



# CATHAY DISPATCH

## MESSAGE FROM THE COMMANDER



Happy New Year everyone! The New Year is upon us as we celebrate entry into 2024. Some of us rang in the New Year by having small gatherings of friends at home for dinner and drinks, a much safer option than driving to a big party. It's time again for many of us to make a New Year's Resolution, as for me I will try again to trim my waistline by losing a little weight but I think that's easier said than done.

How fast time passes nowadays, with the Chinese New Year just around the corner on February 10th, 2024. The year of the Dragon represents power, success, honor, and luck among the Chinese. You can see why many Chinese parents want to have children in Dragon years! Hopefully, the year of the Wood Dragon will be a creative and successful year of progress for everyone. The celebrations start on the Feb 10th and ending with the parade on Saturday February 24th.

Looks like the 49ers have a good chance of going to the Superbowl. Nevertheless, the post will be hosting yet another Superbowl Party on February 11th 2024, Please mark your calendars and join us for the big game. Our next meeting will be on Saturday, January 13th, 2024. See you all there!!!



### CATHAY POST 384 AMERICAN LEGION

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The December 2023 Post meeting featured our annual holiday lunch, which was filled with lots of Holiday cheer. We enjoyed a delicious goose, gave away over \$1,000 in donations and toys to the local firehouse, and ended the day with our first viewing of the Army Navy game at the post.

At the game viewing, adult beverages were provided by the post and snacks were provided by the 1st Vice Commander. However, since the Army won this year, next year the snacks will be provided by Army/Air Force (Army Air Corps). If the Navy had won (including the Marines), we would be supplying the treats again in 2024.

For those that may not know the history of the game....

The Army-Navy Game is an annual college football game played between the United States Military Academy (Army) and the United States Naval Academy (Navy, including the Marines). The game is one of the oldest and most storied rivalries in college football and holds a special place in American sports culture. Here is a brief history of the Army-Navy Game:

- **First Game (1890):** The first Army-Navy football game took place on November 29, 1890, at West Point, New York. The Navy won the game, which marked the beginning of a tradition that would continue for over a century.
- **Tradition and Pageantry:** The Army-Navy Game is known for its rich tradition and pageantry. The

game is usually held in a neutral site, with locations such as Philadelphia, Baltimore, and New York City hosting the event. The pre-game activities include the famous "March On" by the Corps of Cadets and the Brigade of Midshipmen, as well as the ceremonial exchange of prisoners.

- **Series Interruptions:** The series has faced interruptions due to various reasons, including World War I and World War II. However, the game has consistently resumed after these interruptions, and it has become a symbol of the camaraderie and shared commitment of the two service academies.
- **Neutral Site:** The game has been played at various neutral sites over the years, with Philadelphia being the most common venue. Lincoln Financial Field has been the primary host since 2003. The neutral site ensures a fair and neutral environment for both academies' fans to attend.
- **Army-Navy Trophy:** The winner of the game is awarded the Commander-in-Chief's Trophy, which is presented by the President of the United States to the academy that wins the most games in the round-robin competition between Army, Navy, and the Air Force Academy.
- **Notable Moments:** The Army-Navy Game has seen many memorable moments and upsets over the years. One of the most famous games occurred in 1963 when Navy quarterback Roger Staubach led the Midshipmen to a 21-15 victory.




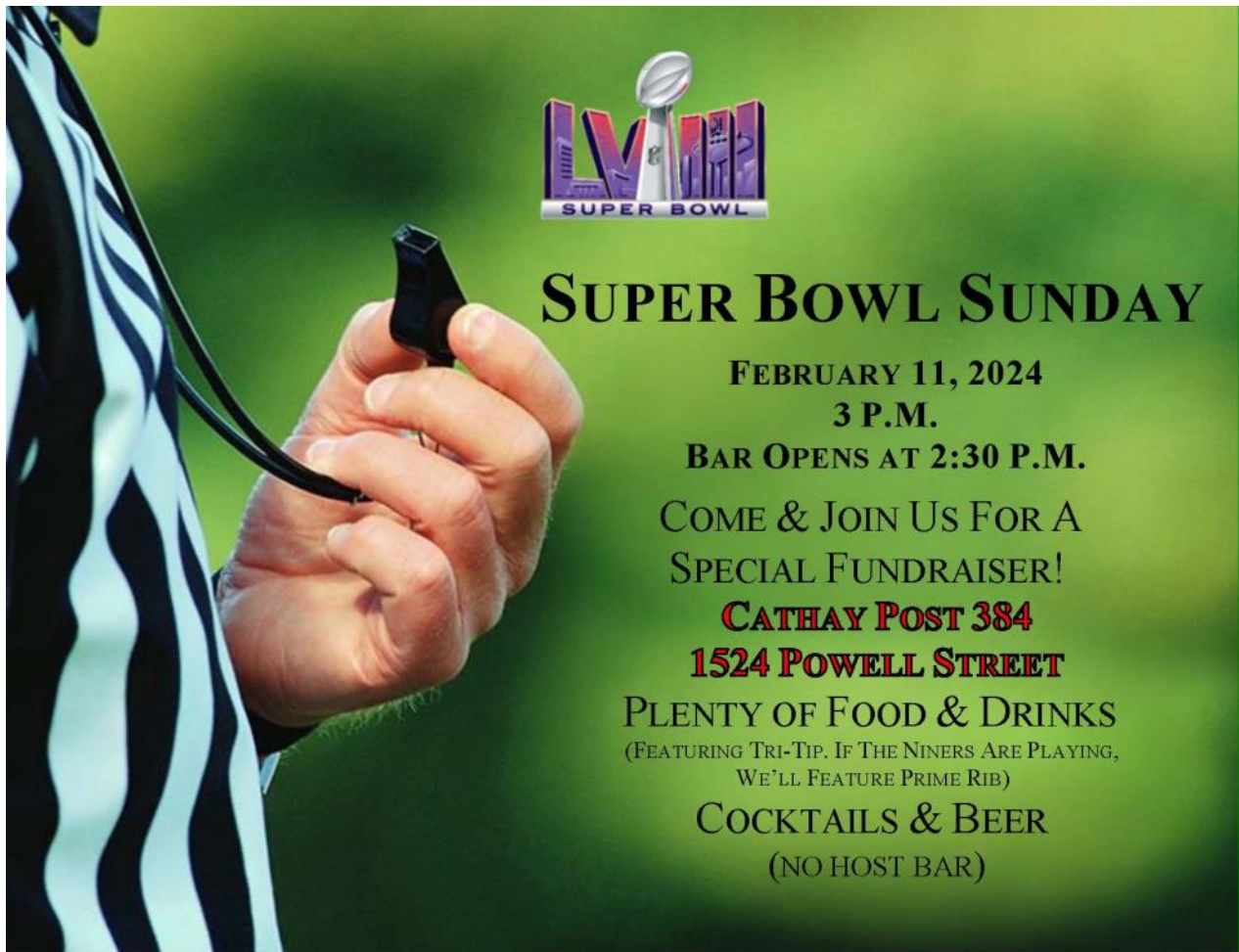
Staubach went on to win the Heisman Trophy that year.

- **Service Academy Dominance:** The Army-Navy Game often carries extra significance beyond the football field. It reflects the intense but friendly rivalry between the two service academies, both of which produce future leaders of the United States military.

The Army-Navy Game has become much more than a football game; it is a celebration of the dedication and commitment of the cadets and midshipmen who will go on to serve their country in the U.S. Army and U.S. Navy. The game is a unique tradition that resonates with fans and participants alike, making it a special event on the college football calendar.

Photos from December's meeting and events:





## SUPER BOWL SUNDAY

FEBRUARY 11, 2024  
3 P.M.  
BAR OPENS AT 2:30 P.M.

COME & JOIN US FOR A  
SPECIAL FUNDRAISER!  
**CATHAY POST 384**  
**1524 POWELL STREET**

PLENTY OF FOOD & DRINKS  
(FEATURING TRI-TIP. IF THE NINERS ARE PLAYING,  
WE'LL FEATURE PRIME RIB)  
COCKTAILS & BEER  
(NO HOST BAR)

MINIMUM DONATION: \$25

LIMITED SEATING

**RSVP BY MONDAY, FEBRUARY 5, 2024**

GEORGE TSANG (415) 608-6312

NELSON LUM (415) 205-0120

FOOTBALL POOL = \$25/SQUARE

CONTACT LILY WONG: [lilytlwong@yahoo.com](mailto:lilytlwong@yahoo.com)



## NANJING JI

This year marks the 86th 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 10, 2023. The event is free and open to the public. The Color Guard showed up in droves as we had a total of eight (8) members and support members alike show up for the folding of the US Flag. Bill Fong and I had the flag honors. Ernesto Ugarte and Doug Wong were on the M1's and Mickey, Bennett and Joey rounded out the detail with SGT@ARMS Don McCoy leading the charge. This has to be a new all-time record. Thanks to all who gave up their free time on Sunday to support us. As a treat, we were treated to our favorite pizza at Mona Lisa's around the corner. Maurizio was his generous self and threw in some appetizers for good measure.

