



CATHAY DISPATCH

MESSAGE FROM THE COMMANDER



Gung Hay Fat Choy!

Our next meeting falls on Chinese New Year's Day, February 10th 2024. On the Chinese lunar calendar the year is 4722 which is the year of the Dragon. Our lunch will consist of the traditional foods for the New Year's celebration to include a roast pig, chicken and the vegetable dish jai, so please make it a point to attend the post meeting, your family and friends are welcome to this special lunch.

The most important New Year's resolution you can make is to stay healthy so you can live a longer life. Below is an article I found that may be of interest to you.

A Johns Hopkins-led study of 6,200 men and women over eight years found that those who adopted four smart behaviors reduced the chance of death from all causes within that time frame by an astounding 80 percent.

How to live longer? Here are those four factors, all within your control.

1. Don't smoke

Although your best plan to live longer is to adopt all four lifestyle factors, if you had to choose one, the researchers say, this is it. Smoking affects coronary arteries and lungs, and smokers also have increased rates of cancer and risk of stroke.

2. Maintain a healthy weight

The healthiest people in the study maintained a body mass index (BMI)—a ratio of height to weight that measures body mass—of less than 25. To find out your BMI, try using a free BMI calculator. To reach (and maintain) a healthy BMI, get busy on lifestyle changes 3 and 4.

3. Get up and move

Aim for about 30 minutes of activity a day most days of the week. Try breaking it into three 10-minute bouts of activity per day—a 10-minute walk in the morning, another at lunch and a stroll after dinner.

4. Make healthy food choices

The study found that the healthiest people followed a [Mediterranean-style diet](#). That means a diet rich in fresh fruits and vegetables, tree nuts with healthy oils, fish (and less red meats), whole-grain carbs and olive oil for cooking.



CATHAY POST 384 AMERICAN LEGION

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MESSAGE FROM THE COMMANDER

BMI Chart

Charts are another easy way to find your BMI. To use the table below, find your height on the left side of the chart, then go across to the weight that is closest to yours. At the top of the chart you can see your BMI, and at the bottom of the chart you can see which category you fit into – healthy weight, overweight, or obese:

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

Source: US Department of Health and Human Services, National Institutes of Health, National Health, Lung, and Blood Institute. The Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: Evidence Report. September 1998 [NIH pub. No. 98-4083].





Chinese New Year is on Saturday, February 10th this year, which coincides with our regular monthly meeting.

In San Francisco, we enjoy one of the largest and most vibrant celebrations outside of Asia. The festivities typically include events and activities that span over several weeks. Here are some highlights of the Chinese New Year celebration in San Francisco:

Chinese New Year Parade: The highlight of the celebration is the Chinese New Year Parade, one of the grandest parades in the city. It features elaborate floats, lion and dragon dancers, martial arts groups, traditional Chinese costumes, and the spectacular Golden Dragon, which is over 200 feet long. The parade usually takes place in the evening and attracts a large crowd along its route through the streets of Chinatown.

Miss Chinatown USA Pageant: The pageant is a significant part of the Chinese New Year celebrations, highlighting the talents and cultural knowledge of young Chinese American women. The winner becomes the goodwill ambassador for the Chinese community in San Francisco.

Community Street Fair: The Chinatown Community Street Fair is a two-day event featuring traditional and cultural performances, arts and crafts, food vendors, and various activities. It provides a lively atmosphere with a mix of traditional and modern elements.

Chinatown Run/Walk: To promote health and fitness, there is often a Chinatown 5K or 10K run/walk event. Participants enjoy the scenic route through the streets of Chinatown while embracing the festive spirit.

Lunar New Year Flower Fair: Leading up to Chinese New Year, a flower fair is held where visitors can purchase traditional New Year decorations, flowers, and plants. It is a great opportunity to experience the pre-festival buzz and purchase symbolic items for the celebration.

Chinese New Year's Day: Firecrackers and Festivities: On the actual day of Chinese New Year, you can experience the traditional practice of setting off firecrackers to ward off evil spirits. The streets come alive with festive energy as

families gather for meals and celebrations.

Asian Art Museum Exhibitions: The Asian Art Museum in San Francisco often hosts special exhibitions and events related to Chinese New Year, displaying traditional and contemporary Chinese art and culture.

Chinatown Restaurants and Shops: Throughout the celebration, Chinatown's restaurants offer special menus featuring traditional New Year dishes, and shops are decorated with red and gold, creating a festive atmosphere.

Due to the dynamic nature of events, it is always a good idea to check the official website of the Chinese New Year Festival and Parade in San Francisco for the most up-to-date information on dates, times, and specific activities. The celebrations in San Francisco provide a unique and culturally rich experience for both locals and visitors.

On a separate, but timely note, tax season is a time when scammers try to take advantage of individuals. Here are a number of helpful hints to avoid getting scammed during tax season:

Verify Communications: The IRS typically communicates through traditional mail. Be cautious of unsolicited emails, phone calls, or text messages claiming to be from the IRS. If in doubt, contact the IRS directly using their official contact information.

Use Secure Websites: When filing taxes online, make sure you are using a secure and reputable website. Look for "https://" in the website address and avoid clicking on links from unknown sources.

Protect Personal Information: Never share personal information, such as your Social Security number or financial details, through email or phone calls. The IRS will not request sensitive information through these channels. Update Security Software: Ensure that your computer and devices have up-to-date security software to protect against malware and phishing attempts.

Beware of Phishing Emails: Be cautious of emails claiming to be from the IRS or tax preparation services. Avoid clicking on links or downloading



attachments from unfamiliar sources.

Check for IRS Identity Protection PIN: The IRS provides Identity Protection PINs to eligible taxpayers. Consider obtaining an Identity Protection PIN to add an extra layer of security to your tax return.

Review Your Credit Reports: Regularly check your credit reports for any unusual activity. This can help you identify potential identity theft early on. Choose a Reputable Tax Preparer: If you use a tax professional, ensure they are reputable and have a Preparer Tax Identification Number (PTIN). Check their qualifications and reviews.

Secure Physical Documents: Keep physical copies of tax-related documents in a secure location. Shred any unnecessary documents containing personal information.

Educate Yourself: Stay informed about common tax scams and tactics used by scammers. The more aware you are, the better equipped you will be to recognize and avoid potential threats.

Remember that the IRS will not initiate contact with taxpayers by email, text messages, or social media to request personal or financial information. If you receive suspicious communication, it is advisable to contact the IRS directly to verify its authenticity.



SF 49ERS FACE OFF WITH KC CHIEFS AT SUPERBOWL



SF SQUEEZE OUT A WIN OVER DETROIT TO PLAY AGAINST KC

Our Post 384 will host a SUPEERBOWL fundraiser again this year. Please join us for some delicious snacks and enjoy the game on our new GIANT TV and 360 viewing. The action should start around 2pm on SUPERBOWL Sunday, February 11, 2024.

The stage is set. The food is prepared. The Teams are in position. The squares are ready..... 7, 3.....HIKE.....HIKE! GO NINERS!!!!!!





