

# **CATHAY DISPATCH**

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FEBRUARY 2023

VOL 14 - 02

# FEBRUARY IS FOR LUNAR NEW YEAR FESTIVITIES-FOUR CHAPLAINS SERVICE-SUPERBOWL-VALENTINES DAY!

By Commander Helen Wong



As we continue to observe the Lunar New Year, there are traditions in the San Francisco area that have been observed for many years. If you are not originally from

this area, then you may not know the history behind some of these activities. One such is the Miss Chinatown competition held by the Chinese American Citizens Alliance that initially started in 1948 as a July 4th picnic and continued until 1952. In 1953, the Chinese Chamber of Commerce decided to hold this contest as part of the Chinese New Year Festival, and the first "Miss Chinatown" was Miss Pat Kan, daughter of restaurateur Johnny Kan. She was shown wearing a string of firecrackers around her neck and was known as "Miss Firecracker"! From 1953 through 1957 the title was only for San Francisco young ladies as it was a local competition. In 1958, the Chinese Chamber decided to make it a national contest where young ladies from all over the country would be able to compete in the "Miss Chinatown, U.S.A. Pageant" so the first title holder was Miss June Gong from Miami, Florida. Many cities, organizations, business groups, and colleges are invited to send in their entrants and once the entry is accepted, a sponsor helps defray some of the expenses. The young ladies compete for various scholarships and prizes which help with college or other costs.

Each year's winners become goodwill ambassadors for the Chinese community throughout the new year.





Our Post was very fortunate to have Kimberly Tom, 2022 Miss San Francisco Chinatown/Miss Congeniality be our Mistress of Ceremony at our July 16, 2022 Installation Dinner. What most

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# CATHAY POST 384 AMERICAN LEGION

#### 2022-2023 POST OFFICERS

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...Continued from page 1

members don't know is that she works at the Ft. Miley V.A. Hospital as a recreational therapist so she continues to serve veterans! Thank you so much.

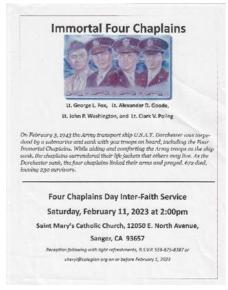
The selection of the 2023 Miss Chinatown took place on February 3, and the Chinese New Year Parade was on February 4. Many local Post members may remember marching in past parades with schools or scout troops or other organizations. Our Post last marched on February 20, 2016 and it was quite a parade







back in the days when some of us could walk the whole distance!



Coming up is the annual Four Chaplains Service which use to be held in San Francisco until Department Headquarters moved to Sanger. The District 8 posts use to help in the ceremony and showed up in numbers. It will be the 80th Anniversary of recognition of the selfless action of the four chaplains who saved lives when they gave up their life jackets. While the service will be held on the same day as our Post meeting, we want to remember them.



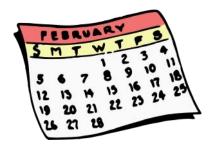
Superbowl LVII will be held on Sunday, February 12 and our Post will have the party in the afternoon of

the game. Unfortunately we had hoped the 49ers would have defeated the Philadelphia Eagles team so they would play in the Superbowl but it was not in the cards. Still there will be plenty of food and drinks for the viewing party. See 1st Vice George Tsang for the details.



And then there is February 14th, Valentines Day, a traditional day of love for all. The whole week is devoted to National Salute to Veterans at the Veterans Hospitals with valentine cards for all inpatients and outpatients all over the country. Our Sgt-At-Arms CJ Reeves has taken part in the hospital festivities for a number of years and this year is no exception.

Despite all the tragedies that have been happening in California, please take note that there are people who care and love each other so please look forward and not get stuck on all the bad stuff. Happy February everyone.





# PROPOSED LEGION FIDA YOUTH DRONE PROGRAM



At the January D.E.C. meeting, officers and members heard a presentation from Amado C Salinas II, a PUFL member of Post 519 Palm Springs/District 21 2nd Vice Commander who was proposing for a Youth Drone Program under FIDA which is the Federation of International Drone Soccer Association. His background is working at Hughes Aerospace & Communications as an engineer, as a Northrup Grumman Systems & Design Analyst and he is on the District 21 Aerospace Commissioner so his interest in proposing this new program fits in with his experiences.

We have heard about drone use in a lot of industries around the world including real estate, construction, mining, filmmaking, military, public safety, insurance, law enforcement forestry, education, journalism, agriculture, transportation, energy, telecom, etc. This program is using drones in a sport which the handicapped and the elderly can take part in. According to US Drone Soccer, it is an indoor team sport played with radio controlled quadcopters in protective exoskeletons designed for collisions. Five player teams face off in a netted area where they ram and block the opposing team to prevent them from scoring.

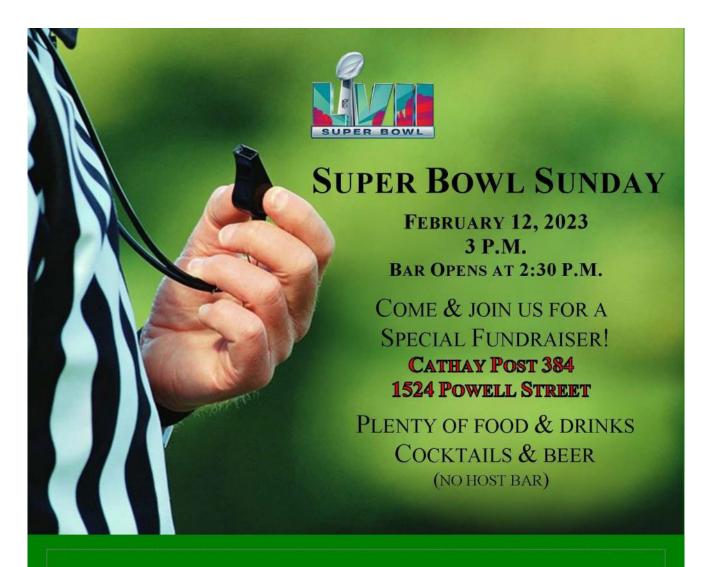
DroneSoccer is a new concept sport which was brought to Korea in 2016 and has 300 active teams. It is a safe sport as the closed arena keeps the drone balls at a safe distance from pilots. Mr.