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. Here is a montage of photos taken at the Hilton all lit up for the holidays. Please google Nanjing for information.





## HAPPY BELATED BIRTHDAY SPACE FORCE – FOUR YEARS AND GOING STRONG

Due to all the hype of the holidays, it's easy to forget the date December 20th. With so much going on, it's hard to really pay attention and give our newest branch the honor it so deserves. It's the US Space Force Birthday. After all, SPACE FORCE is coming up on the BIG 5 in no time. Are you ready?? Here are the ABC's of the SPACE FORCE.

What's its original name – AIR FORCE SPACE COMMAND was renamed UNITED STATES SPACE FORCE.

I'm guessing by now, you know what date it became official – The US Space Force was established December 20, 2019, when the National Defense Authorization Act was signed into law, creating the first new branch of the armed services since 1947.

What is its MOTTO – “SEMPER SUPRA” is Latin for “Always Above” and is also the title of its branch anthem.

What is a Space Force member called – the Army has soldiers, but all Space Force personnel, whether civilian or military, are called “GUARDIANS”. As of FY23, the Space Force has more than 14,000 military and civilian Guardians.

What is the US Space Force symbol – The DELTA, first used in 1961, became an iconic part of the space missions under the USAF and Air Force Space Command. The DELTA will continue its legacy, representing vital missions as the logo for the US Space Force.

What is the US Space Force's NEW mission statement – “Secure our Nation's interests in, from and to space”.

Keep in mind, it won't be long before we see our first member from the US Space Force.





## VA NEWS & HAPPENINGS



### MESSAGE FROM THE SECRETARY

#### Kicking Off the New Year

As we kick off 2024, I want to reflect on both your record-breaking work in 2023 and the opportunity this new year presents to build on those positive outcomes for Veterans, their families, caregivers, and survivors.

This year, we're going to continue delivering more care and more benefits to even more Veterans. Most notably, beginning in March, all toxic-exposed Veterans will be eligible to enroll directly in VA health care under the PACT Act—including any Veteran who served in Iraq, Afghanistan, the Gulf War, or any other combat zone after 9/11. This will mean that millions of additional Veterans will have access to VA health care.

So, we must continue providing timely, excellent, world-class care. We must continue processing Veterans' claims and appeals faster than ever before, delivering the benefits they've earned and deserve. We must provide dignified resting places for millions of Vets and continue expanding the Veterans Legacy Memorial. We must continue transforming the way a record number of Veterans access VA care and benefits through state-of-the-art technology. And we must continue hiring and retaining our great staff and ensuring that each of you has the resources and support that you need.

As with every year, 2024 will certainly bring its own unique challenges, some we can anticipate, but others we cannot. In recent years Congress has significantly expanded VA's authority to serve Veterans—including with passage of the PACT Act—and provided us with the funding to carry out those new authorities. As a result, we can expect increased oversight from our congressional partners. We welcome it. Oversight is not only Congress's constitutional obligation; it makes us better, keeping us accountable to the Veterans we serve and to each other. Our Oversight Team—which includes members from OGC, OCLA, and OPIA—is working hard to ensure that we respond completely and promptly to Congress's questions.

Now, we should always be our own toughest critics. That means if you ever see something or hear about something that isn't right—if we aren't doing the very best we can for the Vets we serve or our teammates—you have to let us know. There are a number of ways you can raise the red flag. And if you're not being heard or if the seriousness of the situation dictates, you can reach out to the VA Office of Resolution Management, Diversity & Inclusion (ORMDI), the VA Office of Inspector General (OIG), the Office of Accountability and Whistleblower Protection (OAWP), or any other of a number of avenues of redress that you can find here.

There will likely be controversies and challenges this year, and they will get accentuated during this presidential election year. Please, remember that our noble mission, our singular purpose, and our critical responsibility is to always keep Veterans at the heart of everything we do. That requires each of us to stay out of politics. As Federal employees, political activities are limited under the Hatch Act. If you have any questions about what's doable and what's not, contact the VA Ethics Specialty Team or visit the OSC Website.

Each new year brings hope for success and joy. I also know that for any number of understandable reasons, each of us will face personal

struggles. I know I will. And as I do, it is reassuring to know that I am a part of the best team in the Federal Government. So, if you find yourself struggling, you need not struggle alone. And if you know of fellow employees who are struggling, they need not struggle alone. Let's work together to ensure we get the right support that we need, and that we deserve. Help each other, and don't hesitate to reach out to the Employee Assistance Program, the great chaplains in the VA National Chaplain Service, and the National Suicide & Crisis Lifeline (call 988 or chat online).

This will be a year of challenges and, as you've proven time and again, great successes and victories for Veterans, their families, caregivers, and survivors. It's critical that we always remember them and stay squarely focused on our mission, serving Vets every bit as well as they have served—and continue serving—all of us.

Let me tell you about one of those Vets. One of my last trips of 2023 was to the Oscar G. Johnson VA Medical Center in Iron Mountain, Michigan, to celebrate that VAMC delivering consistent and enterprise-leading Veteran experience scores. While I was there, I had the honor of meeting a 98-year-old Army Vet named John Moddie. John's a resident at the local Community Living Center (CLC), and his story is incredible.

John fought in the Battle of the Bulge, one of the most deadly and vicious American battles of WWII, where he was captured by Nazi forces. John spent four long months as a POW, suffering grievous physical and emotional injuries in captivity before Allied forces liberated him from the German prison camp. After regaining his health, John settled down on Michigan's Upper Peninsula with his family.

I asked John about the care he was receiving from our VA teammates at Iron Mountain. He told me, "I've never seen better people than the people who work here. That's the honest to God truth. They're great ... If you have a problem, they'll get you the help you need. You can't ask for more than that."

John's right. I can't ask for more than that, and it's just one example of the many ways you are the very best workforce in the federal government. As I wrote in last week's End of Year All Employee Message, we can never put a figure to those countless miracles that are a product of your superb work, that improve and make Veterans lives better.

As we kick off this new year, I couldn't be prouder to be a member of your team, and I couldn't be more certain of the many positive outcomes that will come for Veterans in the year ahead.

DM

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## VAVS REPRESENTATIVE FOR THE AMERICAN LEGION CJ REEVES

### MESSAGE FROM THE VETERANS HEALTH ADMINISTRATION January 4, 2024

#### Monthly Spiritual Reflection

January is a month that provides us with a wealth of religious traditions that reflect the rich faith expressions and philosophies of our diverse workforce.

These traditions remind us of the sacred mission of VA to care for those who have borne the battle, as reflected in our I CARE Values: Integrity, Commitment, Advocacy, Respect, and Excellence.

**New Year's Day (Christian)** – January 1: The Gregorian calendar was introduced by Pope Gregory XIII in 1582. Many churches hold watch-night services on New Year's Eve, and Christians and non-Christians make New Year's resolutions.

**Solemnity of Mary (Christian-Roman Catholic)** – January 1: The solemnity of Mary, the mother of the eternal Son of God made man, who is God himself, is a holy day of obligation.

**Shogatsu (Shinto)** – January 1–3: Homes are purified to welcome the Shinto deity of the New Year, Toshigami, who bestows health and good luck for the year ahead.

**Janus (Pagan)** – January 1: Janus is a god of beginnings and endings, representing the year's transitions from one season to another. In modern times, we recognize him as the god of doors and gates.

**Epiphany (Christian)** – January 6: God reveals his salvation to the world when He revealed Himself through the manifestation of Jesus.

**Armenian Orthodox Christmas Day (Christian-Armenian)** – January 6: Celebration in concurrence with Epiphany and the baptism of Jesus.

**Christmas (Christian-Orthodox)** – January 7: Orthodox Christmas, marking the birth of Jesus.

**Baptism of Jesus (Christian)** – January 7: Feast honoring the baptism of Jesus in the Jordan River by John the Baptist.

**Rosh Chodesh Sh'vat (Jewish)** – January 10: Celebration marking the start of a new lunar month. Throughout history, our light has waxed and waned. But even in utter darkness, it has never been extinguished.