IT'S TIME TO SAY, "GUNG HAY FAT CHOY" AND HAVE THE RED ENVELOPES (LY-CE) HANDY

Chinese Lunar New Year is once again upon us. Our Post 384 will celebrate on Saturday, February 10, 2024, around Noon time with the traditional Chinese Roasted Pig. Come join us as we ring in the New Year.....Lunar style. Don't forget, it's a two-week celebration. The Chinese New Year Parade in San Francisco will be held on Saturday, February 24, 2024, at 5:00pm and last a good three (3) hours. It goes on rain or shine. No one knows that better than Helen, Ron and I. We marched in the RAIN of last year's parade. This is the Year of the DRAGON and we are the DRAGON Post 384.





PLEASE SUBMIT ENTRIES TO:
POST.1.COMMANDER.D8.A2@GMAIL.COM

**2024 American Legion District 8
High School Oratorical
Scholarship Competition**



To be held:

February 03, 2024

2pm-5pm

Veteran's Building Room 202

401 Van Ness San Francisco, Ca94102



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BATAAN DEATH MARCH COMMEMORATION

SATURDAY, APRIL 13, 2024 @ 10AM @ SF NATIONAL CEMETERY IN THE PRESIDIO

**BATAAN
DEATH
MARCH**

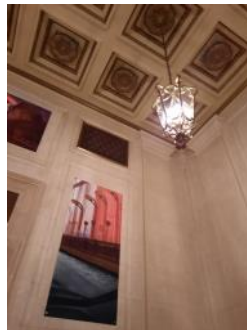
Remember the Legacy

www.bataanlegacy.org



Experience *No Delays* A Photographic Art Installation

by Nico van Dongen, curated by Yolanda Faye





DOUBLE HEADLINER

VA Secretary DM with Representative Nancy Pelosi

On Wednesday, January 24, 2024, SFVA at Fort Miley played host to both Secretary DM and Representative Pelosi. They held a press conference in the Auditorium speaking on the future of VA Health Care. It was a pleasant visit as they took a stroll to the hospital ward on 2B North. The Ward was preparing for the visit for some time now and went all out with decorations, red carpet and uniform T-shirts for the whole ward. A good time was had by all. Here are a few pictures from the decorated 2B North ward at the SFVA.



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:



In Tang Dynasty, the Chinese Lantern Festival has developed into a grand event, the Tang poets described grand occasion of lantern festival, their poems contain happiness and bustling scene.

Tang poet Su Weidao Lantern Festival poem in Tang Dynasty:

元夕 [唐]苏味道

火树银花合，星桥铁锁开。暗尘随马去，明月逐人来。游妓皆秊李，行歌尽落梅。金吾不禁夜，玉漏莫相催。

This poem described a scenery of Lantern Festival in the evening at Chang-an town, to the effect that: The light is brightly, tonight the no-go area is opening. The horse gallop that stirred up the dust, the moon seemed to follow the people. The young singing girls look more beautiful, they walk and sing songs. The capital guards does not work tonight, the drum will not urge the people back home.

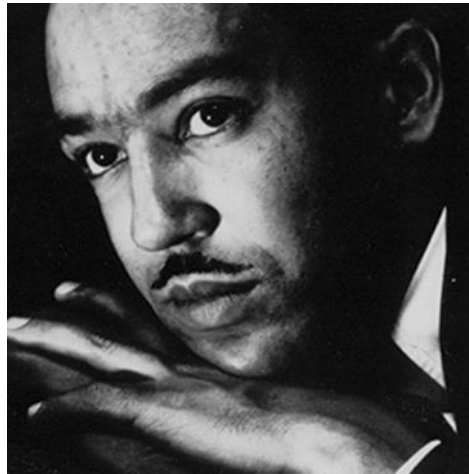
十五夜观灯 [唐]卢照邻

锦里开芳宴。兰缸艳早年。缟彩遥分地。繁光远缀天。接汉疑星落。依楼似月悬。别有千金笑。来映九枝前。

This poem described the atmosphere of Lantern Festival, and the beautiful light of lanterns in the evening, to the effect that: People were busying worship the immortal of year after Chinese New Year, they putting on new clothes and eating food, However, the recreational activities were relatively few;

The Lantern Festival broke this dull atmosphere, brought the New Year and the first month's celebrations to a climax; The Lantern Festival let the earth to be very colorful, or even have the stars which were in the sky together into one place, the distance (light) like the stars fell to the ground, the light relying on floor it seems like the moon.

Beautiful girls' laughter add more glory to this holiday.

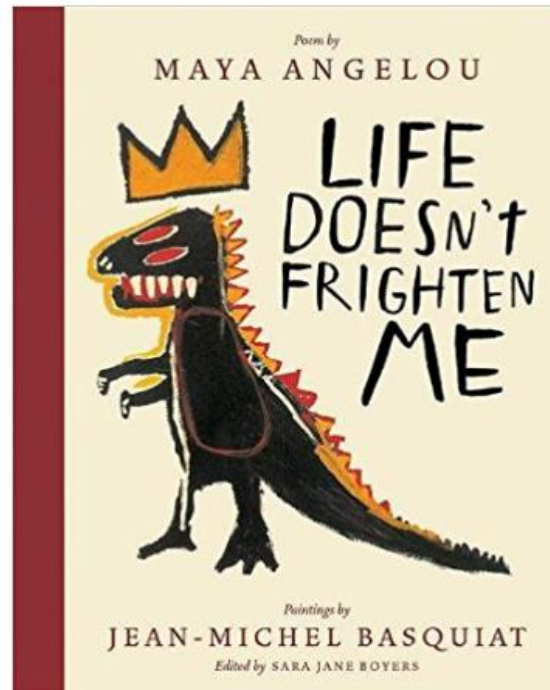


POET SPOTLIGHT:
Life for me ain't been no crystal stair

By: Langston Hughes

A poet, novelist, fiction writer, and playwright, Langston Hughes is known for his insightful, colorful portrayals of black life in America from the twenties through the sixties and was important in shaping the artistic contributions of the Harlem Renaissance.

Mother to Son
Well, son, I'll tell you:
Life for me ain't been no crystal stair.
It's had tacks in it,
And splinters,
And boards torn up,
And places with no carpet on the floor—
Bare;
But all the time
I've been a'climbin' on,
And reachin' landin's,
And turnin' corners,
And sometimes goin' in the dark,
Where there ain't been no light.
So boy, don't you turn back;
Don't you sit down on the steps,
'Cause you finds it's kinder hard;
Don't you fall now—
For I've still goin', honey,
I've still climbin',
And life for me ain't been no crystal stair.



LIFE DOESN'T FRIGHTEN ME

By: Maya Angelou

Shadows on the wall
Noises down the hail
Life doesn't frighten me at all
Bad dogs barking loud
Big ghosts in a cloud
Life doesn't frighten me at all.
Mean old Mother Goose
Lions on the loose
They don't frighten me at all
Dragons breathing flame
On my counterpane
That doesn't frighten me at all.
I go boo
Make them shoo
I make fun
Way they run
I won't cry
So they fly
I just smile
They go wild
Life doesn't frighten me at all.
Tough guys in a fight
All alone at night
Life doesn't frighten me at all.