Salinas is proposing to adopt drone technology to invigorate our youth participation in the American Legion with cutting edge use of drones. "Both students and Veterans can explore programming, electromechanical systems, and aerodynamics with the UAV (Unmanned Aerial Vehicle) drones stem experience. The curriculum encourages and introduces collaborative problem-solving and Flight Certification to help foster endless creativity. The students and Veterans are empowered and inspired to whatever they envision in their 'mind's eye'. Their imagination and skills are challenged." The overall objective is to energize STEM learning environments withprofessional FAA Drone Pilot instructors with hands on real-time drone flight training.

The FIDA Youth Drone Program would have Post/District Drone Soccer Teams (4 members minimum), drone FAA TRUST Pilot Certification and would take part in National team competitions as well as International World Cup Games in Korea. According to Mr. Salinas, drone training camp run about \$750 per student and is held in the Palm Springs area where he lives. Any Post or District who is interested in this program can contact him to get more information.







## MINIMUM DONATION: \$25

(FOR FOOD)

LIMITED SEATING
WE'RE FOLLOWING ALL GOVERNMENT & HEALTH GUIDELINES

## RSVP By Monday, February 6, 2023

GEORGE TSANG (415) 608-6312 NELSON LUM (415) 205-0120

FOOTBALL POOL = \$25/SQUARE

CONTACT LILY WONG: lilytlwong@yahoo.com

#### FROM THE OFFICE OF 1ST VICE GEORGE TSANG



Hoping you all are having a great year so far!

Also, the Year of the Rabbit is upon us. Some of the events include the Miss Chinatown Pageant, the Chinese New Year Parade, which will be held this Saturday, February 4th, and is named one of the world's top ten parades outside of Asia. It was started in the 1860s and takes place the weekend of the Chinese New Year Community Street Fair (Feb 4-5). Over 100 booths and concessions make this a shopper's paradise. Traditional and modern entertainment will be performed on the main stage both days. Enjoy colorful folk dance from throughout Asia, acrobats, lion dancing, and magic demonstrations.



If you have time, come to Chinatown and see one of the biggest parades in the US. Unfortunately, Cathay Post has not been participating in the parade for a few years now, but that may change in the future if we have enough volunteers to walk and march through the streets of Chinatown.

Don't forget our monthly meeting on Saturday February 11th in our post at 11:00 AM and RSVP ASAP to our Super Bowl Fundraiser on February 12. Game time is at 3:30 PM. The bar will be open at 2:30 PM.

Gung Hay Fat Choy!





# AMERICAN LEGION AND IT'S TIES TO BASEBALL

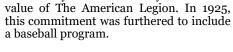
Recently, a local San Francisco baseball coach reached out to our Post to see if we were interested in sponsoring his team. This topic will be up for discussion at one of our upcoming meetings and it will be put to a vote.

For the past 97 years, baseball has been an integral part of the American Legion's community service. The American Legion's own website states, "American Legion Baseball is a national institution. having thrived through a world war, several national tragedies, and times of great prosperity as well as great despair. American Legion Baseball has taught hundreds of thousands of young Americans the importance of sportsmanship, good health, and active citizenship. The program is also a promoter of equality, making teammates out of young athletes regardless of their income levels or social standing. American Legion Baseball has been, and continues to be, a steppingstone to manhood for millions of young men who have gone on to serve their country or community, raise families or play the sport at the highest level."

I hope you will all take a few minutes to read through the information below to help facilitate a decision on potential sponsorship.

Reference <u>https://www.legion.org/</u> <u>baseball/history</u>





A modest beginning

The league was first proposed at an American Legion state convention in Milbank, S.D., when Sioux Falls attorney and Department Commander Frank G. McCormick invited his close friend, Maj. John L. Griffith, to address the convention. Instead of a traditional speech, Griffith, who was also the collegiate commissioner of the Western Conference (now the Big Ten), spoke about the role athletics can play in the development of youth.

Community service has always been a core

"The American Legion could well consider the advisability of assisting in the training of young Americans through our athletic games," Griffith said. Athletic competition teaches courage and respect for others, fostering their growth into active citizens, he explained.

The South Dakota convention agreed and passed a resolution urging the Legion to create an organized summer baseball league that started each June. National Commander James A. Drain backed the resolution, which passed that fall at the Legion's national convention in Omaha, Neb. It read:



"RESOLVED: That The American Legion ... inaugurate and conduct baseball leagues and tournaments for local championships, and that local champions determined by the competitions be given opportunity to compete in departmental, sectional and regional tournaments, and that a junior world series championship baseball series be conducted at each national convention ... "

The first program in the world to provide a national baseball tournament for teenagers, American Legion Baseball was born.

In 1926, posts in 15 states began to make Griffith's vision a reality. They organized and sponsored teams, drafted local schedules and conducted championship tourneys. Postseason tournaments at the state, sectional and regional levels culminated with a national championship. Only a few changes have been made to the format over the years. The tournament still has a similar setup: 64 teams play at eight regional sites, with eight teams going on to the World Series. The winning team receives a trip to Major League Baseball's World Series, a tradition dating back to 1926.

#### A little help from their friends

The first American Legion Baseball World Series was held in Philadelphia in 1926. Yonkers, N.Y, Post 321 beat a team from Pocatello, Idaho, capping off what appeared to be a successful first season.

The league, however, hit a few growing pains in its second year. In 1927, the Legion's national convention convened in Paris. With the organization's financial coffers stretched thin from the trip's expenses, the Legion couldn't fund a World Series. No champion was named and the future of American Legion Baseball looked bleak, as the inaugural season wound up costing more than originally planned.



#### FROM THE OFFICE OF 2ND VICE COMMANDER AARON LOW



But the Legion's Americanism director, Dan Sowers, worked to keep the league afloat. The tournament format needed \$50,000, and Sowers was determined to raise it. Early in 1928, he went to an executive meeting for professional baseball, hoping to reach a sympathetic ear. He found one in Commissioner Kenesaw Mountain Landis, who pledged a \$50,000 annual donation from Major League Baseball. Legion Baseball resumed in 1928, and by 1929 participants were coming from every state and the District of Columbia.

Still, the program wasn't in the clear. Like other institutions, Legion Baseball fell on tough times during the Great Depression. In 1933, MLB's funds were sapped dry, and Legion Baseball was left without a sponsor. The annual \$50,000 donation In 1949, the national player of the year was pulled, and it looked likely the national tournament would be abandoned indefinitely.

