



CATHAY DISPATCH

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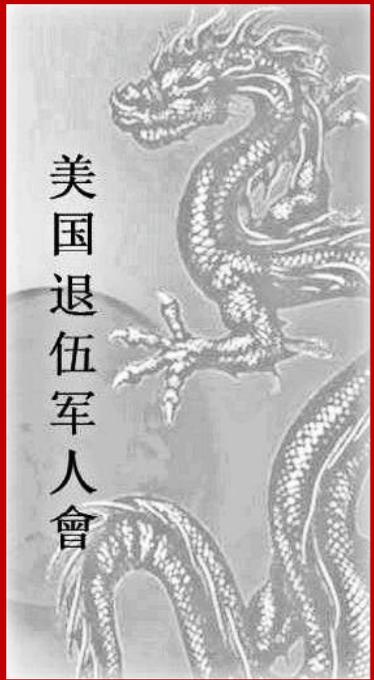
A WISH FOR THE NEW 2022 YEAR

By Commander Helen Wong

After another year of ups and downs of dealing with the uncertainty of what COVID-19 was going to bring with different variants affecting our every day lives, my wish is for things to settle down so that we can go back to a somewhat normal time. One that would bring us back to being able to go about our daily routines without having to mask up or stand distanced apart from each other or worry about whether something would be cancelled due to new infection numbers or the fear of catching COVID from someone in the family or giving it to a more vulnerable person. Only time will tell whether my wish will come true for the 2022 year.

Meanwhile back in the month of December 2021, Cathay Post 384 had the very special honor of hosting the visit of National Commander Paul E. Dillard when he came to San Francisco. He was escorted from the Marines Memorial Club by the American Legion Riders Post 105. It was the first time that a Post meeting was scheduled the same day that a National Commander was in town so members got to meet Commander Dillard

and he could take part in our usual activities of a holiday lunch and donations of toys to the San Francisco Fire Fighters Toy Drive. His inspiring message to the members of the Post was well received and one that was so heartfelt. Accompanied by his Aide de Camp Harold, Department Adjutant Barbara Lombrano, Department Sgt-At-Arms Henry Sanchez, and driver Jere Romano, they were treated to a meal of tri-tip steak and lobster. Many thanks to the volunteers who prepared the special lunch for all of us. Singer Flora Hui also was present to entertain the group and was especially appreciated by all.



CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

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

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- Roger Dong, Publisher
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FROM THE OFFICE OF COMMANDER HELEN WONG

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After the visit to Cathay Post, National Commander Dillard then was driven to the War Memorial Veterans Building where he attended a reception hosted by Post 448 and District 8. He enjoyed looking at the War Memorial wall as Past District 8 Commander Nelson Lum explained how long it took to build the memorial. Inside he looked at the different artifacts located in the Veterans Gallery, and then at the Bataan legacy artifacts which Post 510 Commander Phil DeLaCruz showed him.

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FROM THE OFFICE OF COMMANDER HELEN WONG

PHOTOS FROM JOHN BAUMHACKL, DARA WONG,
DEPT. SGT-AT-ARMS HENRY SANCHEZ, COMMANDER HELEN WONG

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HAPPY NEW YEAR TO EVERYONE AND MANY THANKS FOR PARTICIPATING IN OUR EVENTS IN 2021!



FROM THE OFFICE OF 1ST VICE GEORGE TSANG

Happy New Year to everyone!

We survived another year of the pandemic. When things were looking up, we are now faced with another variant, the Omicron. Seems like the covid virus mutates all the time and sometime the result is the emergence of new variants. A quote from the CDC "Vaccines remain the best public health measure to protect people from COVID-19, slow transmission, and reduce the likelihood of new variants emerging" So, I urge all of you to please get vaccinated if you have not done so.

Thanks to everyone for the support in our Christmas Toy Drive and more recently the donations to the Tornado Relief Fund.



the donations to the Tornado Relief Fund.

The tornado swept through the state of Kentucky and killed over 75 persons, entire towns were devastated with hundreds of building leveled. Again, thank you.

On the lighter side, Helen Wong, Nelson Lum, and myself attended a dinner for National Commander Dillard at Mona Lisa Restaurant during his visit to our post. The food and service are always excellent, the appetizers are compered because of the owner's relationship with Nelson Lum. Also attended the celebration dinner newly appointed Commander Paul Yep. Commander Yep was the Captain at Central Station before that and has always supported Cathay Post during our events.