**Lohri - Maghi (Sikh)** – January 13: Also known as Makara. Bonfires are lit in Hindu homes to greet the birth of sons in the families and

alms are distributed.

**Orthodox New Year (Christian-Orthodox)** – January 14: Celebration of the Christian Orthodox New Year.

**Makar Sankranti (Hindu)** – January 15: Dedicated to the sun god, Surya; the celebration of the sun entering the zodiac sign of Capricorn or Makar, which marks the end of the winter and the start of longer days.

**Guru Gobind Singh Birthday (Sikh)** – January 17: Celebration of Guru Gobind Singh, the son of Guru Tegh Bahadur, the tenth and last human Guru of the Sikh religion.

**World Religion Day (Bahai)** – January 21: A celebration of the teachings of unity found in all religious traditions. The observance begins at sundown.

**Sadeh (Zoroastrianism)** – January 24: Also known as Adur-Jashan (feast of fire). The bonfire drives back the winter in defiance of Ahri-man (Satan).

**Feast of the Conversion of Saint Paul (Christian-Roman Catholic)** – January 25: Celebrates St. Paul turning away from the persecution of Christians to promoting Christianity.

**Tu Bishvat (Jewish)** – January 25: Marks the season in which the earliest blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

**Thaipusam (Hindu)** – January 25: A celebration of the victory of good over evil.

**Mahayana New Year (Buddhist)** – January 25: A time for self-reflection. Lessons from past mistakes are learned, and the goal is to become a better version of yourself.

**Shabbat Shirah (Jewish)** – January 26: The Sabbath of Singing and celebrating Moses and Miriam leading the Israelites across the Sea of Reeds (the Red Sea) and out of Egypt.

**Holocaust Memorial Day (Jewish)** – January 27: The day commemorating the millions of Jews and minority groups who were murdered by the Nazis during the Holocaust.

May this New Year find you joy-filled, peace adorned, and love abounding.



**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:



## A SOLDIER'S SACRIFICE

From nation to nation,  
On land, sea, air they fight,  
Against terrible tyrant's might,  
Deaf to evil trickster's plights,  
To keep our homeland's safety and rights,  
The soldier, the knight, giving them honor is right.

Listen to me, you hear, you see,  
The stories of the men who've died  
For me, for you they take the hit, the stab, the cannon-  
ball,  
In the name of Honor, Justice, and Love for all,  
Their nation, their family, the world in all.  
These soldiers crawl through mud and muck,  
Climb giant, jagged cliffs,  
Run in soft sand deserts,  
Tread through snow and sleep in holes.  
Wherever they are called to they will go,  
Without so much as a disgruntled groan.

Perhaps you are not hearing me clearly,  
So close your eyes and maybe you can see,  
The tan sand on the rough street of a Middle Eastern  
city,  
Where walls are broken with bullet holes,  
And the faces of the city try to hide the fear they live in.  
And the only thing more fierce than those you protect the  
city from,  
Is the dry, hot sun, beating down upon you.  
And as you stand on the tan painted, searing hot steel  
bed of the transport truck,  
Handing out supplies to the crowd of the thirsty villag-  
ers,  
You hear a yell, thunderous blast,  
And a thud, as the body of the soldier standing next to  
you falls to the ground,  
You hear the "twangs" and "tirps" and "ratataps" of  
guns,  
To the left and right, and above on the roof tops,  
You scramble for the nearest cover,  
Before the crowd runs you over.  
And when you duck under cover next to your sergeant  
and new brothers,  
You hear those words of long ago in all their glory,



And your legs take flight, it's time to fight,  
Time to let destiny unfold,  
Time for your story to be told,  
Bullets whizzing by,  
Bombs and explosions on right,  
Roaring jets fly by saving your lives,  
And the enemy is gone,  
But so are the lives of 5 American soldiers,  
And 16 innocent civilians.  
Safety and freedom is not free, it comes with a horren-  
dous price.

Open your eyes, you're home, wounded in battle,  
You've sacrificed your arm,  
But there is no hero parade for you, just pain, and heart-  
ache.

You go to your closest friend's funeral,  
And as you approach there are two crowds there,  
One of the heartbroken family and friends of this brave  
soldier,  
But the larger of the two is full of loud, sign waiving  
protesters,  
And what's worse are the things they scream out,  
"That soldier is a MURDERER! He got what he de-  
served!"

He died protecting their lives and their rights to stand up  
for what they believe in,  
But who will stand up for him?

© 2009 Stephen Sherbin II





## Happy Birthday, David!

Michelangelo's David turns 520 years old on January 15, 2024. Created from a 13-foot block of marble sitting in the studio for nearly 30 years, Michelangelo set out to sculpt a statue of King David to be placed atop of the Florence cathedral. Instead, he decided to revolt against his patron Alessandro de Medici AND David, who fought against the tyranny of Goliath, became incarnate with the city representing Florence's defeat over an over-bearing giant - his patron Alessandro de Medici. The Statue of David is located in the Tribune, a special room inside the Galleria dell'Accademia in Florence, Italy. The Tribune is a round room, located in the heart of the museum, on the first floor, specifically designed to display the statue. It was created in the 19th century by the architect Emilio De Fabris. It is said that Michelangelo's last words at the age of 87 were, "Ancora imparo," a Latin phrase which translates to "I am still learning." If you get the chance, go to Florence to see this magnificent statue, which truly represents the longevity and survival of this brilliant city, which gave birth to the Renaissance.

### 10 Fun Facts about Michelangelo's David

1 – Unlikely most of the statues of David made by other artist's, Michelangelo's David is depicted before the fight against Goliath. We can guess that because he holds a stone in his hand and has a worried expression. Michelangelo represented him in the moment just before the battle.

2 – The statue was almost placed on a buttress in Brunelleschi's dome in the Duomo, but the commission of artists tasked with finding a home for David eventually decided on the Piazza della Signoria in front of the Palazzo Vecchio instead.

3- Leonardo di Vinci, rival of Michelangelo, proposed putting it out of the way in a niche inside of the Loggia dei Lanzi. The darkest and less visible corner of Piazza della Signoria. Even the greatest men can suffer from envy.

4 – Michelangelo wrote a short poem upon completing this sculpture, "David with the frombola, and I with the bow." The frombola is David's sling, and the bow refers to a sculptor's hand drill, which is used for finishing details. They both used these tools to finish monumental tasks.

5 – Michelangelo is thought to have used a model for the face of the hero, but we do not know who he is. Actually nobody knows, because Michelangelo did not want David to be seen by anyone before it was completed. He worked in total privacy for 3 years, and only showed the statue once it was finished.



David at the Accademia Gallery Museum

6 – David has heart-shaped pupils. Statues often have a slit in the pupils, to give them some depth, but they are just simple, vertical slits. David's eyes instead have clearly heart-shaped pupils. The reason why and what they are symbolizing remain a mystery. You can give your own interpretation of this detail.

7 – David wasn't meant to be just plain, marble white. Some details of the statue were originally covered with gold: the hair, lips, sling, and the trunk at his feet. Unfortunately the golden coat was lost after just a few years.

8 – Initially, David had wreaths of golden brass leaves woven into the sling belt and around his head. Also those accessories unfortunately got lost after a short time.

9 – The very first damage (of many ones) that David suffered was in 1512, when it was struck by a lightning bolt that cracked the base of the statue. The lightning created invisible cracks in the left ankle area.

10 – In 1527 during a revolt, a bench was thrown from one of the windows of the Palazzo Vecchio that hit David's left arm, breaking it into several pieces. The restoration that followed was carried out by Giorgio Vasari and Francesco Salviati, devoted fans of Michelangelo's work.