Again, Sowers set out to find a generous sponsor. Initially, he hounded big corporations, but he was concerned they'd treat his fledgling baseball league as a publicrelations arm. He turned to Frank Knox, a newspaper publisher and former department commander. Knox, who originally cautioned Sowers against using corporate sponsorship, contributed \$5,000 and gave Sowers letters of introduction to several other newspaper publishers. An additional \$28,500 was raised in donations from the Chicago Daily News, the Omaha World-Tribune, the San Francisco Chronicle, the Indianapolis News, the New Orleans Item-Tribune and the Atlanta Journal. Sowers received the final \$6,500 from his own boss, Col. Henry L. Doherty, president of Cities Services.

Legion Baseball soldiered on, even though some posts were still forced to run teams on shoestring budgets. MLB resumed its funding in 1935, starting with a \$20,000 donation and continues today supporting the program with an annual grant.

#### American Legion Baseball in the modern era

American Legion Baseball enjoys a reputation as one of the most successful and tradition-rich amateur athletic leagues. Today, the program registers teams in all 50 states plus Canada. Each year young people, ages 13 to 19, participate. Since its inception in 1925, the league has had millions of players, including countless who have gone on to play in college and profes-

sional baseball, with 82 inducted into the Baseball Hall of Fame. Baseball Hall of Fame.

Legion Baseball also has a reputation for serving the young people who play for it. In college scholarships, the league annually awards a total of \$25,000 - \$500 for a player selected from each department based upon leadership, character, scholarship and financial need. Recently, the Legion passed a resolution allowing corporate sponsorship, in the hope of creating more financial aid for colleges. Diamond Sports currently funds \$25,000 in scholarships for the American Legion Baseball All-Academic Tam. Eight players receive a \$2,500 scholarship and the "Captain" of the All Academic Team receives a \$5,000 scholarship.

was first named through the arrangement of Robert Quinn, director of The National Baseball Hall of Fame and Museum. Fittingly, winners receive a trip to the Hall of Fame in Cooperstown, N.Y., making them the only amateur athletes invited to the exhibit. The award is now named after George W. Rulon, who served as program coordinator from 1961 to 1987.

Three other recognition awards were established in the 1970s: the Dr. Irvin L. "Click" Cowger RBI Award, the Rawlings Big Stick Award and the Bob Feller pitching awards. All recognize strong performances in the regional and national tournaments.

Over the years, plenty of other major corporations have joined Gatorade in sponsoring Legion Baseball. In the 1940s, Ford Motor Co. dealers supplied uniforms for local teams. Diamond Sports signed on as the "Official Baseball of the American Legion World Series.'

A prestigious pedigree

Major League Baseball and American Legion Baseball don't have a formal partnership, but the two owe each other a tremendous debt of gratitude. MLB has sponsored Legion Baseball almost since its inception, and Legion Baseball has returned the favor, churning out major league prospects since the alumni base has been old enough to be scouted. The number of former Legion players who have gone on to the pros is far too large to chart. More than half of current majorleaguers played Legion Baseball. So did almost every working MLB manager, along with several former commissioners. In all, 82 program graduates are in the

Naturally, Legion Baseball's alumni base includes some of the sport's most recognizable names. Yogi Berra played for Fred W. Stockham Post 245 in St. Louis and was once quoted as saying it was the most fun he ever had. Ted Williams suited up for a post in San Diego. Frank Robinson led his Oakland, Calif., team to the only back-to-back national championships in program history. Babe Ruth was too old to join when Legion Baseball started, but he spent the final years of his life promoting the program as its director of operations. Other prominent players include Justin Verlander, Ryne Sandberg, Roy Campanella, Dusty Baker, Albert Pujols, Greg Maddux and Chipper Jones.

Of all the notable former players, Legion Baseball had perhaps the greatest impact on former Cleveland Indians great Bob Feller. A self-described shy farm kid from rural Iowa, Feller cut his teeth playing for Variety Post 313. He says the experience taught him as much about life as it did baseball. Legion Baseball gave him an outlet to be discovered as a pitcher, but also gave him a chance to form lifelong friendships, learn to deal with letdown in athletic competition, and become better prepared for the mental and emotional strain of fighting in a war.

The first Legion alumnus elected to the Baseball Hall of Fame, Feller wrote a column for The American Legion Magazine in June 1963, expressing his love and appreciation for the league after it honored him with a plaque in 1962.

"Truthfully, I feel I should have given a plaque to The American Legion rather than receiving one from it," Feller wrote. He penned the column free of charge and admitted that he never endorsed anything he didn't believe in during his career, even for large sums of money.

Yet baseball isn't the only area where former players have excelled. Legion Baseball graduates have gone on to prominence in other career fields. Former Vice President Dick Cheney played for Post 2 in Casper, Wyo. Famed journalist and author Tom Brokaw played Legion ball in South Dakota, and Secretary of Agriculture Tom Vilsack was on a team in Pennsylvania.

In short, Legion Baseball graduates are proud contributors throughout our society and often are the most successful people in their respective career fields.



### **DISTRICT 8 ORATORICAL HAS ITS SAY**





District 8 Commander Helen Wong, on behalf of Cathay's Post sponsored student Sophie Cheung

for being the First-Place winner in this year's Oratorical, which took place on Lunar New Year Sunday, January 22, 2023.

The young high school student knew the Constitution and the Amendments. She was always on point, despite being nervous in front of the Judges.

Sophie is currently a Junior at Lincoln High School. She loves to study and volunteer. She recently spent her summer volunteering in the Dental Lab at the SFVA. She is looking forward to spending this summer at Girls State.

She is preparing for the Area 2 contest at the Veteran's Building in Martinez on Saturday, Febru-

ary 11, 2023. We wish her the best of luck at Area, and we remain hopeful she will present at Department as well. It's Nationals or bust! Kudos to her and Bravo Zulu from the Navy.

We appreciate the hard work of our five (5) contestants. Due to conflicts and illness, only two (2) were present to compete. Congratulations Sophie for taking home the GOLD and representing our Cathay Post at the District 8 Oratorical, which was managed by our 2ND Vice Commander Chris McDonald. Much time and effort was spent to bring this year's Oratorical to realization after last year's cancellation.