If local restrictions are eased, we will most likely be having another Super Bowl Party at the post. We will



know more about this in the following weeks. It's a little bit late this year on Sunday, February 13th. Support member Lily Wong will be handling the Superbowl pool this year. More information on this event at a later time, look for the flier in your email.



Hope to see everyone at our next meeting on Saturday January 8th!!!

Legionnaires, please renew your membership if you have not already. All support members, your membership dues for 2022 of \$40 are now payable. Please

make the check to Cathay Post 384. Thanks for your continued support of our post!



FROM THE OFFICE OF 2ND VICE CHUCK PASKERIAN

THE DISTRICT 8 ANNUAL ORATORICALS:

For your information:

While the National has currently canceled Oratoricals, due to Covid outbreak among participants, our District 8 is tentatively planning for a Feb 19th Oratorical date, per Chris McDonald, 2nd Vice Commander, Area 2 District 8, Post 1. Of course this date is contingent upon input from other Legion Areas of District 8.



You may recall, last year was scheduled on the same day as Super Bowl. This year is clear of this Event. This is the most current information for this Event, so please plan accordingly.

Happy New Year!
Local Dungeness Crab now available!





SOME REAL SPY STORIES YOU PROBABLY NEVER HEARD OF, OR MAYBE TOTALLY FORGOT ABOUT

ONE IS A RUSSIAN, AND ONE IS CHINESE. WHO ARE THEY?



Who was Oleg Penkovsky?

People younger than 50 have no idea, and those over 65, may know, but most will not remember.

In the world of intelligence, especially human intelligence involving espionage and spies, most people think of James Bond and people like Bond who recruit special individuals to spill the beans about governments, or information about technology, especially military technology. But what is really important to gain is information about senior foreign government officials, especially those countries who threaten America and our democracy.

So what's the best source of information on the leaders of our enemies. It is extremely difficult and rare to get a senior foreign country official to spill the beans on their boss, or bosses and provide details about the plans and classified documents that reveal their true short term and long term goals, and objectives. You can only access this type of information when you get a high level defector, and really valuable if that person defects in place. These very sensitive, high level sources are

not recruited by James Bond.

In the 1950s and 1960s, we had a really valuable defector in place. We learned about his efforts after he was discovered by the Russians and executed for his treachery to Russia.

And his name was Oleg Vladimirovich Penkovsky, a senior Soviet intelligence officer who in 1961 volunteered his services to British intelligence which was shared with us.

Penkovsky first joined the Soviet Army, was severely wounded in WWII, and transferred to the Soviet army intelligence directorate (GRU). After attending the Military Diplomatic Academy, he began his career as an intelligence officer, serving primarily in Moscow. He served his profession well and was promoted to colonel in the GRU and deputy chief of the foreign section of the State Committee for the Coordination of Scientific Research, which collected scientific and technical intelligence on the United States, Britain, and other Western countries.

Amazingly, Penkovsky became very disillusioned with his government, especially then led by Communist Party General Secretary Nikita Krushchev, was so disenchanted that he defect in place to provide extremely valuable information and documents to the West.

How important was Penkovsky? He provided more than 5,000 photographs of classified military, political, and economic documents to Brits and us. Of enormous value documents revealing capabilities of Soviet ICBMs. Their long

range missiles were, in fact, quite weak. This intelligence was extremely valuable 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, probably, the most important intelligence sources during the Cold War.

As we can surmise, high level defectors are rare and extremely precious. In recent years we had another very high level Russian, in place reporter. He began his reporting many years ago, rose through the Russian bureaucracy, and was close enough that he could photograph documents on Vladimire Putin's desk. Fearing that he might be compromised, this sensitive source and family were safely extricated from Russia. Someday, his total story may be revealed to the public.

Where else have we had a major defection that has provided high level, very sensitive information. How about a Chinese defector?



Who is Ling Wancheng?

Continued on page 7...see DEFECTOR



COMMANDER, NATIONAL GUARD BUREAU VERY CONCERNED ABOUT AIR NATIONAL GUARD READINESS

Few people have been worried about the readiness of our Air National Guard (ANG). We have heard no stories that have concerned us, so most of us assume that all is well.

Army General Daniel R Hokanson, chief of the National Guard Bureau, noted that the entire fighter fleet needs to be modernized. The ANG aircraft inventory includes 470 F-16s and F-15s, but they are all over 30 years old. They do have 19 F-35s. They also have C-130 Air Transports that recently have been very busy dealing with wild fires.