# PHOTO COLLECTION

## Raymond & Dara attended Wreaths Across America Presidio Trust

San Francisco National Cemetery  
1 Lincoln Boulevard  
San Francisco, CA 94129

facebook photos albums <https://www.facebook.com/media/set/?vanity=raymond.wong=a.25409902675276026&type=3> no printed program

91st Division/Chinatown VFW #4618 made monetary donations for Wreaths Across America event, were purchased for multiple wreaths total costs \$ 85.00; ceremony sponsored by AL #599, featured speakers:

- Vernon Glenn, KPIX-TV sports anchor;
- Catherine Stefani, BOS Supervisor District 2;
- Fiona Ma, California State Treasurer;
- Malia Cohen, California State Controller





# PHOTO COLLECTION

**Raymond & Dara attended Wreaths Across America Golden Gate Cemetery**  
1300 Sneath Lane  
San Bruno, CA 94066-2006

facebook photos albums <https://www.facebook.com/media/set/?vanity=raymond.wong.a.25409814498618177&type=3>

no printed program

· 91st Division/Chinatown VFW #4618 made monetary donations for Wreaths Across America events, were purchased for multiple wreaths total costs \$ 85.00



**Naval Order of the United States (NOUS) San Francisco Commandery sponsored Pearl Harbor Memorial Day dinner, University Club – December 3, 2023**

Four (4) VFW #4618 comrades (with spouses-companions) supported event, with RADM Thomas L. Andrewys III, SC, USN (retired) presiding  
Robert B. Butchart, USAF (retired), California OES; plus companion;  
SCPO Robert Anthony Hansen. USN (retired), plus spouse;  
Leanna C. Hong Louie, U.S. Army, plus companion;  
Charles C. Paskerian, USAF, plus spouse





# PHOTO COLLECTION

*VFW 4618 holiday banquet – December 2, 2023*





## CHINA'S CYBER ARMY HAS BEEN PROBING OUR CRITICAL POWER INFRASTRUCTURE, IN ORDER TO DISRUPT LIFE AND CREATE CHAOS IN THE U.S., WHEN A CONFLICT ERUPTS.

No one should be surprised that our potential enemies intend to cause real hardships in our nation by attacking the computers that manage our power infrastructure - if war breaks out.

We have detected their probing tactics for many years. We should presume that our

Homeland Security Agency's Cybersecurity and Infrastructure Security Agency (CISA) and NSA's Cybersecurity Collaboration Center have prepared to retaliate in kind. We must let our potential opponents know that we can also disrupt and create chaos in their territory. If they believe us, that will cause them to think twice, before starting a cyber war.

The capability to disrupt or destroy their power grids and power sources is a great deterrent that protects us from foreign electronic attacks.

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

## WE SHOULD NOT BE SURPRISED THAT WHEN WE HAVE A CONFLICT WITH ANY POTENTIAL ADVERSARY, THAT OUR ENEMIES, WHETHER THEY BE CHINESE, OR RUSSIAN, OR IRANIAN, OR N. KOREAN WILL ATTACK OUR INFRASTRUCTURE. OUR WATER FACILITIES WILL SURELY BE A TARGET.

Our federal Cybersecurity and Infrastructure Security Agency (CISA) has noted that hackers have targeted almost ten(10) water facilities across the nation assessing our vulnerabilities. There have not been any successful disruptions, but these most likely are just probes to determine our weaknesses.

Our water facilities nationwide were advised to take their computers off the internet. Our water infrastructure, includes 150,000 public water systems,

and many do not have the resources and qualified personnel, and equipment, to counter hacking threats.

Water is essential for survival, especially during times of crisis, this is a national problem that must be dealt with. A healthy person can survive almost a week without food, but no one can survive more than a few days without water.

If anyone does not have at least a week

of drinking water stored safely in our homes, you (and I) are living dangerously. Fortunately, water is not expensive, so a 2-3 week supply of water for emergencies is a simple and inexpensive defense we should provide to all our families.

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

## OMG, EARLY IN 2023 A DRIFTING CHINESE BALLOON WAS COLLECTING INTELLIGENCE AS IT DRIFTED OVER THE U.S.

Of course, anyone using a balloon to overfly Alaska and several other states, especially over Air Force bases, was attempting to gather intelligence. While this is disturbing, China's airborne intelligence gathering is quite trivial, compared to the efforts of others. This drifting balloon attempted to use public internet to communicate to China. If it did, the information communicated would be accessible to our government. One issue was never mentioned, the Chinese now have several dozen space satellites, part of their Beidou 3 system, and they must surely be taking photos of

American military bases all over the world. An out of control balloon, even though flying over America should be of limited value.

Since the late 1950s, high flying platforms have been overflying many countries, including the then Soviet Union, China, N. Korea, Cuba and Vietnam. These surveillance platforms were U-2 aircraft, managed by the CIA and flown by our Air Force pilots who were reserve officers who had to become civilians, sometimes foreign pilots, including Taiwanese Air Force pilots.

In 1960 Francis Gary Powers was shot down in the Soviet Union which was a big deal at the time.

The U-2 story is quite unusual and exciting, click on the Lockheed U-2 - Wikipedia, [https://en.wikipedia.org/wiki/Lockheed\\_U-2](https://en.wikipedia.org/wiki/Lockheed_U-2)

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



# THE DF-17, A KEY OFFENSIVE SYSTEM FOR THE PLA AIR FORCE

Chinese DF-17 Hypersonic Missiles on Display

The United States and China are vigorously competing to the superman of the skies. China logically a lead in weapons that are managed with Artificial Intelligence (AI) technology as they have been focusing and funding AI and many advanced technologies since they had their Sputnik moment in 2016 when they saw that an AI managed a computer software defeat China's best GO chess player. Appreciating how difficult it is to master the game of Go, when the best human player in China was soundly beaten by AI software, that was their Sputnik moment.

They realized that AI software was smarter than humans. Most Americans are just beginning to realize that we must learn how to use AI, or we will lose to AI.

We are realizing that AI in our military is still hindered by many senior military officers who are still planning for future combat as if we were still in the 20th Century. We have four hundred (400) of our 4- star generals who grew up in the 20th Century and fought in that Century, but today, all those military tactics are irrelevant. Actually, it is highly likely that most of our senior officers with lengthy careers, are still not capable of effective war fighting technology to fight the next war.

We are told by many AI specialists that China's earlier focus on AI likely gives them a significant lead in several AI technologies. We are told that America holds the lead in .... but, I would not make that assumption.

Experts like Eric Schmidt and Sundar Pecar Henry Kissinger advised that America's ability to remain the world's most lethal military hinges on two interrelated – and vexing – mysteries.

Can soon-to-retire four-star generals truly foresee the awesome power of artificial intelligence in time to break generation-old habits and shift warfare theories?

If they do, can they convince the brightest coding minds to chuck lucrative gigs at Google to build AI-powered systems for America faster or better than their rivals in China?

Why it matters: Future wars will be won with Stanford nerds, faster chips, superior computing power and precision robotics on land, sea and air. Experts tell us that because of a lethal combination of congressional myopia and constipated Pentagon buying rules, America isn't mobilizing fast enough to prevail on future battlefields.

"We are witnessing an unprecedented fundamental change in the character of war, and our window of opportunity to ensure that we maintain an enduring competitive advantage is closing," retired Army Gen. Mark Milley, who then was chairman of the Joint Chiefs of Staff, warned in a report he wrote shortly before retiring this fall.

What's happening: Eric Schmidt, the former Google CEO, said at last week's Axios AI+ Summit in Washington that with cutting-edge tech being deployed in Ukraine, a drone is no longer just an uncrewed flying object. It's a "potent software platform" that's a big step toward more automated war.

Related video: How America's New Nuclear Bomber Is Using AI (Newsweek)

<https://www.msn.com/en-us/money/other/how-america-s-new-nuclear-bomber-is-using-ai/vi-AA1kQhMv?ocid=socialshare>

- "It's clear that drones and other weapons based on autonomy can replace tanks, artillery and mortars," Schmidt told us in a later interview. "The success of Ukraine and also Russia on the battlefield proves this point."
- But experts warn the U.S. is still spending too much time and money building aircraft carriers and other outmoded artifacts of analog war, because of the archaic restraints of what the late Senate Armed Services Chair John McCain called the "military-industrial-congressional complex."

What they're saying: Retired Army Gen. David Petraeus – former top commander in Iraq and Afghanistan, and former CIA director, who's author of the new best-seller "Conflict" – told us that tanks, ships and planes must be largely supplanted over time by a massive armada of much cheaper, smaller, uncrewed, algorithmically piloted systems.

- "Aircraft carriers are still vital, as we see in the Middle East right now, but we will have to make choices for the future," Petraeus said.

Future models will increasingly separate the service member from the weapon, letting uncrewed systems do the most dangerous work.

- "Humans will be on the loop rather than in the loop," Petraeus said. "You will have a human at some point say: 'OK, machine. You're free to take action according to the computer program we established for you' – rather than re-



motely piloting it."

The big picture: The answers to those two big questions are being determined now, as military experts sound the alarm about ways the tectonic shift in military power is threatening America in real time. Milley's report, "Strategic Inflection Point," is a 10-page wake-up call.