**KNOW THE SIGNS OF A CRISIS:** Recognizing red flags and knowing when to get help can make a difference in a veteran's life. Read more at:

https://www.veteranscrisisline.net/education/signs-of-crisis

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

**CALL:** Veterans and their loved ones can dial **988** and Press 1 to speak with a caring and qualified responder.

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

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

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

https://www.veteranscrisisline.net/get-help/chat



# USPS USHERS IN LUNAR NEW YEAR AND ISSUES FIRST DAY STAMP

It was quite an auspicious day on Thursday, January 12, 2023, at 1100hours at the Asian Art Museum thanks in part to the USPS.

The USPS selected this date and venue to showcase it's third stamp of the Lunar New Year series. The stamp was of a rabbit's face covered with a decorative mask full of color and detail. All those in attendance, received this stamp along with the lapel pin version to match. Red and white envelopes were available at a nominal cost to be date cancelled to celebrate this monumental event.

"The new stamp's design is reminiscent of the elaborately decorated masks used in the dragon or lion dances often performed in Lunar New Year parades; its imagery of a three-dimensional rabbit mask is a contemporary take on the long tradition of paper-cut folk art crafts created during this auspicious time of year. Art director Antonio Alcalá designed the stamp and its pane with original art by Camille Chew."

The speakers represented a plethora of experts regarding the topic of Lunar New Year. Our very own Fionna Ma was the guest MC and of course we had a big welcome greeting from SF Mayor, London Breed.

The Lion dancers and the Ladies dancers were featured and well received.

The audience, however, was struck with "AWE" when Cathay Post's Honor Guard presented the Colors. With a corps of ten (10) cadre, the Honor Guard was a FORCE, indeed, with which to be reckoned. KUDOS to those who came out in droves to support this event. SGT@ARMS CJ was pleasantly surprised to have this kind of interest shown. I can't remember the last time we had so many members participate in an event of this magnitude. The post's red shirts just made the whole

room POP with our shiny logo of the GUM LONG character positioned above the right breast. It's always amazing to see the five (5) colors and two (2) rifles being used and our newest Navy member NAN wore her Navy dress blues and assisted me. Thanks to Jr Past Commander Nelson for procuring the Colors, rifles, white gloves and harnesses. It was truly a proud moment for all of us with the Honor Guard and demonstrates great credit on Cathay Post. As our Navy comrades would say, "BRAVO ZULU".

















# OSINT (OPEN SOURCE INTELLIGENCE) IS REVOLUTIONIZING THE WORLD

Beginning with Bellingcat, OSINT, has changed the world.

It began in 2014, when Bellingcat, a Norwegian reporting organization began collecting information, imagery and rumors from many sources, including satellite images, that herefore was in the domain of national governments, and providing their information to to public organizations, the press and even including government organizations. While open source information has been available for many years, open source reporting organizations utilizing information collected all types of sources including technical sources is/was new.

Few people realized the importance and impact Open Source Intelligence would have.

Today, satellite sourced intelligence is available to the public, and used for influencing many issues and events, including war, human right abuses, tracking both government and public events, and even criminal activities. With available OSINT, almost anything

that happens on the surface of our planet can be photographed on cell phones, or by high tech cameras in satellites.

In the Ukraine war, reportedly information has been provided to the Ukraines on Russian activities that has helped the Ukrainian resistance. Since the information (intelligence) is from non-government source, the Russians cannot blame the US government. It is even possible that our government provided this type of information to OSINT organizations so that these organizations would take the responsibility for furnishing intelligence to the Ukraines. We live in a very different world today!

We must be aware that OSINT can also be used against us. Our enemies could provide information, true or false, to undermine our efforts around the world.

Because OSINT has become so important, it

has been recommended that we should create OSINT organizations to gather data of interest to our own government, if it hasn't already done so

Even we private citizens must be aware of being manipulated by false or misleading information and information sources. Today, we also must be acutely aware that information from social media can be misleading or inaccurate. No one wants to be fooled, or made a fool, so we must constantly be on guard.

Sources: See **OSINT** at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>

### ARTIFICIAL INTELLIGENCE (AI) IS EVERYWHERE. (NOT YET!)

#### AI will be everywhere Soon!

AI controlled machines have already eliminated thousands of jobs, and this is just the beginning. In 2013 (that's 10 years ago if your math is as bad a mine) Oxford University forecasted that AI might eliminate 47% of jobs. We are not exactly sure how many jobs have been partially, or totally, eliminated but it is pretty certain many jobs are now gone, or soon to be gone. Work done by copywriters, paralegals, digital content producers, executive assistances, entry level programmers, and journalists are now being accomplished with AI software on personal computers.

A few years ago, their products still required a competent human to intervene and make corrections, but now AI systems learned their lessons, and these systems don't forget.

Unlike humans whose memories deteriorate with age, AI software does not age - as long as the computers they are running on are maintained. BTW there are AI programs that help maintain the computers they are running on to ensure that the computers are always available.

One AI Consultant, Nina Schick forecasts that by 2025, 90% of all online content might be generated by AI systems.

We need to know that unlike traditional software, AI systems get smarter as these programs learn from the mistakes and never forget their past mistakes once they learn the best way to handle any issue.

Smart students are using AI systems to write papers. If they are smart, they will double check their papers as today's system are good but not yet perfect. (Of course, even the best human writer makes an occasional mistake, and some of us never learn).

Dire Warnings. A number of experts have and are warning that AI systems were used by the Russians (and others) to generate stories with lies and mis-information to create chaos in our democratic elections. Then others used AI to attempt to overturn elections.

IN 2016 the Russian Internet Research Agency operating in America flooded our country with emails and letters to create chaos, and now with AI systems this type of campaign is much larger and will cause a lot of trouble since 2016 and unfortunately will be around a while

We going to need to deal with the chaos created by bad actors who want to weaken and destroy our democracy. The chaos originally created by a human to question our recent elections has started a trend that will haunt us a long time.

California Congressman Ted Lieu (a retired



USAF Colonel) warns that AI could even be "deadly.' "AI -powered algorithms have already helped radicalize people online, and autonomous weapons directed by Ai could someday roam the streets. AI is already being used with facial recognition systems that can result in an intrusive public and private surveillance that can track you wherever you are.

The option we have is to harness and regulate the technology before it destroys our democracy and its citizens.



#### DOE AND NUCLEAR

With oil, LNG and coal forecasted to be exhausted in about 40 years, life on earth will be severely impacted if these sources of energy are not be replaced, so that Mankind can continue living on this planet.