The ANG has two basic missions, air defense and homeland operations.

Wild fires in the West has kept the C-130s very busy. Fitted with the Modular Airborne Firefighting System (MAFSS), these aircraft can deliver 3,000 pounds of retardant on a blaze, return to home base, reload more retardant and return 20 minutes unload another 3,000 pounds of retardant. This intense pace of operational tempo is aging the C-130s and threatens this fleet of aircraft. They need to be modernized, or replace to continue serving their homeland operations.

Our Congress, working with the Air Force needs to juggle our large budget to keep our ANG aircraft ready to protect our air space and also deal with



future wild fires.

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

DEFECTOR

Continued from page 6...

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

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.

Little wonder that former President Hu Jintao reportedly had a heart attack when he learned of Ling Wancheng's defection with a treasure trove of China's most guarded secrets.

Ling Wancheng traveled as a businessman and not a government official; therefore his luggage was 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 very wealthy 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 walk-in source like Ling, or it is best when they defect and report on station like Penkofsky. We had a very high level source on Vladimir Puton's staff, but after reporting for years, he had to be extracted because he of concerns for his safety.

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



OPEN SOURCE INTELLIGENCE NOW OFFICIALLY USED BY THE DEFENSE INTELLIGENCE AGENCY

In recent times, we have seen the value of open source intelligence information serve good and bad purposes. In law enforcement, we have seen how the use videos combined with other technical capabilities in cell phones have resulted identifying and punishing of hundreds of insurgents who invaded our Capital Building on January 6, 2021. Without this use of open sources, hundreds of extremists would have escaped identification and prosecution by the courts.

We have also seen how foreign governments and digital criminals have exploited open source channels to blackmail and extort companies, our government agencies, and critical utility infrastructure.

Now the Department of Defense is officially directing the Defense Intelligence Agency to collect, process and manage open source information. I believe that

open source collection and processing has been ongoing long before this recent effort, but now this effort is officially sanctioned, so open source collectors including our diplomats and military attaches will be better respected for their official duties.

Military and intelligence operations have already been impacted by digital equipment and devices, so this effort is not surprising to anyone involved with open source information collection and analysis.

The monitoring of the foreign press is commonly practice by government organizations and their intelligence organizations in virtually all nations, thus this official sanctioning for DoD intelligence to collect and evaluate information is ex post facto sanctioning of a lot of intelligence that has been collected for decades.



Our own historian published a daily open source report for ten years, consisting of news clippings that was provided to his colleagues throughout the intelligence community. A sample of his daily report can be viewed by interested readers.

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

IS CLIMATE CHANGE DESTROYING OUR GRAPE PRODUCTIVITY AND CRUSHING THE WINE INDUSTRY?

On Sunday night, December 26, 2021, the television program "60 Minutes," revealed that the many locations that have been producing a variety of grapes for our wines, including our best wines, are warming up and also exposed to the extremes of temperatures likely caused by climate change. Some environmentalists have been reporting that our major land areas of moderate temperatures are heating up in the spring and summer and getting colder in the fall and winter months. These climate changes negatively impact the grape

crops and for several years, the farming of grapes have been relocated north in the northern hemisphere and southward in the Southern hemisphere.

In our neighborhood, the farming of grapes has moved northward into Oregon, as climate change is negatively affecting our grape farms in Napa valley.

The next time you can sip some terrific wine, savor it. Fine wines are becoming



a treasure that is disappearing like good weather.



THE DECEMBER 10, 2021 EXTRAORDINARY TORNADO STORMED THROUGH A HALF DOZEN STATES AND SMASHED THOUSANDS OF HOMES AND RUINED THE LIVES OF COUNTLESS AMERICANS.

WHY SHOULD WE DONATE TO THE SUPPORT THE VICTIMS, AND MANY MUST BE VETERANS, OF THE RECENT HUGE TORNADO DISASTER?

The December 10, 2021, level EF-4 gargantuan tornados (with speeds of up to 165 mph) that smashed through 6 states (Kentucky, Arkansas, Illinois, Missouri, Mississippi, Alabama) destroyed around 15,000 buildings (structures) and will take many years to replace, or repair, these buildings, most of which were the homes of our citizens. We assume that among the thousands affected, hundreds are likely veterans.

Repair work will take a huge workforce (that doesn't exist today), and require enormous amounts of building materials. The demand for supplies alone will drive prices up. The cost of lumber has doubled in the last few months- even before fire and tornadoes destroyed our forests. With their homes (and much of its contents) splintered, it will take years before replacement homes are restored. What will they do in the meantime?