Panthers in the park
Strangers in the dark
No, they don't frighten me at all.
That new classroom where
Boys pull all my hair
(Kissy little girls
With their hair in curls)
They don't frighten me at all.
Don't show me frogs and snakes
And listen for my scream,
If I'm afraid at all
It's only in my dreams.
I've got a magic charm
That I keep up my sleeve,
I can walk the ocean floor
And never have to breathe.
Life doesn't frighten me at all
Not at all
Not at all
Life doesn't frighten me at all.



A Tribute To Veterans

Jerry Calow (copyright 2003)

In Vietnam, Korea and World Wars Past
 Our Men Fought Bravely so Freedom Would Last
 Conditions Where Not Always Best They Could Be
 Fighting a Foe You Could Not Always See:
 From Mountain Highs to Valley Lows
 From Jungle Drops to Desert Patrols
 Our Sinewy Sons Were Sent Over Seas
 Far From Their Families And Far From Their Dreams
 They Never Wrote Letters Of Hardships Despair
 Only Of Love, Yearning That One Day Soon:
 They Would Come Home, They Would Resume
 And Carry On With The Rest of Their Lives
 The P.O.W.'S Stood Steadfast
 Against the Indignities And Cruelties Of War
 They Could Not Have Lasted as Long as They Did
 If They Had Relinquished Their Hope That Some Day:
 They Would Come Home, They Would Resume
 And Carry On the Rest Of Their Lives
 Medics, Nurses, and Chaplains Alike
 Did What They Needed To Bring Back Life
 They Served Our Forces From Day Into Night
 Not Questioning If They Would Survive:
 They Mended Bones And Bodies Too,
 They Soothed the Spirits of Dying Souls
 And for Those M.I.A'S, Who Were Left Behind
 We Echo This Message Across the Seas
 We Will search For as Long As It Takes
 You're Not Forgotten And Will Always Be:
 In Our Hearts, In Our Prayers,
 In Our Minds For All Time
 A Moment of Silence, a Moment of Summons
 Is Their Deliverance of Body And Soul
 To a Sacred Place That We All Know
 Deep In the Shrines of Our Soul:
 In Our Hearts, In Our Prayers
 In Our Minds For All Time



Sniper's Serenity

A green phantom stalks these lands,
 Thirty Ought Six in a Master's hands.
 Chamber a matched, perfect round,
 Slide home the bolt, forward and down.
 Stay detached, loose and cool,
 Time your breathing, remember the rule.
 Get them now, kill them clean,
 before they can hurt another Marine.
 The first dies quick, the second has looked,
 that one dies fast, a third has booked.
 Number Three goes down, sight on Number Four,
 this one's for my Brothers, Brothers of the Corps.
 Even now at home, I remember that scene,
 the four of them and a young Marine,
 I would do it again, once more with pride,
 to protect my Marines, the enemy has died.
 Military poems by Robert W. Baird, U.S.M.C. Sniper

**INTERLUDE:
 GOLD STAR MOTHERS GRIEVE:
 ENDLESSLY,
 ENDLESSLY, ENDLESSLY.....**

These Immortalized Soldiers Whose Bravery Abounds
 They're Our Husbands, Fathers, and Sons
 They Enlisted For the Duty at Hand
 To Serve the Cause of Country and Land:
 They Had Honor, They Had Valor,
 They Found Glory That Change Them Forever
 Men Standing Tall and Proud They be
 A Country Behind Them in a Solemn Sea
 So Let the Flags of Freedom Fly
 Unfurled in Their Majesty High:
 In the Sun, In the Rain
 In the Winds Across This Land
 Years of Tears Has Brought Us Here
 Gathering Around to Hear This Sound
 So Let the Flags of Freedom Fly
 Unfurled in Their Majesty High:
 In the Sun, In the Rain,
 In the Winds Across This Land
 REPEAT:
 In the Sun, In the Rain,
 In the Winds For All Time





PHOTO COLLECTION

Photo courtesy of Raymond & Dara Wong

During the January 13, 2024 luncheon, the following political candidates were introduced:

Yvette Corkrean, for California State Senate, District 11

Jeremiah Boehner, San Francisco Board of Supervisors District 1



Photo courtesy of Raymond & Dara Wong

January 2024 birthdays – Mickey Kwok (81st), Nelson Lum (76th)





THE HEALTH BENEFITS OF TAI CHI

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.



Tai chi is often described as "meditation in motion," but it might well be called "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings" — or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention — as in some kinds of meditation — on your bodily sensations. Tai chi differs from other types of

exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery.

A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to

improve a patient's functioning and quality of life.

Belief systems

You don't need to subscribe to or learn much about tai chi's roots in Chinese philosophy to enjoy its health benefits, but these concepts can help make sense of its approach:

Qi — an energy force thought to flow through the body; tai chi is said to unblock and encourage the proper flow of qi.

Yin and yang — opposing elements thought to make up the universe that needs to be kept in harmony. Tai chi is said to promote this balance.



MEETING GENERAL DAVID PATRAEUS AND LEARNING ABOUT HIS VIEW OF FUTURE WARFARE

Most people dwell on the past, but our Post Historian is focused on the future. In January 2024, he met General David Patraeus at the Marines Memorial building in San Francisco at his book signing for "Conflict - the Evolution of Warfare from 1945- Ukraine."

It was a great honor to meet a very senior Army officer with 37 years of military service, who had served in six consecutive commands as a general officer, including combat service in Iraq, the US Central Command, and the International Security Assistance Force in Afghanistan. Then he served several years as the Director of Central Intelligence. He has also held academic appointments at six universities and is a senior fellow and lecturer at Yale University. Today, he is a partner at the major investment and chairs that firm's Global Institute.

For anyone interested in warfare since 1945, the General's historical notes in the first 404 pages is very useful. Most senior military officers, regardless of which military they served, naturally base their views of war and combat history on their own experience.

However, if anyone has been following the impact of Artificial Intelligence and Quantum Computing, you should realize that future wars are going to be different. The Army with the biggest tank will not dominate the ground. Neither will the Air Force with the fastest fighter jets and bombers. Nor will the Navy be able to conquer their foe with aircraft carriers, destroyers, and submarines.

The nation that will dominate the world will be the one with the greatest Cyber capabilities.

General Patraeus discusses how the Ukraine war was not over in a short

time, as Ukraine, with one tenth the military force of Russian, denied the Russians victory due to use of sensors and computers that are constantly updated by machine learning and AI. The Ukraine's also benefited from Elon Musk's Space X satellites that revealed the Russian forces and their weapons and locations. With accurate information on the location of the enemy, you do not waste a lot of ammunition hitting nothing.

The war in Ukraine has also taught the Chinese valuable lessons. The complex Russian tactics and plans were disrupted by the Ukrainians and revealed how difficult it will be to attack Taiwan, which has an average of 160 miles of water separation from Taiwan.

According to the General, "The reverses that Russian forces have experienced in Ukraine will have reminded Chinese planners that large scale operations are exceedingly complex and no amount of training can truly prepare a force for what can happen for what can happen once the "iron dice" are rolled. Certainly, a war between China and the United States and its allies would unfold in ways that are impossible to predict and risk catastrophic global consequences."