But recently at the National Ignition Facility, a fusion experiment succeeded, with powerful lasers which generated more energy than was used in the experiment. This is the first step in generating nuclear power that theoretically can be used to provide power for Mankind. However, it will take many more experiments to scale up this technology for powering civilization.

IO December 5, 2022, scientists at Lawrence Livermore National Laboratory's National Ignition Facility made history by successfully producing a nuclear fusion reaction resulting in a net energy gain, a breakthrough hailed by US officials as a "landmark achievement" and a "milestone for the future of clean energy." However, this is just the first step in harnessing nuclear power and replacing tradition energy sources for powering all the energy needs for Mankind.

US Energy Secretary Jennifer Granholm noted that the nuclear fusion experiment conducted by US scientists replicated "certain conditions that are only found in the stars and sun." She added that the successful experiment allows us to replicate for the first time certain conditions that are only found in the stars and sun. This milestone moves us one significant step closer to the possibility of

zero-carbon abundant fusion energy powering our society.

Leading the nuclear fusion engineering challenge at the Livermore Laboratory is a Chinese American female Tammy Ma who has called this effort a "monumental undertaking."

The consensus among several nuclear experts is that a solution to generating sufficient volume of energy to replace the energy needs for future humanity will take a few decades to achieve.

Our nuclear scientists are pretty highly motivated as their project has monumental significance. We need our national leaders to generously fund this effort.

An interesting side note, followers of this

breakthrough technical development may have missed that the leaders of this project are all ladies, beginning with Arati Prahaken, the White House Officer for S&T Policy (who is a nuclear scientist), the Secretary of Energy is Jennifer Granholm, the Undersecretary for Nuclear Security and National Nuclear Security Administration (NNSA) is Jill Hruby, Kimberly Budil is the Director of the Lawrence Livermore National Laboratory and Tammy Ma is the leading fusion engineer at the Livermore Laboratory. This is quite a distinction.

There are rumors that the Chinese are conducting similar research. Sounds like a project worthy of joint efforts. Everyone will benefit, if nuclear technology can be harnessed for the benefit of all.

Sources: See **DOE** at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>

#### WHAT WE MUST KNOW ABOUT PAYING OUR TAXES

We must do our taxes once every year, and if you need a quick check list to help you handle your state and federal taxes correctly, here's a useful article:

## 1099, W-4, W-2, W-9: What are these forms used for when filing your taxes?

Tax season is about to begin, which means tax forms are about to pile up. And all those numbers and letters — W-2, W-9, 1099 — can start to feel like a mishmash very quickly.

Some forms will be sent directly to you and there's no further action you need to take besides, in some cases, documenting it in your overall tax return. While there are other tax forms you'll need to fill out on your own. Many types of forms you're required to complete will depend on your employment status (i.e. whether you're self-employed or not), but there are a lot of other determining factors besides that.

#### Tax deadlines 2023:

When is the earliest you can e-file? When does IRS Free File open?

IRS tax backlog:It's smaller leading into 2023 tax season than it was in 2022

So before you get deep into the nitty-gritty, it's worth taking a moment to understand the

purpose of the many forms you'll likely interact with.

#### Who is required to fill out a W-9?

A W-9 is a type of form where you provide identifying information such as your Social Security number or tax identification number. A typical reason for filling out a W-9 is if you're an independent contractor, freelancer or gig worker likely to earn more than \$600. You may also be asked to fill out a W-9 when you open an interest-bearing bank account or other kinds of financial accounts that provide extra income.

This form doesn't get sent to the Internal Revenue Service. But the information you provide on a W-9 will be used to prepare other forms, namely 1099s.

## Get the Everyone's Talking newsletter in your inbox.

Get caught up with the trending news you need to know.

IRS delays \$600 reporting rule:

1099-K tax reporting for Venmo, PayPal, CashApp and more postponed

#### Is a W-9 the same as a 1099?

The main difference between a W-9 and 1099 is that you fill out a W-9 while the business or entity you're earning income from fills out the 1099. In most cases, you should receive the form by Jan 31.

A 1099 form is used to report income that isn't directly earned through an employer. Because there are many different ways to make money outside of a traditional job, there are several types of 1099 forms.

For instance, if you got a state or local tax refund last year, it's considered income and you should expect to receive a 1099-G form. Or if you made \$20,000 from more than 200 transactions on sites like Etsy, Airbnb and Venmo, you'll receive a 1099-K.

Read More: See TAXES at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>



#### WHAT'S WRONG WITH OUR CITY—SAN FRANCISCO

Our City is one of the most expensive places to live in America. While the median income is high, the cost to live in our town is very high. Median income is \$119,136.

Gasoline and utility costs are well above national average. The cost of housing is the sizzler with average monthly cost of \$4,040.

A Wall Street Journal recent report noted that in order to make a monthly housing payment of \$2,400 and pay for most needed living expenses, a resident must earn about \$45.00/hour.

Very few working people earn this amount of money, so how much does a citizen need to earn to cover \$4,040 for housing. A person or/ couple would have to be working for a high tech firm making over \$100,000 annually. If a few children are included, necessary xpenses like clothing, food money, health and medical/insurance costs for the whole family would require the wage earner(s) to make around \$150,000.

4.6 % of our population (815,000+), or 36,000+ are unemployed. 10% of the population (815,000+) lives at the poverty level, thus we have around 80,000 homeless and beggars everywhere. Crime, not surprisingly, is rampant. We have a lot of criminal behavior with more than 50 murders and 4,000 assaults in 2021.

There is also an alarming amount of criminals who target senior Chinese (and Asians), especially Asian women who are shopping. The criminals know that Chinese (and Asian) women who are shopping will have a lot of money to pay for their shopping. More shops now take credit cards when more than \$20 is needed, but that has not stopped the robbery attempts. Senior Chinese men are deliberately injured in retaliation for the belief that Covid was a Chinese plot to harm Americans. There is very little risk for these street criminals. Most victims cannot identify the criminals, and even if they could, the police will not apprehend criminals for petty theft (less than \$950.) Throughout California, that includes San Francisco, we should not be surprised that we have so many shop lifting incidents and also many "smash and grab," events and why many businesses including some Walmarts and CVS stores are closing.

### WARNING TO ALL SENIORS, ESPECIALLY CHINESE/ASIAN SENIORS

Home invasion attacks have been happening, and we all need to be alert.

Here is the report from Dion Lim, KGO Television, June 9, 2022:

EXCLUSIVE: Older SJ couple bound, mouths taped shut in brazen home robbery detail terrifying ordeal

An older San Jose couple is detailing a terrifying home invasion robbery where they were gagged and bound by attackers.