Thousands are living in tents, as motels and hotels were destroyed in the local area. Living in tents for a few days is tolerable, but when tents are the long term residence for people, there is, and will be, enormous amount of suffering. Consider how tragic it would be for anyone to live

in tent indefinitely and not have access to running water or a real bathroom or shower facilities indefinitely.

Also these victims now depend on charity for food, and community kitchens a long time. Some people may never live in a real house again for years. Public bathrooms and showers are now a routine.

Living in tents gets old very quickly when that is all you have to live in day in and day out. It's stressful really fast. People living in these less than optimal situations will likely have health problems and recovery living in tents is not optimal for recovery from any medical condition.

People who must live in these fragile situations for extended period of time will likely have serious mental problems. If these already fragile locations are hit with more bad weather and more tornadoes, the harm to many thousands of affected citizens will be severe and the burden to care for so many people will be an enormous burden on our entire country.

They need help and help now. So even though our Post has just donated \$2,000,



the need for more funds is critical as there are no quick solutions. It has been estimated that it may take decades to restore the housing and buildings lost to tornadoes.

Please give til it hurts, because all the people in a half dozen states are hurting really badly.

To get our donations started strong, one member of our Post has pledged to match the first \$5,000 generously contributed by other Post members. Your checks should be made out to Cathay Post 384 and note on the bottom of check that it is for Tornado relief.

Thank you for caring for our veterans (and everyone else) affected by this horrible weather.

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

60 EARTHQUAKES STRIKE OFF OREGON COAST, WITH LARGEST REACHING MAGNITUDE 5.8 DECEMBER 8, 2021

Post 384 colleagues and comrades, this series of earthquakes are too far away to be a near term, related threat to the Bay Area, BUT, we must all realize that the Bay Area is always a danger zone for earthquakes, so take this news as a reminder that we must always be ready.

Have at least two weeks of water and food ready so that there is time to take other need-

ed actions. Always have at least a half tank of gas in your vehicle. Flash light and batteries, warm clothes and blanket, you should have your checklist and review it to be sure.

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





TO SLEEP

We have been writing about the importance of a good night's rest. It is essential for the brain to get needed rest so that we can take on the next day fresh and ready to go. The brain is darn important, so I hope we all do a good job to take care of the only brain that each of us has, and we get old with healthy and capable brain. Of course, it is pretty impossible to retain our brain and the brain's memory system at full capacity. But none of us willingly wishes to lose any brain power. Sorry to tell you that retaining all our brain power and memory as we age is an impossible. But let's do all we can to keep our brains and memory as strong as possible. Here's a YouTube video, used by millions of people for about 10 years that has been helpful. Click it for 40 minutes of helpful guidance to get you to a restful sleep as often as you want. I use it all the time.

https://youtu.be/L12_GAi2UQ0

HOW LONG DO AMERICAN ASIANS LIVE?

Who would've thought that among all Asian American groups that Chinese Americans, according to one study, live longer than other Asian Americans?

According to Duke University Press, Chinese men live an average of 86.8 years. Chinese women in the United States lived an average of 91.3, followed by Asian Indians, Koreans, Japanese, Filipinos, and Vietnamese.

If it is of interest to you, the median incomes of these same groups in ranked order is as follows:

Indians:	\$126,705
Filipino:	\$100,273
Chinese:	\$85,424
Japanese:	\$85,007
Koreans:	\$76,674
Vietnamese:	\$72,181

As another group, it is interesting to note that median income for those people identified as Taiwanese have a median income of: \$102,400 - ahead of all other Asians except Indians.

The statistics reveal that most Asians



have more income than other groups in America. IMO culture is a major factor. In most Chinese families, regardless of income, parents want to have at least one doctor in the family. We are also focused on saving money, and investing in real estate.

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

DID YOU KNOW THAT PHOENIX, ARIZONA IS THE SECOND HOTTEST LOCATION ON THIS PLANET?

There is only one place on Earth consistently hotter than Phoenix. The consistently hottest location on Earth is Dallol, Ethiopia. Average temperature at this location is 104 degrees, F.

Phoenix is pretty warm with 169 days at 90 degrees F. Ask our Post member Joe Chan, who leaves Phoenix for the Bay Area, during the summer months avoiding the heat of Phoenix summers.