Based on his warnings about the difficulty for China to easily, or successfully, invade Taiwan, we can consider these facts and circumstances.

PLA Navy ships carrying many Army troops and heavy equipment like tanks, will be great targets for the Taiwan military that has been training to protect their Island. The Taiwanese, with clearly a smaller force than the PLA, can attack an invading PLA Navy ship with and old submarines with modern torpedoes provided by the United States. Additionally, if the Taiwan military has, or will have, automated miniature tanks

with machine guns that are patrolling their coastline and potential beach landing sites, these advanced miniature guns with laser and solid ammunition can make landing forces in Taiwan a very difficult and costly effort.

China may never attack Taiwan if Taiwan has the right weapons to thwart an invader who is vulnerable to the most modern technology. If China believes that an invasion of Taiwan will be difficult, it may not attack Taiwan if Taiwan is prepared and has the right weapons and the support of America.

Patraeus comments that if the Taiwanese have "ballistic missile defense, air defense, sea-denial fires, shore-denial fires, mine warfare, information warfare, civil defense and resilient critical infrastructure" that would be a sufficient deterrent to China.

Taiwan, with our Patriot air defense system, has been practicing sea-denial and shore-denial tactics, and mining her shores for years, so Taiwan has already made it difficult and costly to attack Taiwan. If Taiwan can obtain the latest automated defense systems that are small, but pack a lot of accurate firepower, it will be even more competent in defending her homeland. These types of automated weapons should be very effective in defending against an PLA aircraft lifting troops and heavy equipment (tanks).

I was extremely fortunate to have met General Patraeus as he doing a book tour of his new book, "Conflict - the Evolution of Warfare from 1945- Ukraine," and even more fortunate to meet one of the few senior military officers who, despite his past training and experience, looks to the future with open eyes and mind and much objectivity.



CORRUPTION CRIPPLES THE PLA

Right after New Years of 2024, (January 5, 2024) CNN reported that nine (9) PLA generals had been fired for corruption. Mr. James Char, a China watcher in Singapore noted that since 2016 the “Chinese high command and the Rocket Force leadership has been compromised.”

First, their Defense Minister, Li Shangfu was removed, then nine more generals fired, including five (5) from their Rocket Force high command. General Li Yuchao, the PLA Commander and his political commissar were dismissed along with a senior officers responsible for procurement. Several other senior officers removed who were also involved with arms procurement.

Another very senior officer fired was the PLA Air Force commander.

Simultaneously, three senior executives of defense contractors were also fired.

Mr. Char opined that the huge amount of funds (in billion\$) allocated to their strategic Rocket Force (previously the 2nd Artillery corps) was extremely vulnerable to corruption.

In recent years, open sources have noted that the Chinese were adding dozens of ICBM launching sites in the Gobi desert and locations away from major population locations. Noting that public sources have disclosed that the U.S. has around 4000 nuclear weapons, it would be a wise tactic to direct our nuclear weapons into areas of least value to China.

I have assumed that most of these sites were dummy sites which is a practical solution to protect their population and key locations. Another recent report noted that instead of fuel



used to load their long range missiles, water is being used. Today, we have sensors that can detect the presence of radiation, so fake nuclear missile sites will be detected and not targeted.

If these stories about corruption in the most senior levels of the PLA, especially her rocket forces, this can set back Chinese nuclear capabilities for 5-10 years.

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

CHINA EXPERTS SKEPTICAL ABOUT CHINESE MILITARY'S ABILITY TO TAKE TAIWAN

As our Post Historian has been stating for the past few years, China is not going to invade Taiwan. Now many China experts are also doubting that the People's Liberation Army is capable of taking Taiwan – especially if the American Military steps up to defend Taiwan.

Also factual, we already have about a thousand Special Force warriors on Taiwan conducting training. The Taiwan combat troops have been, and continue to be, a weak force. Army troops have very little training and what training that is done is very minimal. Until very recently, military training for their Army was 2-4 months. It was recently increased to one year, to demonstrate to the U.S. that they were making more serious efforts to defend their homeland.

The main reason why Beijing is highly unlikely to attack Taiwan is economic. \$800 million in two-way trade would be lost if we decide to fight China. The \$100-200 million would be roughly the amount meat (pork and chicken), fruits and vegetables purchased from California. Few people realize that China cannot produce enough food to feed 1.4 billion mouths. The Chinese Communist Party (CCP) would be severely criticized if millions of Chinese do not have sufficient food to eat.

Economists have stated that major chain supplies would be severely disrupted if the U.S. and China go to war. Stock markets, including the Chinese stock market, would collapse. By initiating a major war, the Chinese would be blamed for the catastrophe.

At the 2023 APEC meeting, Chinese President said that China would not attack Taiwan in the coming years.

We now know that Xi knew that he would be firing more than a dozen PLA generals for corruption. The generals included five of the senior officers in their Rocket Force (their Space Force), and the Commander of the Chinese Air Force. This type of decapitation of senior general officers, in critical military organizations, will take years to replace with competent officers - perhaps as long as a decade. It is also highly likely that many mid-level officers (colonels) were involved, so the impact on the PLA is significant.

Xi Jinping was quite cordial at APEC 2023, agreeing to control Fentanyl precursor chemicals to be curtailed.

He also offered 50,000 scholarships to American students to study in China in the next 5 years.

Cooperation in scientific research, climate control, food production, and AI consultations were also included.

There were no experts who predicted this type of outcome ahead of APEC 2023. Our Post Historian, a 50-year China specialist for the Air Force and Department of Defense was also quite surprised at the results of APEC 2023.

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

NORTH KOREA PROVIDING SHORT-RANGE BALLISTICS FOR RUSSIAN USE IN UKRAINE

Earlier in January 2024, the Russians used North Korean KN-22 and KN-23 ballistic missiles to strike at locations in Ukraine. North Korea has conducted very few tests of these two missiles, so their true effectiveness needs to be ascertained. Testing of both these missiles by the North Koreans have been very limited, so even the North Koreans cannot have a lot of confidence in the preciseness of their new missiles.

It is possible that the Russians may have provided missile technology to the North Koreans, but there is no official knowledge of any cooperation. There are grounds for suspecting Russian cooperation, if that has resulted in more N. Korea weapons for the Russian “special mission” in Ukraine.

If North Korean missiles have been effective in Ukraine, that will provide future opportunity for the North Koreans to sell similar arms to a number of potential clients in the Middle East, Africa and elsewhere.

These developments will be watched with great interest by many parties.

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



CIRCLING U. S. SANCTIONS. NOT JUST CHINESE COMPANIES HAVE GONE OFFSHORE, SO HAVE MANY U.S. COMPANIES

US sanctions put on Chinese goods have driven some Chinese companies to move their manufacturing plants to other Asian countries including Vietnam, Pakistan, India, and a few other Asian locations.

Similarly, some American companies have pulled out of China and moved their production to other Southeast Asian countries or maybe to Mexico or Canada.

So when you, or I, pick up something at Costco, or Walmart (or many other stores) that's labeled "Made in Pakistan, or Made in Indonesia, or Made in Vietnam, or Made in

the Philippines, they may in fact, be made by Chinese, or American businesses, that have move their operations off shore.

