your attention yet?
Set up your daily exercise program!

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





A WARNING NOTE FROM A NATIONAL BANK

Seniors are a favorite Target, but everyone can get be exposed to tricksters and crooks who want some easy money. The following protective guidance is provided to the customers of a national bank, but is valuable to all of us.

TIPS for Spotting a Scam

1. Scammers usually pretend to be contacting you from the IRS, or the Social Security Administration, or a Company you do business with. You will receive mail, or an email message, or a text message from an official, or they are contacting you on behalf someone you know.

2. You are offered a Conditional Prize or an interesting Problem. The Prize sounds wonderful, but you must pay a small fee to receive it. There may be a story that you may be in trouble with a government agency, or a family member or good friend is in trouble and needs money. (I have received more than a dozen emails with names of people I know who need money to buy tickets to get home

from overseas.)

3. Scammers want you to act before you have time to think. They suggest that a family member is in trouble, or your computer has a virus that needs to be stopped immediately before your computer is damaged. (I receive a message like that frequently.) They might suggest that you might be arrested, or your bank account will be frozen.

4. Asking you to pay in a specific manner. Scammers will often insist you pay by sending money or gift card, using a payment app (like Zelle). You may even receive a fake check. ask you to deposit the check, then ask you to send them the money.

How can you protect yourself from scammers...

1. BLOCK. Filter unwanted emails to your spam folder and block unwanted calls and texts. If you are told that you are being contacted by Mr./Ms. Scam Likely, believe it.

2. RESIST. Do not allow anyone to pressure you into providing them with your personal or financial information.

3. REFUSE. Even if it's a business you recognize, do not give personal or financial information when you are contacted.

4. PAUSE. If anyone tells you that you must act immediately/ Would a legitimate company ask you take such action? If it sounds wrong, it probably is.

5. VALIDATE. Instead of clicking links or text messages, or calling numbers they give you, contact the bank or company through its official website.

6. TALK. If you are ask to keep a secret, or do something strange or suspicious, stop and check facts out with someone you can trust. Most banks have fraud departments and they are the right people to talk to when you have any questionable contacts.

TO MASK OR NOT MASK. THIS IS THE BIG QUESTION.

We all wish it would go away. But the threat from the many variances of Covid is growing worse and is infecting many more people than many people will admit to. Most of us are tired of face masks, and many people have stopped using them. But, especially for myself and my senior friend, we do not really have a choice. Some variances of Covid are deadly for seniors, and even if doesn't kill us, and only has minimal symptoms. If the variant is passed to someone else, it could be deadly.



know who is a virus carrier.

So listen to the Lone Ranger. Mask Up even if you are just horsing around.

What if that person was someone you cared about, like your spouse or good friend? What if it infected and seriously harmed your children or grandchildren? You will never forgive yourself.

So follow the suggestion of the Lone Ranger, and Mask Up whenever you are near other people. You never

LOS ANGELES AND ALL OF SOUTHERN CALIFORNIA ARE IN DEEP TROUBLE - A BIG DROUGHT

We in northern California have been under drought conditions but have had rain and snow in past few weeks, so perhaps we will have water in the months ahead. The snow in the Nevada will provide us with water, but Southern California (with a population of 19,000,000 residents) depends on the Colorado River which is running dry. What water is available is used up before the River reaches California (or Mexico). This is a very serious problem. Humans need air, food and water (and housing too!), but we must all have the air, food and water. Two out of three is insufficient and is life threatening.

Of course, we must also consider our friends south of the Border. Those immigrants heading north will need to move somewhere other than Southern California. Climate change has drastically impacted many parts of America, so it will be extra difficult for anyone who needs to immigrate to America seeking a better life. Today, there

are many, Americans who are having a real tough time.

This is the reality. California state officials have announced that Southern California will only get 5% of the water requested based on available water within California. Even the recent storms in the Sierras and Central Valley, reservoirs are still well below average at this time.

The drought has forced the state of California to recycle waste water (called the Pure Water project) instead of draining waste water to the ocean. There is even some almost serious talk about de-salinization plants.

Life has changed dramatically the last few years. Those who can adjust will survive, and those who can't will suffer the most.

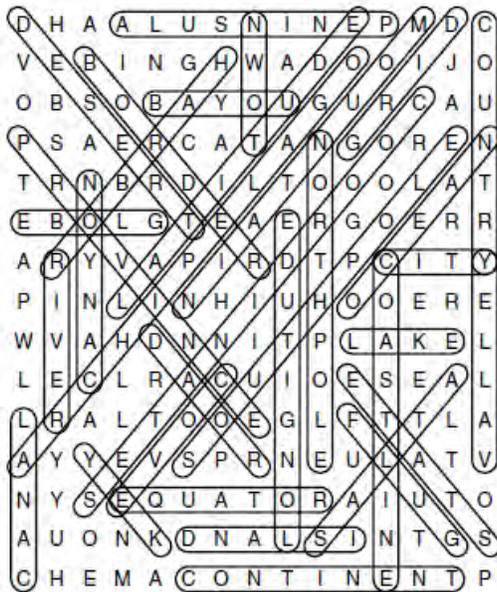


DECEMBER PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

WORD SEARCH secret message:

Having a job as a cartographer will really put you on the map.