- "The American homeland has almost always been a sanctuary during conflict, but this will not be the case in a future war," Milley wrote. "Robust space and cyber capabilities allow adversaries to target critical national infrastructure."
- Milley is among those warning privately that too many four-star generals – typically in their mid-50s to early 60s – are too old and too connected to conventional warfare to shift fast enough, sources tell us.
- Army Gen. Erik Kurilla – commander of U.S. Central Command, which includes the Middle East – is seen as the most technologically innovative of the roughly 40 four-stars in the military today.

Zoom in: China – and AI – are the central focus of every future-of-defense conversation. Beijing knows technology alone can help leapfrog America, despite long being outspent by us (though the gap has mostly closed).

- China has both a 2025 and 2050 plan to displace America as the world's most fearsome nation. And it has 4x as many people to draw from in the hunt for coders, scientists, quantum computing ex-

DF17...Continued on page 16



## WHAT'S THE NAME OF THE AIR FORCE'S REPLACEMENT FOR THE F-35?

That name is the “Next Generation Air Dominance (NGAD)” jet fighter.

There might be a pilot driven version, but most will be pilotless. Without a pilot, the NGAD will be smaller and extremely maneuverable.

One potential schema is to have one manned NGAD accompanied by many more unmanned NGAD.

Here are the details:



NGAD: The Air Force's New \$300 Million Fighter Could Be a Game Changer  
The NGAD  
by Harrison Kass

Will NGAD Be Worth It? While few nations even can develop and field a fifth-generation fighter, the United States is already working on a sixth-generation fighter. Known as the Next Generation Air Dominance (NGAD) program, the sixth-generation fighter is expected to be technologically advanced – and fiscally prohibitive, leading some to question whether the advanced airframe is worth the sticker price.

Only the US, Russia, and China have successfully fielded a fifth-generation fighter. Only the US and China have fielded a fifth-generation fighter (the US's F-22 Raptor and F-35 Lightning II; China's J-20 Mighty Dragon) in meaningful quantity. Fifth-generation technology is still cutting-edge beyond what most nations can develop.

Fifth-generation technology includes stealth, internal weapons bays, advanced avionics, super-cruise, thrust vectoring, data fusion, interconnectivity, and, in the case of the F-35, a situational-awareness-boosting pilot helmet costing \$400,000 per unit.

The US was ahead of the curve in developing fifth-generation technology. Feeling the pressure of Soviet aerospace

development, the US began working towards the F-22 Raptor in the mid-1980s. By the end of the 1990s, the F-22 was flying, demonstrating clearly that a new era in aviation had arrived.

Now, however, with China and Russia catching up, the US is taking the initiative to again set the curve with fighter tech advancement. The NGAD program commenced in 2014 and is expected to one day replace the F-22 Raptor, despite the fact that the F-22 is still, in many respects, the envy of the aviation world.

What is a sixth-generation aircraft? The exact technology in a sixth-generation fighter has not yet been defined. The class exists only in concept. And in concept, the only defined feature of the sixth-generation fighter is that it will be more advanced than the fifth-generation fighter. That's vague, but what it probably means is that the jet will have advanced digital capabilities, human-systems integration, variable cycle engines, increased range stand-off and BVR weapons. Perhaps even laser weapons.

The NGAD specifically is expected to revolve around four technological advancements: propulsion; uncrewed systems; materials; and sensors.

With respect to propulsion, “the Air Force intends to field these new fighters with advanced adaptive cycle engines that will offer more power, more fuel economy, better heat regulation and power production, and greater loiter times than were possible with earlier engine designs,” journalist Alex Hollings wrote.

With respect to materials, “advances in material science are often among the most secretive elements of stealth aircraft design, as today's Radar Absorbent materials are rated to absorb as much as 80% of inbound radar waves, but limit fighter performance due to their fragility. Improved RAM could reduce maintenance costs, improve stealth, and allow for greater performance,” Hollings wrote.

And with respect to sensors, “the NGAD program leans further into the F-35's air combat methodology of detecting and targeting enemy aircraft from greater ranges than ever before, allowing the



fighter to engage and destroy enemy jets before they even know the fighter was there.”

The NGAD will be built around a “family of systems.” The families centerpiece system will be a manned aircraft – the successor of the F-22. NGAD's manned aircraft has been referred to as the Penetrating Counter-Air (PCA). In addition to the PCA, the NGAD program is expected to also feature an uncrewed element – the collaborate combat aircraft (CCA), also known as the loyal wingman platform.

NGAD stems from a 2014 Defense Advanced Research Project Agency (DARPA) study. The DARPA study was designed to explore new concepts in air superiority, which would be relevant in the 2030s. The study eventually evolved into the NGAD program, which aims to field a sixth-generation fighter.

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





## ARTIFICIAL INTELLIGENCE (AI) AND FUTURE WARFARE AND HOW AI AND FUTURE WARFARE WILL AFFECT THE AMERICAN LEGION

If you have been following AI and wondering about how AI will affect future warfare, there is much to ponder.

We have seen how the Ukrainian military has used information from satellite intelligence to negate a destroy Russian armor, aircraft, missiles and drone attacks and thousands of Russian ground troops. The Russians have also used AI to harm the Ukrainians. Most of these AI efforts have not been long term, planned actions, but were quickly adapted and employed. It certainly appears that AI has prevented a much larger Russian military to overwhelm the smaller Ukrainian forces. But with help from America and AI technology, the Ukrainians have held off the Russians quite well and prevented the expected quick Russian victory.

Let's now discuss how AI will likely impact future warfare, especially involving the U.S., China, and Russia.

AI technology has developed to the point that soldiers, including all the services, are no longer relevant. Opponent combat troops will be overwhelmed with powerful robots in many variations who are armed and

don't miss. Check out these videos:

<https://youtu.be/OpLLyyqkue4?si=zpXxCxPyY6IV2r1i> Sent from Mail for Windows

<https://youtu.be/LoU3B8wnM7w?si=vkZqzmE8wluP7bva> Sent from Mail for Windows

[https://youtu.be/j8pCB8b201w?si=P9hgzg\\_CC5wvihKVV](https://youtu.be/j8pCB8b201w?si=P9hgzg_CC5wvihKVV)

In our Navy, there has been one major Navy system that is public. That is the "Orca" crewless submarine. We reported on the Orca in a recent Cathay Post Digest, so won't do into detail here. It is run by battery power with a maximum range of 6,500 miles capable of most submarine missions. It potentially will operate with a fleet of other Navy vessels including undersea drones.

In our Air Force, we have the Next Generation Air Dominance jet fighter which is also crewless and will also be used in conjunction with multiple pilotless jet fighters (and other AF jets with pilots) to be a very powerful offensive tactic.

In our Air Force, our Space Command will



have a really vital mission as a future war is likely to be in space, and success in space can render ground forces, navy forces and air forces ineffective if communications can be disrupted or destroyed.

Manpower requirements will be reduced dramatically meaning that in a decade or two, the number of veterans will be much smaller and that will mean that manpower for veterans groups, including our American Legion will be much smaller.

Read More: See **AI** at this link: <https://www.sfcathaypost384.org/rc.html>

### DF17..Continued from page 14

perts and advanced weapon systems architects.

- Take hypersonic missiles. They move so fast that no modern defense system can come close to shooting them down until moments before they hit. China is far ahead of the U.S. in the hypersonic arms race — a potential scary edge in a conflict over Taiwan or beyond.
- China has successfully tested a hypersonic missile with a range of at least 1,000 miles, allowing it to reach U.S. forces in the western Pacific, a U.S. Defense Intelligence Agency scientist told Congress.

Details: Quantum technologies — which include ultra-precise sensors and more secure communications — promise to vastly improve military targeting and encryption.

- Nimble next-gen defense startups are already vying with legacy giants. Anduril Industries — founded by Palmer Luckey, who designed the head-mounted Oculus Rift and sold the technology to Facebook — on Fri-

day unveiled an autonomous weapons platform, Roadrunner, with a portable hangar so compact it looks like an out-house. (YouTube)

Reality check: America is crushing China so far in the machine-learning race, with the leading generative AI models designed and housed here.

- This is a big, if unspoken, reason President Biden is reluctant to regulate AI in meaningful ways. And Silicon Valley is quick to hit this fear hard when lobbying Congress to stay hands-off.

State of play: Michèle Flournoy — former undersecretary of defense for policy, and now co-founder of WestExec Advisors — told us that while every branch of the military has an innovation hub, the risk-averse culture means these efforts "are still on the margins of the main acquisition and budget processes."

- "The Pentagon has gotten very good at tech-scouting and demonstrating and experimenting and prototyping," Flournoy said. "But actually moving things into production at scale has

been a challenge."

What to watch: Experts tell us they expect Washington to pour gobs of new spending into next-gen warfighting as fears rise of China invading Taiwan — a once-distant threat that now could happen in the next presidential term.