By Dion Lim, KGO Television, June 9, 2022 SAN JOSE, Calif. (KGO) -- Two seniors, part of two brutal home-invasion robberies where their hands were bound, mouths covered with packing tape, and their home ransacked for hours are speaking about their ordeal. They're hoping by sharing their story it'll raise awareness and encourage other victims of crime to speak out.

The 82-year-old man who lives in the Berryessa neighborhood with his 72-year-old wife was resting at home, on the afternoon of May 31 when suddenly, several individuals jumped over a side fence and entered their home. A home, that for decades felt safe. So much so, that they'd often leave a front door unlocked.

His daughter, who also requested not to be identified by name, translated and explained her stepmom "was watching her Chinese soap opera" at the time and "didn't even finish the episode," when the attackers came in. She says they used packing tape to cover their mouths and used their own belts to bound their wrists. The attackers then shoved the couple into a guest bathroom as they ransacked their home.

"In her wallet, she had maybe \$30," said the

82-year-old man's daughter.

She says "the fear started to set in when they started getting impatient." This is after the attackers hit her father in the head with a gun and found the couple's ATM card. She says the attackers then used the couple's cellphone to call a translator and demand their PIN.

"She's like we don't have a PIN number or password. And then the person on the other line said in Chinese 'Are you telling the truth?'" said the daughter.

The use of a translator during a crime is something even SJPD says is not usually heard of.

The couple's ordeal lasted two hours before the attackers stole their car and drove off. According to SJPD, the group used the car to commit another home invasion robbery just one mile away.

Dashcam from the victim's wife's vehicle, in that case, shows her returning home in the afternoon and panicking, describing what was going on.

"My husband is at gunpoint! I have an infant!" She cries out.

As seen in other Ring surveillance used in the police investigation robbers also jumped a fence to enter this home. In addition to the gun, other tools were used to threaten the father and his 15-month-old boy.

SJPD's Christian Camarillo says crime trends



**Above:** An older San Jose couple sit in their home that was ransacked by robbers during a home invasion where they were bound and gagged.

change and the department is vowing to apprehend the suspects.

"Just to do this consecutively a couple hours apart is very, very brazen," said Camarillo. The attackers in this case even physically brought the victim to the bank in hopes of withdrawing cash. The suspects also allegedly wanted the victim to enter the bank to withdraw more cash, but the bank was closed.

"It's a traumatic experience for these community members, we'll have an update for them soon," said Camarillo. "We will find them, we will arrest them."

Read more: See **SENIORS** at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>



#### THINKING ABOUT BUYING A NEW CAR?

Here's a comparison from a national consumer survey organization. No doubt, all drivers have their favorite features and functions, so even an objective evaluation and survey will have conclusions that will not match up with my, or your, views. Never-the-less, here are the results of the cars receiving the highest from one national evaluations organization.

- Toyota Corolla Hybrid for fuel economy, smooth and steady ride and easy to use controls
- Lexas GX for strong and refined powertrain, quiet interior composed ride and front seat comfort
- Mini Cooper for handling and precise manual transmission
  - Toyota Prius for fuel economy, hatchback versatility and ride comfort
- Mazda Ms-5 Miata for agility (fun to drive), preside manual shifting, easy to manipulate top and eager engine
- Lincoln Corsair for smooth ride, quiet

- interior, strong engine, a well built luxury interior
- Toyota Corolla for fuel economy, smooth and steady ride, easy to use controls
- Subaru Crosstrek for well cushioned ride, short stopping distances, simple controls, fuel economy.
  - BMW 3 Series for agile handling, quick acceleration, short stopping distances, smooth transmission and front seat comfort
- Toyota Prius Prime for fuel economy, hatchback versatility, ride is comfortable and composed

This survey conducted by a number of drivers and like all humans, they each have their own biases and expectations. Never-the-less, checking out these evaluations may help any potential buyer verify those identified features that are important to the buyer. Pricing varies depending on ownership and location.

## REMINDER TO ALL OUR POST MEMBERS WHO **WOULD LIKE TO SUPPORT OUR LOCAL 4 \*\*\*\*** CHINESE HOSPITAL

At our last post meeting and in our January newsletter, we have been briefed that our local Chinese Hospital has been serving everyone in our city since 1925 providing valuable medical services including child birth services to many of our Post members (and their families), even including one of our Post's big heroes, Major Kurt Lee.

Today, the hospital serves everyone in our City, but those of us who live in the North Beach or Chinatown, it is OUR HOSPITAL. It is only 4 blocks from our Post headquarters, so we are in excellent location if anyone needs emergency medical attention.

Reminder that Chinese Hospital has a joint relationship with UC Medical Center and has an excellent Stroke Center in operation 24 hours a day to serve our community and our members.

Chinese Hospital is one of the best hospitals in San Francisco, rated 4 stars by the Centers for Medicare and Medicaid Services. It is a nonprofit organization that must raise public funds to operate. We are fortunate to have such an excellent medical facility in our City to serve all of us.

Most hospitals are for profit operations, our Chinese Hospital depends on donations to



continue providing its excellent service for all

I hope we will all make a generous contribution to this very essential organization that is around 24 hours a day to serve all of us when we need medical attention.

### MONEY SAVINGS FOR SENIORS

by Dave Freeman, WalletGuru, January,

To hear my grandmother tell it, she's lining her pockets with online freebies and offers.

The internet has been a blessing to smart shoppers looking for the best prices.

The following is list of 15 deals:

- Get Your Senior Discount When Eating Out
- Check Your Social Security for Errors
- Don't Pay For Another Costly Home 3. Repair Out Of Pocket Again
- Seniors Save on Property Taxes
- Veterans and Their Spouses Get a Nice Discount at Lowes.
- 6. Senior Discounts at Ace Hardware!
- This Device Can Save You Up To 90% 7. In Your Next Electricity Bill
- Free Sample Alert Seniors Get A Free 2-Week Supply of Instaflex Advanced, GNC's #1 Joint Pain Compound
- Seniors Can Slash Their Cellphone Bills
- Seniors Can Get Life Insurance for \$14 a Month
- Instantly Pocket up to \$536/year with This Simple (and Free) Online Insurance Tool
- Seniors Save Big on Travel Health and Wellness Senior Discounts 13.
- Save On Your Groceries
- 15. Most Seniors Get a Big Car Insurance Discount.