Even if the goods may have been manufactured in Canada, or Mexico, they may actually be Chinese, Taiwanese, or American companies that have businesses there. In a world that is now so convoluted, a buyer may not have any idea where products we purchase really originated, or that the product manufactured by a local company owned by a third party, very possibly owned by a Chinese company, or an American company. Welcome to a homogenized world.

Mexico has benefitted from a major Taiwanese computer company opening a plant for Acer computer products for over 10 years. Mexico, of course, has been the destination for Fentanyl precursor chemicals to convert to Fentanyl and Fentanyl laced drugs. Canada and India have also received Fentanyl precursor chemicals and presumably are also producing Fentanyl and byproducts to ship to the U.S. and other countries

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

WHO WOULD'VE THOUGHT THAT CHINA AND AMERICA COULD COOPERATE ON THE FIGHT AGAINST FENTANYL?

Of course, even with cooperation, it will take quite a bit of cooperative effort to conquer the syndicates and big rollers, who benefit from the sale of Fentanyl and other illegal drugs. Drug dealers have been profiting for many years in poisoning Americans and other drug users throughout the world. Obviously, if it is true that both the U.S. and China are cooperating to stop the production of the precursor chemicals for Fentanyl, that cooperation can be extended to attack other dangerous drugs that have resulted in the addiction of Americans and Chinese and citizens of countries all over the world.

We are a long way from agreeing to attack the traffic of many types of addictive drugs that harm American and Chinese citizens, but if this anti-Fentanyl cooperation is successful, there may be an opportunity to fight drug additions that harm the citizens of both countries.

Who would've thought?

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



URGENT WARNING "DO NOT DRIVE" TO TOYOTA OWNERS OF TOYOTA

The installed air bags made by Takata company in Japan can explode and splatter metal shrapnel when they are activated in a collision.

Our Cathay Post newsletter recipients read late last year that 52 million vehicles manufactured in America, including Toyota, General Motors, Ford, Volkswagen, and Hyundai Motor, were at risk, because of defective air bags made by ARC automotive.

Lawyers are lining up to file suit for people killed or injured from defective air bags manufactured by ARC or Takata. In fact, Takata is no longer in business due to hundreds of lawsuits in Japan.

Making reliable air bags does not appear to

be an easy task. Air bags must not fully engage except when there is a major impact. Air bags that deploy with a mile bump in the road, or a minor fender bender can result in unnecessary injury to a driver or passengers. Air bags must be powerful to activate instantly when a major collision occurs, or occupants will not be protected from a dangerous collision into the steering wheel, or front dashboard. Back seat occupants could be bouncing back and forth in the back seat area. That's where the baby seat is and the risk to a child in the seat is severe.

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





NRA WARNS GUN OWNERS THAT THEIR GUNS WILL BE CONFISCATED

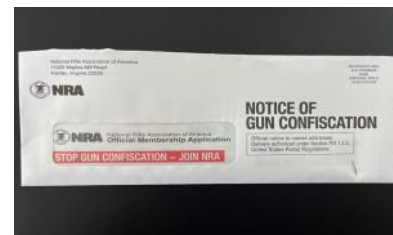
Gun owners were recently reminded to join or renew their NRA annual membership (\$45.00) to fight gun confiscation.

Simultaneously, long time NRA CEO Wayne LaPierre is resigning on January 31, 2024 for health reasons. The New York attorney general has been alleged that LaPierre has spent hundreds of thousands of dollars in NRA charitable assets on private plane trips for himself and his family, vacationed several times in the Bahamas on the yacht of an NRA vendor, and accepted other gifts from NRA vendors .

LaPierre has only partially reimbursed the NRA for some of his expense.

With growing gun violence and mass murders, the NRA's reputation and revenues and membership have plunged. Its influence is diminishing. Revenue in 2022 of \$211 million was down 40% from 2018, while membership dues declined by more than half in that period and legal fees skyrocketed.

Gun ownership is still very important to many Americans, including the 20 million owners of AR-15s who believe the 2nd Amendment provides the justification for our guns. Of course, the 2nd Amendment was written in the 1700s when we did not know when the "Red Coats" were coming, and therefore needed to form armed militias



to protect our nation.

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

MANY CALIFORNIANS DO NOT KNOW THAT THE STATE HAS PASSED SEVERAL STATE LAWS THAT INCREASE GUN SAFETY IN CALIFORNIA

The state of California has quietly passed some 20 gun laws since the mass shootings Half Moon Bay, Monterey Park and other locations.

"Those laws are designed to make it more difficult for potentially dangerous people to keep firearms, help trace perpetrators when one is used improperly and tax ammunition to fund school safety and gun violence intervention programs."

Already, this past year gun deaths have been reduced by 43% lower than the rest of America.

The new bills are as follows:

AB 28, from Assemblymember Jesse Gabri-

el, D-Woodland Hills, imposed a tax on the sale of bullets, which is expected to raise \$160 million annually for gun violence intervention programs.

AB 732, from Assemblymember Mike Fong, D-Monterey Park, increased the standards for surrendering firearms following criminal convictions and requires the Department of Justice and local agencies to address a backlog of individuals who may not have turned over their firearms.

SB 452, from Sen. Catherine Blakespear, D-Encinitas, prohibits the sale of semiautomatic pistols without microstamping technology, which imprints a code on casings fired from the weapon, after Dec. 31, 2027.

SB 2, from Sen. Anthony Portantino, D-Pasadena, sets a minimum age of 21 for a concealed carry weapon license and restricts license holders from carrying those weapons in certain sensitive locations.

SB 241, from Sen. Dave Min, D-Irvine, requires gun dealers and their employees to complete annual training and certification related to the prevention of theft, fraud and illegal purchases.

Read More: See **2A INFRINGE** at this link: <https://www.sfcathaypost384.org/rc.html>

OAKLAND ATTEMPTS TO REVIVE THE CEASEFIRE PROGRAM

In a city that has had years of violence and armed violence, Oakland is planning to resuscitate its Operation Ceasefire which was initiated in 2012. During its first phase which lasted for 5 years (2012-2017) approximately 140 were saved. But when the pandemic surfaced, attention was focused on dealing with the virus, and Operation Ceasefire was put on a backburner, but homicides slowly crept back as a homicides rose from 68 in 2018 to 124 in 2023.

Mayor Sheng Tao enthusiastically supported the resurrecting of Operation Ceasefire, and supported increasing the Ceasefire staff,

improve data sharing between Oakland PD and the Department of Violence Prevention. Experts on gang violence were added and violence reduction plans are coordinated between the police department and city hall.

Many people are focusing attention on the progress of Operation Ceasefire and we are all hoping that it will be successful.

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





A TIME WILL COME WHEN YOU MAY WISH TO DISCUSS FINANCIAL ISSUES WITH YOUR CHILDREN, OR GRANDCHILDREN. WHAT ARE THE BEST TIMES OF POSITIONS THAT WILL NET THEM \$100,000.00 ANNUALLY?

Check out the list of jobs below that will net them \$100,000.00 annually:

How much does a person need to gross annually to take home \$100,000? You know that we must all pay taxes.