- "The United States is a heartbeat away from a world war that it could lose," Wess Mitchell, an assistant secretary of state for Europe in the last administration, wrote last month in a Foreign Policy article that got a ton of attention in national security circles.

The bottom line: Washington is buying hardware for the last war when it should be buying more software for the next one.

- "Behind the Curtain" is a column by Axios CEO Jim VandeHei and co-founder Mike Allen, based on regular conversations with White House and congressional leaders, CEOs and top technologists.





## SCIENTISTS WHO HAVE STUDIED APES FOR YEARS HAVE DISCOVERED THAT CHIMPANZEES ARE MORE HUMANLIKE AND WHILE THE GROUP CALLED “BONOBOS” COOPERATE WITHIN FAMILIES AND GET ALONG WITH OTHER BONOBO FAMILIES WITHOUT CONFLICT.

Do not be shocked but monkeys don't just monkey around. A group known as the Bonobos are very sociable and usually behave much as they would in a single group. They groomed each one another, shared food and cooperated to chase away snakes.

When confronted with violent situations, Bonobos will defuse conflict with sex, a

strategy that primatologists have not observed among chimpanzees. The more violent species of apes would sometimes even formed an alliance to harass a bonobos. BOO!

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



## WARNING TO EGG EATERS. AVIAN FLU HAS KILLED MORE THAN A MILLION CHICKENS IN CALIFORNIA.

The loss of over a million egg laying chickens in Northern California means that the cost of eggs in the Bay Area is going is no longer to be chicken feed. Expect our egg prices to dramatically increase immediately.

All of us who enjoy eggs almost daily will soon be very upset.

But not as upset as the million dead chickens who were exposed to deadly Avian Influenza Virus (HPAIV). The flu is believed to be spread by wild birds migrating south for the winter.

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

## CHINA AND THE U.S. RESTORE SENIOR LEVEL MILITARY COMMUNICATIONS.

As one major agreement from the APEC 2023 meeting between President Joe Biden and Chinese President Xi Jinping, Air Force General CQ Brown, Jr, Chairman of the Joint Chiefs of Staff and General Liu Zhenli, of the People's Liberation Army's Joint Staff department connected by telephone and discussed global and regional security issues, including Taiwan and the South China Sea.

It was reported that China has also begun moving to stop illicit traders of Fentanyl precursor chemicals.

The 2023 APEC meeting got some meaningful and constructive results.

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

## OLD MAN CLAIMS HE SHOT A RUSSIAN SOLDIER 12,670 FEET AWAY.

The odds to hit a specific target 12,670 feet away is about a billion to one. It would be more difficult for a strong golfer to sink a hole in one 600 feet away from the cup.

This article was published on the front page of a national newspaper.

Incredible that such a fib was printed to convince the public that this really happened.

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

## CORRUPTION IN THE FEDERAL BUREAU OF INVESTIGATION (FBI)

One bad egg stains the reputation of the FBI. And it was not a spy inserted into the Bureau, but Charles McGonigal, a long time counterintelligence officer who served his country for more than 20 years, then got greedy and took bribes from a sanctioned Russian businessman Oleg Deripaska who was known to the FBI and McGonigal to be connected with Russian intelligence. McGonigal, shortly before retirement traveled to Albania to meet the Albanian prime minister and arranged for his post retirement consulting business. Later, back home McGonigal received \$80,000 loan which he had requested to fund his new business.

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



## SIRI WILL MAKE YOUR LIFE MUCH MORE PRODUCTIVE AND SATISFACTORY.

If you have an iPhone, click on the YouTube video below explaining SIRI's capabilities, which will help you be tremendously more productive, and reduce stress and anxiety in life, and give you much more time to enjoy life.

SIRI has access to many databases and files covering all major topics, so use SIRI to do all your searches for information. This is extremely valuable. It will save you hundreds of hours every year.

The video below shows how using SIRI can save you hours every day and make your life much more productive and fulfilling.

These are just some of the features and capabilities of SIRI.

How to send and receive all your messages (this will eliminate a lot of your emailing time),

Set up a calendar and get reminders all day long,

Do a spell check and do all dictionary work, Set up your shopping list.

Do all your math, both simple and complex math questions.

Make and receive your phone calls.

Ask for useful information like where the cheapest gas station is near you.

What's the best and cheapest Chinese or French restaurant in your neighborhood? What time does the store, bank, barber, library etc. open?

What's the address of any place?

Planning a trip? Ask for the best price for an airlines ticket, or a cruise, or a train ticket.

Ask to get best price for anything you are planning to buy.

Ask for the best price for the car or truck you



plan to buy.

Write your resume' and your cover letter, and find you interviews.

Take some notes when you view this video if you need to remember key instructions.

Click below:  
[https://youtu.be/7oRRY\\_Y-kPU?si=aiO7N63KPvFeUdwG](https://youtu.be/7oRRY_Y-kPU?si=aiO7N63KPvFeUdwG)

## I DON'T DO THIS! DO YOU?

### HERE IS A LIST OF ITEMS WE SHOULD NEVER FLUSH DOWN A TOILET.

SOURCE:

10 things you should never flush down your toilet

Leo Benedictus, Guardian, Fri 26 Oct 2012

Remember to avoid flushing any of these items, which have been fished out from under our streets:

1. Food fat  
A serious problem, as it tends to bind around wet wipes and other detritus like clay around straw. "It slips down sinks very easily when it's warm," says Simon Evans of Thames Water, "but once it hits our sewers it cools down and congeals into what we call fatbergs."

2. Condoms  
Difficult to flush, but clearly many people manage it. Evans: "I've been down the sewers in central London and seen what appear to be fish on the surface. They're actually condoms filled with air, bobbing around. It is pretty grim."

3. Pets  
Goldfish are most common, of course, but

hamsters and gerbils are also seen. "They don't help, because they're quite sturdy little things."

4. Nappies  
These are a rarity, because of the sheer difficulty of getting one round the U-bend to begin with, but the blockages they cause can be terrible.

5. Human body parts  
These have been found by Thames Water "flushers", as sewer operatives are known – most often fingers or even hands. In truth, the people sending them down toilets probably have bigger things than sewer abuse to worry about.

6. Cotton buds and tampons  
They just won't break down. It may take months or years for a fatty ball of them to accumulate, but in the end they do block drains, which then have to be unblocked by hand. Also, diapers (baby and Senior), bladder leak pads, and paper towels will clog your toilet.

7. Half a Mini  
Probably a one-off, this. "It was dragged out of one of our major London sewers. Pretty bizarre. Obviously that didn't get flushed



down the toilet."

8. Paint and building waste  
The viscosity of paint causes problems when it joins a fatberg. Bits of rubble are heavy enough to settle in bends, providing a base on which wet wipes and food can collect.

9. Drug paraphernalia  
Syringes are the main problem, being very nasty and unhygienic.

10. Food  
A piece of bread won't do any harm, but bones or even apple cores do cause trouble. Sweetcorn collects in large quantities in the sewers, as yellow as it was in the field.



## IN 2023 MORE THAN 35,000 VETERANS ARE NOW HOMELESS. MANY ARE IN FOOD LINES, HOPING THAT FOOD DONATIONS CONTINUE BEYOND THE HOLIDAY SEASON.

This situation has gotten worse every year in recent years.

A number of veterans service organizations are helping find housing for our homeless, but the big problem is that there are more homeless, than available homes, for our veterans. And few are able to get out of their homeless dilemma. There are no problems worse than problems with no solutions.

One source of this situation is that jobs are hard to find. Homeless senior veterans will find job hunting very frustrating. Those who are looking for jobs, will not find paying jobs

that will cover the cost of housing and inflating cost of food, and clothing and medical care. Recall that during the federal shut-down in 2021, national polls revealed that 78 percent of our population were living paycheck to paycheck and did not have \$400 to pay a sudden expense.

This deplorable situation must change, or sometime in the not-too-distant future, there is likely to be a revolution.

History will show that when a small minority holds a huge proportion of the wealth, the vast majority will eventually rebel. After all,

the poor have nothing to lose, and potentially something to gain.

If the wealthy can control the military, the rebellion could fail and there will be a lot of misery.

Of course, this writer does not want this to happen, but I do not have the power to make changes to prevent a rebellion in the future, nor is it my desire that a rebellion take place.

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

## SENIORS IN SENIOR HOMES CAN WANDER AROUND AND HAVE DEADLY ENDINGS.

The Washington Post recently conducted a research effort to ascertain the capability of assisted-living homes to care for their senior residents.