- ARCHIPELAGO
- ATLAS
- BAYOU
- BORDER
- CANAL
- CANYON
- CITY
- COASTLINE
- CONTINENT
- COORDINATES
- COUNTRY
- COVE
- DESERT
- EQUATOR
- GLOBE
- GRID
- GULF
- HARBOR
- ISLAND
- KEY
- LAKE
- LATITUDE
- LONGITUDE
- MOUNTAIN
- (range)
- NORTH POLE
- OCEAN
- PENINSULA
- PROVINCE
- RIVER
- ROAD
- SOUTH POLE
- STATE
- TOWN
- VALLEY



SUDOKU SOLUTION

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

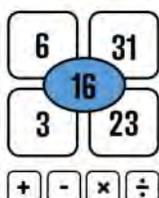
3	2	9	1	4	6	8	5	7
1	8	5	9	7	2	3	4	6
7	4	6	3	8	5	2	1	9
8	5	4	7	3	1	9	6	2
9	6	3	8	2	4	5	7	1
2	7	1	6	5	9	4	3	8
4	9	2	5	1	7	6	8	3
5	1	8	2	6	3	7	9	4
6	3	7	4	9	8	1	2	5

JUMBLE SOLUTION



- FAIRY
- BARON
- GYRATE
- NUANCE

4 NUMBERS SOLUTION



$(31+23-6)/3$
 $(31-23) \times (6/3)$



$(9 \times 9) + 9 + 2$

What the flag company had — A BANNER YEAR



WORD SEARCH: WHEEL OF FORTUNE

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

Solve Wheel of Fortune Word Seek puzzles just as you would regular Word Seeks, but pay special attention to the blank spaces in each diagram. Some of the entries will pass through these spaces; as you circle them, write the missing letters into the blanks. These letters will reveal the answer to the Wheel of Fortune puzzle, the category for this puzzle is PHRASE. How many letters will you need to fill in before you figure out the answer?

- ATLAS
- DOWN
- MIRROR
- AUTHOR
- EXCEPT
- MUSICAL
- AVENUE
- FLAKE
- OUTGROW
- BANK
- FLIGHT
- QUARRY
- BOSS
- FOURTH
- SEASON
- CANVAS
- FUNNEL
- SENOR
- CARAT
- GUESS
- SESAME
- CITY
- GUITAR
- TELL
- CRISPY
- HALF
- TWINE
- CURRENT
- HENNA
- WOULD
- CUSTARD
- LACK
- YONDER
- DOLL
- MATTRESS

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 $1+(7 \times 3)+6 = 28$

16	22
39	
10	21
+	-

6	8
62	
4	6
+	-

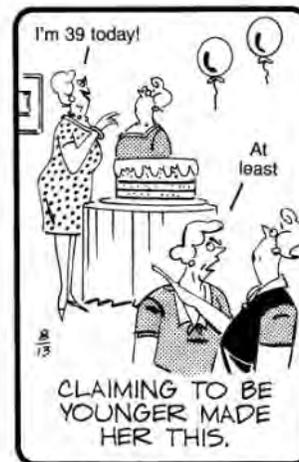
CAN YOU SUDOKU?

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!

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

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

JUMBLE



ROGGE

SABUQ

FLUFEM

TSATLE

Answer here: - "

WORK SPACE



JANUARY



HAPPY★NEW★YEAR

SUN	MON	TUE	WED	THU	FRI	SAT
1 NEW YEARS DAY	2 	3 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	4	5 	6	7
8	9 	10	11 EXECUTIVE BOARD MEETING 7:00 PM	12	13	14 POST MEETING 11:00 AM
15 	16 MARTIN LUTHER KING JR. BIRTHDAY	17 	18	19 SFVA VAVS VIA ZOOM	20	21
22 CHINESE NEW YEAR	23 	24	25 	26	27	28
29 	30	31 	JAN 13-15: CA LEGION DEC IN ANAHEIM			

FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
BLACK HISORY MONTH 2/12: NATIONAL SALUTE TO VETERANS WEEK			1	2 GROUNDHOG DAY	3 FOUR CHAPLAINS DAY	4 USO BIRTHDAY
5	6 	7 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8 EXECUTIVE BOARD MEETING 7:00 PM	9 	10	11 POST MEETING 11:00 AM
12	13 	14	15	16	17	18
19 COAST GUARD RESERVE BIRTHDAY	20 PRESIDENTS DAY	21 MARDI GRAS	22	23	24	25
26	27	28				