Obviously, to take home \$100,000, after taxes, a person must make more than that amount of money. So what kind of job would you like to do, or suggest to your children, or grandchildren, so that they want to take home \$100K, they should know what jobs can provide that that amount of take home income.

Here a list to gives us a good hint:

Specialist Physician

Average pay: \$218,850 (Note that these are average salaries.)

Specialist physicians are those who practice a specific branch of medicine. Medical specialties run the gamut from anesthesiology, cardiology and dermatology to neurology, orthopedics and radiology.

The Bureau of Labor Statistics (BLS) lists physicians and surgeons as the highest-paid occupation in its database, with anesthesiologists earning the most with an average salary of \$271,440.

To pursue this career, you'll have to complete four years at the undergraduate level following a pre-med course of study, then four more years of medical school. There are also several more years of residency, possibly followed by a fellowship for one to three years.

Psychiatrist

Average salary: \$217,100

If you are after a career that is lucrative and growing, add psychiatry to your list for a future job search. Although the BLS projects just 3% growth between 2020 and 2030, the average salary exceeds \$200,000. These professionals diagnose and treat mental illnesses through the use of medication, counseling and hospitalization.

As with other health specialties, you will have to complete medical school and a residency program, then pass a licensing exam and gain board certification to practice as a psychiatrist.

Family and General Practitioner

Average salary: \$214,370

A family physician has patients treat on a regular basis for routine visits as well as common illnesses. The BLS projects an overall 5% job growth for family and general physicians between 2020 and 2030, which equals 6,700 added jobs.

According to the ACP, family medicine education encompasses the care of children and training in areas typically provided in other

specialties. These physicians also complete medical school and a residency program following their undergraduate program.

Prosthodontist

Average salary: At least \$208,000

Prosthodontists provide advanced care for dental and facial disorders. While some specialize in cosmetic dentistry, others focus on reconstructive services that restore or replace missing and damaged teeth.

General dentists need a doctoral degree from an accredited dental program and must pass written and clinical exams to qualify for a state license to practice. Specialists like prosthodontists complete additional training via a multi-year residency.

Oral and Maxillofacial Surgeon

Average salary: At least \$208,000

The BLS lists oral and maxillofacial surgery as one of the highest-paying occupations. These professionals provide reconstructive mouth, jaw, neck and dental surgery and treatment. The more experienced surgeons make approximately \$231,276 a year, according to Payscale.

After completing a bachelor's degree, there are four years of dental school and an oral residency program that can range from four to six years. The six-year route involves a medical degree, according to the American Student Dental Association.

Orthodontist

Average salary: At least \$208,000

U.S. News & World Report has ranked orthodontics as one of the best fields for pay, growth, stress and work-life balance. These professionals fix bite and teeth alignment issues by designing retainers, braces and other mouth appliances for patients — and are paid more than \$200,000 a year on average.

Orthodontists spend a little more time training than general dentists do before they can practice. In addition to an undergraduate degree, orthodontists must go to dental school, followed by two to three years of additional education in an orthodontic residency program and a state licensing exam.

Top Executive

Average salary: \$185,950

Top executives like CEOs earn well into the six figures. The big paycheck does come with added responsibility. CEOs oversee entire organizations and make sure they are reaching their goals. Opportunities are expected to grow 8% between 2020 and 2030.

Traditionally, many CEOs have a bachelor's degree in business administration or an MBA.



However, this is not the only way to make it to the top. Some top executives advance from lower-level management positions and can substitute experience for education, according to the BLS.

Nurse Anesthetist

Average salary: \$183,580

For fewer years in school than it takes to be an anesthesiologist but still phenomenal pay, you can opt to be a nurse anesthetist. People in this profession provide anesthesia care and oversee patient recovery from anesthesia. The BLS reports a higher-than-average growth outlook at 45%.

It takes at least approximately eight calendar years of education and experience to prepare for a career as a nurse anesthetist, according to the American Association of Nurse Anesthetists. Requirements typically include at least a master's degree in nursing, registered nurse licensure, at least one year of acute-care experience in an emergency room or intensive care unit, plus completion of an accredited nurse anesthesia program and passing the national certification exam.

Physicist, Ambulatory Care Health Services

Average salary: \$183,420

Physicists look at the ways matter interacts with energy. In an ambulatory care health setting, medical physicists work with radiation technologies and treatments, often specializing in a particular area such as diagnostic medical physics or nuclear medical physics.

Before you can enjoy the luxuries this high-paying career can provide, you will first undergo rigorous training. Medical physicists need a bachelor's degree in physics or another physical science and a master's degree in physics, medical physics or a related field, plus a residency prior to sitting for an exam to earn board certification, according to the Mayo Clinic College of Medicine and Science. Some medical physicists go on to earn doctoral degrees.

JOBS...Continued on page 21



Natural Sciences Manager, Research and Development in the Physical, Engineering and Life Sciences

Average salary: \$172,990

Natural sciences managers oversee scientists tasked with activities related to research and development. Projects they manage might deal with manufacturing processes, expanding scientific knowledge or product development, according to the BLS, which notes that demand for these roles is expected to grow 6% between 2020 and 2030.

Natural sciences managers are usually promoted from roles as scientists. In addition to several years of experience as a scientist, managers generally have at least a bachelor's degree in a science field, although many have a master's or Ph.D.

Petroleum Engineer, Management of Companies and Enterprises

Average salary: \$167,780

The top 10% of petroleum engineers make more than \$208,000, according to the BLS. These workers find ways to extract oil and gas to meet the nation's needs. The demand and pricing for oil will create new job opportunities for petroleum engineers, with the BLS anticipating an 8% growth from 2020 to 2030.

A bachelor's degree in petroleum engineering is preferred, although other engineering specialties are acceptable in some instances. Cooperative-education programs also are encouraged to get class credit and on-the-job experience in the field.

Sales Manager, Finance and Insurance

Average salary: \$163,630

A sales manager oversees an organization's sales team, establishing territories, training sales representatives and setting sales goals. The highest-paid sales managers work in the finance and insurance industry.

To work as a sales manager, you will likely need a bachelor's degree in addition to a proven track record as a sales rep. Job growth is expected to be about as fast as average for all occupations over the coming years, with 7% growth anticipated from 2020 to 2030.

Airline Pilot, Copilots and Flight Engineers

Average salary: \$160,970

Airline pilots, copilots and flight engineers are responsible for transporting people and things via airplane, helicopter or other aircraft. The highest-paid are airline pilots, who work in the scheduled air transportation industry, as opposed to commercial pilots, who fly unscheduled flights. Across both specialties, the highest 10% of pilots earned over \$208,000 in 2020.

Job prospects for pilots are good, with the BLS projecting 13% growth from 2020 to 2030. To become an airline pilot, you will generally need a bachelor's degree as well as a commercial pilot's license and an Airline Transport Pilot certificate. Most airline pilots start their careers as commercial pilots.

General Dentist

Average salary: \$158,940

A promising job future and exceptional pay, including being one of the highest-paid jobs around, make dentistry a hot field to pursue. Dentists keep teeth looking their best by treating tooth decay, cavities, gum problems and more. The demand for dentists is growing, particularly with more studies showing the link between proper dental care and overall health. In fact, job openings are expected to be plentiful, with 7% growth from 2020 to 2030, according to the BLS.