For more deals, click on the link below so you can save \$\$.

Read more: See **DEALS** at this link: https:// www.sfcathaypost384.org/rc.html

### **HEAVY RAINFALL** REVERSES THE DROUGHT SITUATION IN CA

California's recent rainfalls have set new records and the drought situation has now been reversed by heavy rain. Flooding has subsided.

The essential Hetch Hetchy Reservois, which serves 2.7 million Californians, is now filled to the brim, and the snow packs have not begun the spring/summer melt.

Lake Shasta and Lake Oroville are both more than half full, having added more than 1 million acre-feet of water in recent wet weeks. When the snow packs melt, they should both be fully filled by May.

For all us Californians who have not been showering daily, it is ok to shower daily again. All your friends will also appreciate that.



# FOR OUR BASKETBALL FANS: JEREMY LIN SIGNS WITH BASKETBALL TEAM IN TAIWAN

Randall, AsAmNews, Jan 27, 2023

Jeremy Lin has left the Guangzhou Loong Lions in China and has signed up to join the Kaohsiung Steelers in Taiwan. (Kaohsiung is the major port city in south east Taiwan).

No one predicted that Chinese threats to Taiwan would cause Jeremy to leave China and play in Taiwan where he was a native.

Recall that Jeremy led a winning turnaround with the New York Knicks in 2012 when his basketball skills and achievements were described as "LinSanity."



# CONGRATULATIONS TO A YOUNG CHINESE AMERICAN HERO



Young Brandon Tsay, age 26, receives the "Medal of Courage," from the City of Alhambra for his courageous act of disarming the Monterey Park shooting suspect. Tsay stated that he thought he was going to die when he first confronted the armed shooting suspect, but over-



came his fear and wrestled away the gun used by Huu Can Tran to kill 11 people and wounded another 10 bystanders.

Congresswoman Judy Chu who attended the award ceremony opined that many more innocent people could have been killed had Tran had not been stopped by Brandon Tsay.

Tsay even received a call from President Joe Biden who congratulated him and invited Tsay to the President's State of the Union address in Washington DC on February 7, 2023.



It is wonderful see how a real hero was honored by many people who appreciated the brave heroics of Brandon Tsay, a real Chinese American Hero.

# BAD NEWS FOR EGG LOVERS



Perhaps you heard that there is Bird Flu circulating and may not have given it a second thought. Reminder: Chickens are birds and they provide all of us with eggs which provide all us egg eaters with nutrition and other essential high food value. Just learned on January 15, 2023 that Costco (where I buy eggs) is out of eggs. It has been hinted that we would be short of eggs soon. The average citizen who eats on the average at least one egg a day, consumes about 400 eggs a year. Multiply that by 340 million people and the total is 135,000,000,000 eggs that are needed to feed all Americans. Eggs are very nutritional, that's why we eat eggs every day, or almost every day.

Some of us would consider this a national security matter.

Without chickens, not only do we not have eggs, but chicken meat is also deficit. The Costco baked chicken will cost more than \$4.99 soon, if the price hasn't already gone up!

Interesting side note... most people do not know that Bird Flu hit China about 2 years ago, and 70% of their chickens were infected and perished. What did they do? Eggs are also essential food for 1.4 billion Chinese. Chicken dishes is a staple for most Chinese. (Orange chicken is one of my favorite dishes).

So what did they do? Chinese buyers linked up to our Iowa chicken farms and bought several million tons of chicken meats and parts to feed their people.

Read more: See EGGS at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>

# ALERTS FOR SMOKERS ONLY!!

This is an emergency notification to all smokers. If you smoke make sure you get a low dose CT scan soon. With your results, you can get advanced treatments that reduce cancer risk and increase your lifespan.

Guidance is from Dr. Claudia Henschke, MD and PhD, professor of Radiology, Icahn School of Medicine, Mt Sinai Hospital, New York City.



# NEW UCSF STUDY REVEALS: HOW EFFECTIVE ARE VACCINES TO REDUCE INFECTIOUSNESS AND TRANSMISSIONS?

Many of us who have been vaccinated and boosted, or else had a history of CoVID infections, wonder if those events would make us more resistant to CoVID infections.

Dr. Nathan Lo, a research fellow in the Division of HIV, Infectious Diseases and Global Medicine at UCSF, presented a study in the UCSF CoVID Response Town Hall on 1/6/2023 that exactly addressed that question. He designed a study to see whether and how much of those vaccinated, infected, or both, were able to reduce CoVID infections and

transmission. His study involved participants in prisons - a vulnerable and incarcerated population - the reason being that all prisoners, including the asymptomatic ones, get regular CoVID testing in prisons. Results showed that those who have been vaccinated, previously infected or both — were able to reduce CoVID infectiousness and transmission by 20-25%. He also found a dose-dependent relationship in those who have had 3 doses. With each dose, there was an about 11% reduction in infectiousness. Also, recent vaccinations of a few weeks are more effective to reduce transmissions.

This reduction is not as high as what we'd like to see, but it still proves that vaccination has value towards decreasing transmissions in addition to the ability to decrease CoVID-related hospitalization and deaths.

His study points to the potential importance of mass vaccination before and during CoVID surges to reduce transmissions, and also supports the effectiveness of the booster doses.

Source: Quoted from UCSF, AHI Newsletter, January 2023

# DID YOU KNOW? A STUDY IN U.K. DISCLOSED THAT: PEOPLE WHO CATCH COVID ARE FIVE TIMES MORE LIKELY TO DIE FOR UP TO 18 MONTHS

By Stephen Beech, Sophie Collins, 19 JAN 2023

A study has suggested that people who catch Covid are at much greater risk of dying for at least 18 months after being infected.

Aside from this alarming claim, researchers also found the virus is linked with higher risks of a heart attack and stroke in both the short and long-term.

The study involved more than 150,000 British participants and showed that the likelihood of

Covid-19 patients dying, compared to uninfected people, was up to 81 times higher in the first three weeks of infection.

The findings also show that the chances of death remained five times higher up to 18 months later.

Professor Ian Wong, of the University of Hong Kong, author of this particular study said: "Covid-19 patients were more likely to develop numerous cardiovascular conditions compared to uninfected participants, which may have contributed to their higher risks of death.

"The findings indicate that patients with Covid -19 should be monitored for at least a year after recovering from the acute illness to diagnose cardiovascular complications of the infection, which form part of long Covid."