We do need to add that these locations are inhabited locations, because the really hottest locations on Earth are considered uninhabitable and Earthmen are not total fools, we avoid places that get as hot as 110 degrees F. Water is very hard to find in super hot locations.





SOLUTIONS TO DECEMBER'S PUZZLES

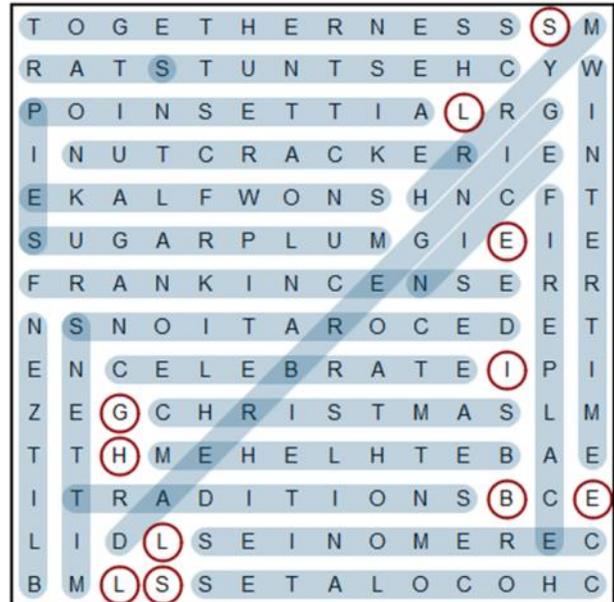
Did you solve everything?

WORD SEARCH SOLUTION

Did you figure out the favorite traditional item that dates all the way back to the 1800's?

Answer: SLEIGH BELLS

- | | | |
|--------------|------------|--------------|
| BETHLEHEM | MYRRH | STAR |
| BLITZEN | NICE | SUGARPLUM |
| CELEBRATE | NUTCRACKER | TOGETHERNESS |
| CEREMONIES | PIES | TRADITIONS |
| CHESTNUTS | POINSETTIA | WINTERTIME |
| CHOCOLATES | SNOWFLAKE | |
| CHRISTMAS | | |
| DECORATIONS | | |
| FIREPLACE | | |
| FRANKINCENSE | | |
| GINGERBREAD | | |
| MITTENS | | |



SUDOKU SOLUTION

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

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



KNOW THE SIGNS OF A CRISIS: Recognizing red flags and knowing when to get help can make a difference in a veteran's life. Read more at: <https://www.veteranscrisisline.net/education/signs-of-crisis>

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call. The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. People have called for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

CALL: Veterans and their loved ones can call **(800) 273-8255** and Press 1 to speak with a caring and qualified responder.

TEXT: Veterans and loved ones can also send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year, or call your local 24-hour mental health crisis line.

Veteran Combat Call Center - Combat vets and families can call any time 24/7/365: **1 (800) 927-8387** to speak with other combat vets and families about any issues from military experience to readjusting to civilian life.

CHAT ONLINE: Veterans Chat 24/7/365 Confidential Support is just a Click Away. If you're a Veteran in crisis or concerned about one, responders at the Veterans Crisis Line online chat offer help that can make a difference. Caring, qualified VA professionals are standing by to provide free and confidential support: <https://www.veteranscrisisline.net/get-help/chat>



WORD SEARCH

HAPPY NEW YEAR!

Let's kick off 2022 with a riddle! What is 'Something that goes in one year and out the other'?
Find all the words to reveal the answer.



- BALL
- CALENDAR
- CELEBRATE
- CHAMPAGNE
- CHEERS
- CLOCK
- CONFETTI
- COUNTDOWN
- DANCING
- DECORATIONS
- FAMILY
- FESTIVE
- FIREWORKS
- FIRST
- FRIENDS
- HAPPY
- HAT
- HOLIDAY
- JANUARY
- KISS
- MIDNIGHT
- MUSIC
- NEW YEAR
- NOISEMAKERS
- PARTY
- SPARKLE
- TOAST



CRYPTOGRAM

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

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

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



HAPPY NEW YEAR

JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p>JANUARY IS: NATIONAL BLOOD DONOR MONTH NATIONAL HOBBY MONTH</p>						1 NEW YEARS DAY
2	3	4 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	5	6	7	8 POST MEETING 11:00 AM
9 NATIONAL LAW ENFORCEMENT APPRECIATION DAY	10	11	12	13	14	15
16 	17 MARTIN LUTHER KING JR. DAY	18	19	20	21	22
23 	24	25 	26 	27	28	29
30	31					