The Washington Post survey of assisted-living homes (senior homes) disclosed that many seniors with memory problems (that includes most of us) have had unfortunate fates when they could wander off on their own.

Since 2018 more than 2000 seniors have wandered away at all times of the day, and more than 100 have perished. Data on these deaths are not collected by anyone, so we can assume that there are a few more than were noted in this Post investigation.

Including victims of Alzheimer's disease, dementia is a threat to almost all seniors. Most people assume that once they place their elders in a senior home, that they would be safe and there would be precautions to protect their elders from danger.

Unfortunately, when seniors are mobile, it isn't easy to track everyone 24 hours a day.

Placing a senior in an assisted living facility is only possible for families who are wealthy, or have saved for years, and can cover the cost of moving in which can be more than \$50,000 and cost \$5,000 – 10,000 a month. If the senior owns a home, the sale of the



home is often necessary to cover the cost of moving into an assisted living facility.

And after all that gruesome reality, these facilities do not have an adequate security staff and procedures to protect ambulatory seniors from wandering away from their residence.

Public laws must be written to provide standards and guidance for the management of all facilities that care for seniors.

If not done, who wants to move into an assisted living facility, or any other senior home?

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

## SPECIAL REMINDER TO FUTURE HONOR FLIGHT TRIPS!



Two months ago, our Historian circulated applications for the Honor Flight program, a 501C foundation, is funded by donations.

To date, he has received olyn Doug Wong's application. If anyone else is interested in this special program for veterans, please turn in your applications to Historian Roger, who will forward all applications to the Honor Flight Office. Honor Flight is conducted several times a year, with priority given to the most senior veterans.

So get your applications in at our next post meeting on January 13, 2023 so that you can get the free trip to visit all our military memorials and monuments in the Washington DC area. Almost all expenses are paid except for your shopping and extra booze.



# IT'S TAX TIME, SO HERE ARE SOME HINTS TO HELP WITH YOUR TAX PREPARATION EFFORT

**SOURCE:**  
**Tax Deductions That Seniors Often Overlook**

Lori Ioannou, The Wall Street Journal | Page R001, 4 December 2023

**MANY OLDER** Americans are missing out on valuable tax breaks offered by the IRS, leaving behind savings that could make a difference for their financial well-being.

"The reason this is happening is because the tax code is complicated, and rules on tax exemptions are constantly changing," says Tom O'Saben, director of tax content and government relations at the National Association of Tax Professionals in Washington, D.C. "This makes it hard for the average taxpayer to know about the array of tax breaks available to them."

Since 2017, O'Saben says, there have been five big tax-law changes, including the Trump-era Tax Cuts and Jobs Act, the pandemic-era Cares Act, and President Biden's Inflation Reduction Act. These changes have brought new tax breaks, diminished the use of others, and otherwise muddled the tax-filing process.

The Internal Revenue Service offers Tax Counseling for the Elderly, a community-based program that includes free tax-return preparation for seniors who are age 60 and over who are usually in low-to-moderate income brackets.

Here's a look at four often-overlooked tax deductions for seniors that can offer potentially lucrative savings.

### **Extra standard deduction**

Each filing season millions of Americans take the standard deduction—a flat dollar amount determined by the IRS that reduces taxable income—instead of itemizing deductions such as mortgage interest and charitable donations on their 1040 tax form. According to the IRS, 87.3% of tax filers claimed the standard deduction during fiscal year 2020.

"Taking a standard deduction makes sense if the amount is higher than the total itemized deductions that can lower your tax bill," says Lisa Greene-Lewis, a certified public accountant and tax expert at TurboTax who says the IRS has increased this tax break by 7% for the 2023 tax year.

This tax year the total standard deduction is

\$13,850 for single filers, and \$27,700 for married couples filing jointly.

In the 2023 tax year, seniors who are age 65 or over or blind and meet certain qualifications are now eligible for an extra standard deduction on top of the regular deduction. This is one of the annual inflation adjustments under tax law that can help older Americans with low annual gross income.

The extra standard deduction for seniors for 2023 is \$1,850 for single filers or who file as head of household, and \$3,000 for married couples—if each spouse is 65 or over—filing jointly. Those increases boost the total standard deduction for single filers and married couples filing jointly—to \$15,700 and \$30,700, respectively.

To qualify, a senior can't be claimed as a dependent by another taxpayer. There are also other IRS rules for eligibility. Among them: A married individual filing separately can't take the extra standard deduction if his or her spouse itemizes deductions, and an estate or trust, common trust fund or partnership can't claim it.

If you are 65 and older and blind, the extra standard deduction is \$3,700 if you are single or filing as head of household, and if married \$3,000 for each spouse, filing jointly or separately. This deduction is available to those who are legally blind and it requires a doctor's confirmation in cases where the taxpayer has less than total blindness.

According to IRS spokesman Eric Smith, "about 25.3 million seniors and blind tax filers claimed the additional tax deduction in tax year 2020."

### **IRA contributions by a spouse**

Many people don't know they can contribute earned income to a nonworking, or low-earning, spouse's individual retirement account if they file a joint tax return as a married couple. These so-called spousal IRAs are just like traditional IRAs, reducing pretax income. They aren't joint accounts; each IRA is set up in the name of the individual spouse. And Roth IRAs aren't eligible for this strategy.

"This spousal IRA strategy can double retirement savings for the year while reducing a couple's tax bite," says Nathan Anderson, a certified public accountant and certified financial planner at Prairiewood Wealth Management in West Fargo, N.D.

For the 2023 tax year, married couples who file jointly can contribute \$6,500 to a spousal IRA per individual for a total of \$13,000. If they are both 50 and older, each individual is allowed an extra \$1,000 catch-up contribution for a total of \$15,000. Keep in mind the IRS has specific guidelines on spousal IRAs. A working spouse must earn at least as much money as he or she contributed to both of the couple's IRAs. Married couples must file a joint tax return to be eligible, and there is no age limit as long as at least one person has earned income.

"Remember this is not for every retiree," says Sean Mullaney, president of Mullaney Financial & Tax in Los Angeles. "If you have no earned income and you just have Social Security, you cannot do this."

### **Qualified charitable distributions**

Seniors who give money to charity to lower their taxable income often make a mistake. They withdraw a large sum from their bank account or a traditional IRA and then write a check to the nonprofit or organization of their choice. As a result, they are missing a valuable tax deduction.

Instead, tax pros say they should use a qualified charitable distribution, or QCD, which allows individuals over 70½ to transfer up to \$100,000 a year from their traditional IRA directly to a charity tax-free, even if they aren't itemizing deductions. Married couples filing jointly can donate \$200,000 annually and neither can contribute more than \$100,000.

These contributions must be made to a qualified 501 (c)(3) charity defined by the IRS such as private foundations and religious organizations and schools. They can't be to donor-advised funds. You can check what types of institutions are qualified on IRS.gov.

"This is one of the biggest tax breaks for seniors and a great opportunity to lower taxable income," says Brett Koepfel, president of Eudaimonia Wealth, a financial-planning firm in Buffalo, N.Y.

In years when you need to take the annual withdrawal known as a required minimum distribution, or RMD—currently, this typically applies to people 73 or older—you can direct your administrator to direct your distribution as a QCD to an eligible charity. That would exclude the RMD from your taxable income, he notes. Keep in mind the IRS has specific age formulas on RMDs so



## IT'S TAX TIME, SO HERE ARE SOME HINTS TO HELP WITH YOUR TAX PREPARATION EFFORT:

you'll need to check those rules.

The good news is that these payouts don't add to adjusted gross income, which is used by Medicare to determine the cost of your monthly premiums. (The higher your adjusted gross income, the higher your Income-Related Monthly Adjustment Amounts, or IRMAA, can be, although these amounts are usually based on a recipient's income from two years before, so 2023 premiums are based on an individual's 2021 income.)

But tax professionals caution that this QCD issue can be tricky. That is because custodians of qualified retirement accounts such as IRAs aren't required to break down what distributions from an account went to charity. They just provide the number of distribution transactions and the gross dollar amount withdrawn during the year on the

1099-R tax form.

"It's up to the taxpayer to sort this out and make sure it is reported correctly with his or her tax preparer," Koepfel says. You need to keep track of what charities are getting distributions and have documents that state they received your funds, he explains.

### Medicare premium deduction

"If you are a retiree who is self-employed, you can deduct your Medicare premiums even if you don't itemize," Koepfel says. This includes Medicare Part B and D, plus the cost of supplemental Medigap policies or the cost of a Medicare Advantage plan. The IRS considers you self-employed for this deduction if you own a business as either a sole proprietor (Schedule C), partner (Schedule E), limited liability company member, or S corporation shareholder with

at least 2% of the company stock. Other special rules apply. See the instructions on the 1040 form for details.