Read more: See COVID at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>

# BLEEDING OR SWOLLEN GUMS ARE ONE SIGN OF A POSSIBLE ON COMING STROKE!

A person who has gum disease is 2-3X more likely chance to have a stroke!

Bleeding or swollen gums (periodontitis) are signs that there may be changes in the flow of blood to our brains. Arteries in our brains can become hardened which will result in blockage of blood flow and oxygen to the brain (artherosclerosis).

This is the breeding grounds for strokes. Although every stroke victim is different and no one can predict when a stroke will strike just because your gums are going bad. Also, most everyone has some gum problems, but properly treated, the chance for a stroke caused by gum disease is reduced.

When not treated early, gum diseases (called Gingivitis), can lead to swollen and bleeding gums. Once at this advanced stage, the risk

for a stroke at lease doubles.

What should anyone do when your gums get swollen and is bleeding?

Avoiding a stroke is highly recommended. 1 of every 6 strokes causes death. People who do not die immediately will have serious long term consequences, especially when a stroke victim is not properly treated quickly. Every minute a stroke victim is not properly treated will destroy thousands of brain cells (neurons). Dead brain cells do not recover.

All stroke victim should be transported to a medical facility that is prepared to care for stroke victims. It is important for all of us to know where your nearest hospital that has a stroke center. In our North Beach/Chinatown neighborhood, anyone who has a stroke should be taken (call 911 for an ambulance) to



Chinese Hospital. Probably anyone on the east side of our city should be taken to our Chinese Hospital.

Our Historian had a stroke a few years ago, and was treated at a hospital with a stroke center and credits his excellent recovery to care provided by the Alta Bates hospital in Oakland.

Read more: See STROKE at this link: <a href="https://www.sfcathaypost384.org/rc.html">https://www.sfcathaypost384.org/rc.html</a>

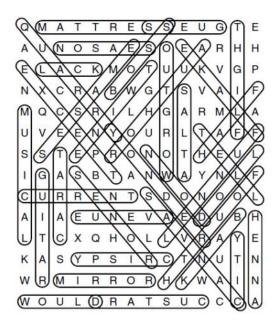


# JANUARY PUZZLE SOLUTIONS WORD SEARCH SOLUTION

□ DOWN□ EXCEPT

WORD SEARCH secret message:

STEP ON THE GAS



- □ FLAKE □ ATLAS □ AUTHOR □ FLIGHT □ AVENUE □ FOURTH □ BANK □ FUNNEL □ GUESS □ CANVAS □ GUITAR □ CARAT □ HALF □ HENNA □ CRISPY □ LACK □ CURRENT □ MATTRESS □ CUSTARD □ MIRROR □ MUSICAL
- SESAME
  TELL
  TWINE
  WOULD
  YONDER

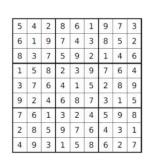
□ SEASON

□ SENOR



### SUDOKU SOLUTION

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



### **4 NUMBERS SOLUTION**





(22-16)x10-21 (8+6)x4+6

### **JUMBLE SOLUTION**

□ OUTGROW

□ QUARRY



GORGE SQUAB MUFFLE LATEST

Claiming to be younger made her this — AGE-"LESS"



#### WORD SEARCH: WHEEL OF FORTUNE

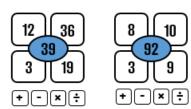
ENINACALENDARR DAYEKRUTNEMGES RCEENILARPLTBA AUCGFEIOOPIBKG HORUADCONOBCAT CTHARSCNLAAEAF RGF MTI ODU OHR DGOOSGHASLHCLE NMULOCIFEIFT BBAOUYIHLLFI DNYRREHCTKCSED TRESTLECOMPILE NMUSICOSSERPSE

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

□ ASLANT	□ ESPRESSO	□ SITCOM
□ ATHLETE	□ FABLE	□ SLOGAN
$\Box$ CALENDAR	□ FAIR	□ SNACK
□ CANINE	☐ FIRESIDE	
□ CHERRY	□ GUARDIAN	□ THIGH
□ CLEAR	□ LOITER	□ TOUCAN
□ COLOR	□ MINCE	□ TRESTLE
□ COLUMN	□ MUSIC	□ TURKEY
□ COMB	□ ORCHARD	□ USAGE
□ COMPILE	□ PRALINE	
□ COOP	□ RURAL	
□ CURL	□ SEGMENT	

#### **JUMBLE**

## 4NUMBERS

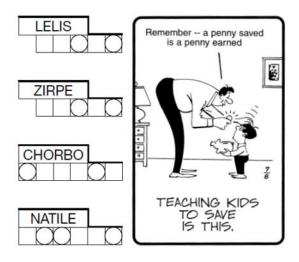


#### CAN YOU SUDOKU?

SURE YOU CAN! How do I play Sudoku? Sudoku is a logic game so you just need to use your brain to play it! The goal is to fill the grid, so that each row, each column and each region of 3x3 boxes contains all the numbers from 1 to 9. Good Luck!

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

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





**WORK SPACE** 



# **FEBRUARY**



SUN	MON	TUE	WED	THU	FRI	SAT
	CK HISORY MONTH L SALUTE TO VETERA	ANS WEEK	1	2 groundhog day	3 FOUR CHAPLAINS DAY	4 USO BIRTHDAY
5	6	7 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8 EXECUTIVE BOARD MEETING 7:00 PM	9	10	POST MEETING 11:00 AM
12		14	15	16	17	18
COAST GUARD RESERVE BIRTHDAY	20 PRESIDENTS DAY	21 MARDI GRAS	22	23	24	25
26	27	28		APPY VAL	ENTINE'S	ПАУ

# **MARCH**

SUN	MON	TUE	WED	THU	FRI	SAT
w	OMEN'S HISTORY MOI	NTH	1	2	3 NAVY RESERVE BIRTHDAY	4 HUG A GI DAY
5 SEA BEE BIRTHDAY	6	7 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8 EXECUTIVE BOARD MEETING 7:00 PM	9	10	POST MEETING 11:00 AM
DAYLIGHT SAVINGS	13 K9 VETERANS DAY	14	AMERICAN LEGION BIRTHDAY	16	17 ST. PATRICKS DAY	18
19	20	21 ROSIE THE RIVETER DAY	22	23	24	25 MEDAL OF HONOR DAY
26	27	31				8