It takes time and commitment to pursue this hot career, however. After college, you must attend dental school and pass state licensing exams. Dentists in specialized fields must take part in a residency program.

Computer and Information Systems Manager, Information

Average salary: \$166,770

Computer information systems managers, also referred to as information technology managers, are accountable for organizations' computer-related activities, from determining technology goals to implementing and securing systems. Although many industries employ computer and information systems managers, the highest-paid work in the information industry.

The top 10% of earners are making more than \$208,000 on average. What's great about this career is that it doesn't require years in school. A bachelor's degree in computer or information science and related work experience is typically sufficient, but many do go on to earn a graduate degree, notes the BLS.

Computer Systems and Information Manager, Computer Systems Design and Related Services

Average salary: \$157,580

As more and more organizations require professionals to coordinate computer activities, the demand for computer systems and information managers is expected to grow 11% from 2020 through 2030. While those who work in systems design and related services earn over \$9,000 less, on average than their information-industry counterparts, their salaries exceed \$150,000 by a comfortable margin, and they have better-than-average opportunities for new positions.

Financial Manager, Professional, Scientific and Technical Services

Average salary: \$154,790

Financial managers are responsible for the planning and directing of accounting, investing and other financial activities for companies. The average pay might be lower than other hot jobs on the list, but the top 10% of financial managers earn more than \$208,000. Jobs in this occupation are growing much faster than average — with 17% growth expected from 2020 to 2030, in fact. Top earners work in the professional, scientific and technical services industries.

These professionals generally hold a bachelor's degree in finance, accounting, business administration or economics, as well as five or more years of related experience. Today, employers prefer those with a master's degree in a related

subject, according to the BLS.

Astronomer, Federal Government

Average salary: \$152,230

Astronomers study celestial bodies like planets and stars, design equipment, devise theories and design and conduct scientific experiments. Some astronomers study distant galaxies and phenomena like black holes, whereas others track space debris that could interfere with satellites, according to the BLS. A number of industries, including research and development as well as colleges, universities and technical schools, hire astronomers; however, those who work for the federal government earn significantly more.

The job outlook for astronomers is about average for all occupations, with 8% growth expected from 2020 to 2030. To prepare for a job in the federal government, you'll need a bachelor's or master's degree. Positions in business and academia generally require a Ph.D.

Lawyer, Federal Government

Average salary: \$152,220

Lawyer pay varies by specialty and area, but the top 10% of earners overall make more than \$208,000, according to the BLS, and your best opportunity to join their ranks is a job with the federal government. The job outlook is also good, with employment expected to grow 9% overall, keeping it in line with the national average for all occupations.

Another positive to this high-paying career is that becoming a lawyer doesn't require the amount of schooling it does to become a doctor. After earning a college degree, prospective lawyers must complete three years of law school and pass their state's bar exam.

Marketing Manager, Advertising/PR

Average salary: \$150,930

The top 10% of marketing managers earn more than \$208,000 on average, according to the BLS. The job involves planning and coordinating marketing programs for organizations, identifying customers and overseeing product development. On average, marketing manager jobs in the advertising and public relations industry pay significantly more than those in corporate management, information or wholesale trade.

Those choosing to pursue this career path have an optimistic job outlook, with the BLS projecting 10% growth between 2020 and 2030. Most marketing managers have a bachelor's degree in marketing, communications, business or a similar field, as well as work experience.

Our National elected officials, including Senators and Representatives.

. Average salary: \$174,000.



BEWARE OF E-FILING YOUR TAX RETURN

Jay Starkman, The Wall Street Journal | Page A015, 6 February 2024

Smart business owners aim to make transactions simple and smooth for customers. At the Internal Revenue Service, the roles are reversed: customers must adapt to the government's requirements. The IRS makes some taxpayers file an electronic tax-return instead of mailing in a paper one. The trouble is that e-filing is both vulnerable to cyberattack and less forgiving for taxpayers. When a taxpayer e-files—voluntarily or by mandate—and makes an error, the penalty can be harsh and might have been avoidable with a paper return.

The problems with e-filing aren't widely known, even by tax professionals. Paper is more secure, as demonstrated by recent malware attacks on e-filing tax software and preparation companies such as Wolters Kluwer, and by data breaches involving taxpayers' personal information such as with the company TaxSlayer. E-filing income-tax returns can also lead to unfair treatment by the IRS.

The IRS accepts returns that are e-filed or paper returns deposited in the mail by the filing deadline. If a return has enough information for the IRS to calculate the proper tax, it is considered valid. But such protections don't fully apply to electronic returns. Authorizing your preparer to e-file on your behalf doesn't protect you as a taxpayer, because the IRS doesn't consider an electronic return until it acknowledges receipt.

In recent years, courts have upheld harsh financial penalties for taxpayers who thought they had properly e-filed. Christopher Haynes's certified public accountant e-filed his 2010 return before the deadline in 2011. The IRS rejected the return on a triviality: A Social Security number was entered on a line designated for an employer identification number. Mr. Haynes didn't know this until he received a penalty notice from the IRS in August 2012. A district court upheld the penalty, ruling in a summary judgment in the government's favor that Mr. Haynes's reliance on his CPA to e-file

didn't constitute reasonable cause to abate the penalty. An appellate court later vacated the decision, and the final outcome isn't yet clear. (Mr. Haynes didn't respond to requests for comment.)

Wayne Lee's CPA failed to e-file his client's returns for 2014, 2015 and 2016. The accountant told the IRS that the software he used couldn't handle Mr. Lee's complex returns. But Mr. Lee said the accountant never told him about this problem. In 2019 the IRS assessed Mr. Lee more than \$70,000 in penalties and barred him from applying his six-figure 2014 overpayment to taxes owed in 2015 and 2016. An appellate court ruled that reliance on his CPA wasn't an excuse for making errors. The court noted that taxpayers can confirm timely filing with the IRS by phone or on the IRS website. Alternatively, instead of e-filing, the preparer can attach Form 8948 (Explanation for Not E-filing) to Form 1040 and file a paper return instead.

When a dispute can't be resolved within the IRS, a taxpayer can petition the Tax Court—either by mail or by e-filing—seeking a favorable outcome. E-filing a petition with the Tax Court, however, also is risky. Antawn Sanders said he encountered technical problems while trying to e-file a Tax Court petition and spent almost an hour trying to submit it before the midnight filing deadline. The document ultimately uploaded 11 seconds into the next day. The court rejected it as late.

Roy Nutt e-filed his Tax Court petition on the day it was due at 11:05 p.m. Central Time. That meant it arrived at 12:05 a.m., the next day, in Washington, where the Tax Court is located. The court rejected the filing because it was five minutes late. An appeal is pending. Had Mr. Nutt mailed a hard copy to the Tax Court postmarked before midnight, it would have been accepted.

The security risks posed by e-filing are equally serious. The IRS works with a third-party vendor, ID.me, to verify taxpayers' identities. Reg-

istering with ID.me is a prerequisite to obtaining an IRS online account or using the new IRS Direct File tax program. Taxpayers must submit copies of their Social Security cards or employer identification numbers and other documents to ID.me as proof of identity. I advise my clients not to use ID.me because it is a private database of personal information. My clients have no control over it and must trust that it won't be hacked.