This tax benefit isn't subject to the 7.5% of adjusted gross income test that applies to itemized medical expenses. (Under that rule, you can claim medical deductions for amounts paid for everything from dental bills to nursing-home care that exceed 7.5% of gross income.)

There are caveats. You must have business income since you can deduct your premiums by only as much as you earn from your business, say tax experts. You also can't claim this deduction when your health insurance is covered by a retiree medical plan hosted by a former employer, or by your spouse's employer's medical plan.

## WHO WAS FU XIAOTIAN?

This is a story from CNN, published on September 27, 2023

Let's cut to the chase. Most Americans do not know who FU is. She was the mistress of former Chinese Foreign Minister Qin Gang who had a baby born in the U.S.. Qin disappeared from his post for more than a month before it was reported that he had been fired. The news was also surprising because Qin was known as close colleague of President Xi Jinping.

It certainly was possible that Qin's relationship with Fu was known to American intelligence. Not many foreign ministers have affairs and a baby in the foreign nation they are serving, especially in the United States which has a very competitive relationship with his country.

Had this occurred in China, the affair might not have cost Qin his job. No one in recent Chinese history has been fired for having an affair, but this involved one of the most senior officials in their government, so had to be treated differently. It was reported that an internal investigation was taken to determine if Qin might have been compromised. Wall Street Journal learned from Chinese officials that an internal Communist Party investigation found Qin to have been engaged in an extramarital affair that led to the birth of a child in the US while serving as China's Ambassador to the United States.

The two met in 2010 in London when Fu obtained her Master's degree at Cambridge University and had a long affair that ended when the relationship was exposed in America.



FU Xiaotian, former the host of a flagship talk show on Hong Kong-based Chinese broadcaster Phoenix TV. Imagine China/AP

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

## SHOHEI OHTANI INKS A 10 YEAR, \$700 MILLION CONTRACT.

Perhaps the greatest baseball player ever, Shohei Ohtani is signed with the Los Angeles Dodgers for a record \$700,000,000 for ten years. Many major baseball teams don't spend that much money for the entire baseball team.

But Shohei is very different. When his arm is well, he has one of the most blazing fast balls in baseball. He steals more bases than most base runners. His home runs are often tape measured to determine if he has set

another record.

Clearly Shohei is worth all the money he is paid. His presence fills baseball stadiums, even when he is not playing at home.

San Francisco fans wished we had landed him. But not at that price.

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

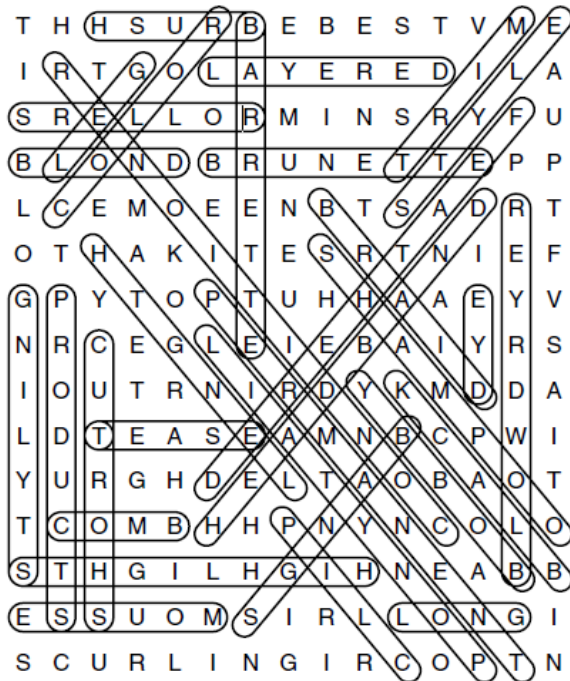




# DECEMBER PUZZLE SOLUTIONS

## WORD SEARCH SOLUTION

The solution: The best vitamin supplement to take if you have straight hair is curling iron.



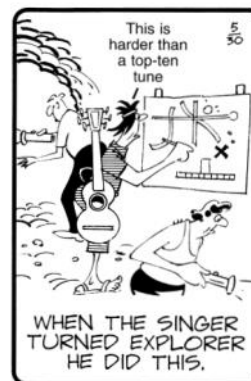
- BANGS
- BARRETTE
- BLACK
- BLOND
- BLOWDRYER
- BOBBY pins
- BRAID
- BRUNETTE
- BRUSH
- CLIP
- COLOR
- COMB
- CONDITIONER
- CUT
- DYE
- FEATHERED
- GEL
- HEADBAND
- HIGHLIGHTS
- LAYERED
- LENGTH
- LONG
- MOUSSE
- PERMANENT
- PONYTAIL hold er
- PRODUCTS
- ROLLERS
- SHAMPOO
- SHORT
- STYLE
- STYLING spray
- TEASE
- TRIM

### SUDOKU SOLUTION

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

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

### JUMBLE SOLUTION



- NERVY
- HOARD
- ATOMIC
- MULISH

### BUILD A QUOTE

Do not cut down the tree that gives you shade.

When the singer turned explorer he did this — MADE THE CHARTS



WORD SEARCH: HIDDEN PHRASE

Find all the words—the leftover letters will reveal a hidden phrase

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

- CREATE
DESIGN
IDEA
ILLUSTRATION
IMPACT
LAYOUT
MAGAZINE
MARKET
NEEDS
NEWSPAPER
PRESENTATION
PRODUCT
RADIO
RESEARCH
SAMPLE
SKILL
SLANT
SOLD
SPACE
SURVEY
TELEVISION
THEME

- ADVERTISE
AGENCY
APPEAL
ARTIST
BRAND
CAMPAIGN
CATCHY
CLIENT
COMMERCIALS
COPYWRITER

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!

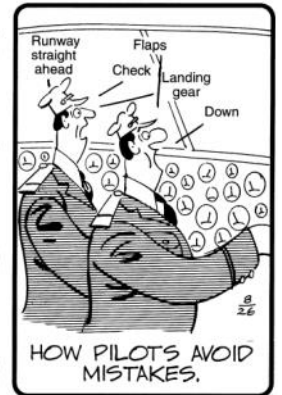
Sudoku grid 1 with numbers 1-9 in various positions.

Sudoku grid 2 with numbers 1-9 in various positions.

JUMBLE

unscramble the given letters, one letter to each square, to form four ordinary words. Then arrange the circled letters to form the surprise answer for that puzzle, as suggested by the cartoon for that puzzle.

Word search boxes for DAUTI, MYPUB, RACLAN, KLUSCE with circled letters.



Answer here: WITH [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SPELL DOWN


The letters in each vertical column go into the squares directly below them, but not necessarily in the order they appear. Not all the letters in the top part will be used. When the squares have been filled in correctly, four Chinese menu items will appear.

Letter grid for Spell Down puzzle with arrows pointing to empty boxes for the answer.



# JANUARY


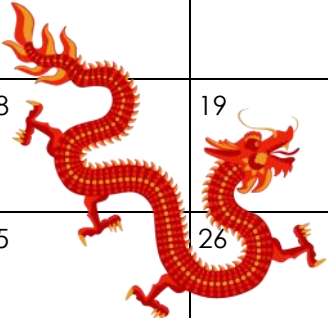



SUN	MON	TUE	WED	THU	FRI	SAT
	1 NEW YEARS DAY	2	3	4 	5	6
7	8	9 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	10 EXECUTIVE BOARD MEETING 7:00 PM	11 	12	13 POST MEETING 11:00 AM
14	15 MARTIN LUTHER KING JR.'S BIRTHDAY	16	17			
21	22	23	24	25	26	27
28	29	30	31			

# FEBRUARY

恭喜發財



SUN	MON	TUE	WED	THU	FRI	SAT
WEEK OF FEB 12: NATIONAL SALUTE TO VETERAN PATIENTS WEEK BLACK HISTORY MONTH				1	2 GROUND-HOG DAY	3 FOUR CHAPLAINS DAY
4 USO BIRTHDAY	5	6 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 EXECUTIVE BOARD MEETING 7:00 PM	8 PEARL HARBOR DAY	9	10
11 	12	13	14 VALENTINES DAY	15	16	POST MEETING 11:00 AM  CHINESE NEW YEAR
18	19 	20 COAST GUARD RESERVE BIRTHDAY	21	22	23	
25	26	27	28 