E-filing is widely used and isn't always voluntary. The IRS mandates e-filing of certain forms for every tax-exempt organization, preparers who file 11 or more returns, and for any business filing 10 or more returns; each W-2, 1099, and payroll return counts toward the 10.

E-filing has also spurred tax forms to proliferate, making it more complex and costly for taxpayers to file returns. For example, Form 1040, which before 2018 was two pages long, now runs as long as eight pages.

Considering that e-filing isn't as forgiving as paper filing and raises other risks, paper returns seem the safest bet. Unlike e-filed returns, paper ones won't get rejected for failure to click on a box. You might even get away with missing a deadline by mailing a day late—though I wouldn't recommend cutting it close.

Regrettably, the IRS appears to be pushing e-files over paper. IRS National Taxpayer Advocate Erin Collins recently said processing paper forms remains an agency weak spot. In 2021 Ms. Collins wrote that "paper is the IRS's kryptonite"—a point she reiterated last month.

Businesses have long understood that customer service is crucial. It's past time for the IRS to learn this lesson—and put it into practice.

Mr. Starkman is a certified public accountant in Atlanta and author of "The Sex of a Hippopotamus: A Unique History of Taxes and Accounting."

SOME GREAT USES FOR ANYONE WITH A CAN OF WD-40

I have a can of WD-40 in my garage and only use it to free locks that are frozen or stuck. But there are dozens of other uses for WD-40 that can be useful to anyone. So click on the following link and find out more than thirty (30) different uses for that can of WD-40 we have all stored in the garage, basement, or wherever you store your maintenance tools.

<https://www.familyhandyman.com/list/brilliant-ways-to-use-wd-40/>

Sources: See **WD-40** at this link: <https://www.sfcathaypost384.org/rc.html>





FACTS ABOUT THE AMERICAN LEGION WE SHOULD ALL KNOW

Did you know that the American Legion includes 12,000 posts?

But membership has fallen from 2,000,000 a decade ago to 250,000 in 2024. Several years ago, we had 400,000 members over 80 years. Losing many of our oldest seniors has had a huge impact on our total membership. Of course, some of our seniors are not able to attend live meetings due to health issues. Zoom technology provides some seniors with access to post meetings and events.

Do you know which is the largest American Legion post in the world with more than 10,000 members?



699 W Lady Lake Blvd, Lady Lake, FL 32159

Answer: It is Florida Post 347, the Lady Lake post with more than 10,000 members.

What is the oldest post in the United States?



American Legion George Washington Post 1, Washington D.C.

Answer: Originally named the John J Pershing Post 1, but shortly, was renamed the George Washington Answer: Post 1 in Washington D.C. and was chartered in May 19, 1919.

What is the average age of our American Legion members?

Average of American Legion veterans is now 67 years old and getting older. The recruitment of younger veterans is critical to the survival of all veterans organizations, including the American Legion, the largest of all American veterans organizations.



THE GREAT BENEFITS OF DEEP BREATHING

Deep breathing has many benefits for both the mind and body. It can help reduce stress, anxiety, and depression, improve focus, and enhance sleep 123. Deep breathing also helps to lower blood pressure, increase immunity, and expand lung capacity 45.

When you take a deep breath, you activate the parasympathetic nervous system, which is responsible for conserving energy and regulating bodily processes such as digestion and urination 1. Deep breathing also activates the vagus nerve, which oversees mood, digestion, and heart rate 1. By taking deep breaths, you allow your body to fully exchange incoming oxygen with outgoing carbon dioxide, which can help clear out toxins and deliver oxygen to the blood at a greater rate 23.

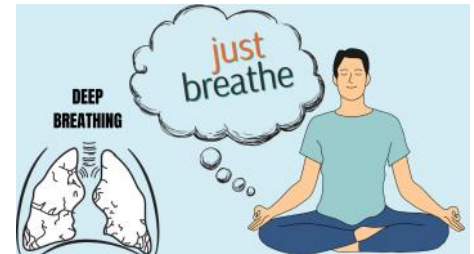
To practice deep breathing, find a quiet place where you can sit or lie down comfortably. Inhale deeply through your nose, filling your lungs with air, and then exhale slowly through

your mouth, pushing out all the air. Repeat this process several times, focusing on your breath and letting go of any thoughts or worries that come to mind.

There are many apps available that can help guide you through deep breathing exercises, such as Calm and Headspace 1. You can also try incorporating deep breathing into your daily routine by taking a few deep breaths before getting out of bed in the morning or before going to sleep at night.

Note that when you deep breathe and fill your lungs with oxygen, your brain and heart are the primary beneficiaries of the extra oxygen you are inhaling by deep breathing. Check this out with your doctor. There are only good benefits from deep breathing and no bad effects.

One of our Post members was recently diagnosed with "Chronic Stylistic Heart Failure," and deep breathing has strengthened his heart,



and with proper exercise and diet, his heart efficiency has improved in several months.

Note that if anyone has a heart problem, you should heed the advice of your heart doctor. Every heart patient situation is different.

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

FRIENDS THIS WAS AN AD IN THE WSJ, JANUARY 20, 2024

HEY, TIGER! / FIVE GREAT CAT-EYE OPTIONS FOR SPECS AND SHADES



Ayrean Glasses, \$310, PortTanger.com



M1027 Glasses, \$650, Matsuda.com



Les Halles Glasses, \$510, AhlemEyewear.com



Dealan Glasses, \$820, JacquesMarieMage.com



Dylan Glasses, \$595, YaganStoneEyewear.com

LATEST STUDIES ON DRINKING. FOR THE VERY FEW OF US WHO DO DRINK.

The information is quoted from page 6 of the January 2024 Harvard Health Letter: Quote:

People in these investigations have been divided into roughly three groups: non-drinkers, moderate drinkers, and more than moderate drinkers. Over time, moderate drinkers have had lower rates of coronary disease (including fewer heart attacks) compared to both of the other groups.

"That makes sense, since other studies have found that moderate drinking causes good cholesterol to rise and blood to clot a bit less easily – both of which could explain a lower rate of heart attacks," says Dr. Anthony Komaroff, an internal medicine specialist and Health Letter editor in chief.

Based on the results, the current Dietary Guidelines for Americans recommend drinking only in moderation, if at all. Other authoritative organizations – such as the CDC and the American Heart Association – have echoed this advice. However, none of these guidelines recommend moderate drinking as a way of protecting against heart disease, because observational studies cannot prove the value of a drug or a practice, such as moderate drinking.' End Quote.

Whether any of us changes our drinking habits after this reading this article is solely the responsibility of any individual. As for me, I am pleased to hear that moderate drinking is al-

THIS IS A SPECIAL NOTE AND WARNING TO ALL OF US WHO DRINK COCA COLA

The latest report from Consumer Reports, is that one of the most dangerous, frequently ingested, soft drinks many of us enjoy, is Coca Cola. The amount of sugar in Coke, and most soft drinks, is generally unhealthy as most all include a hefty amount of processed sugar. We all know that processed sugar (which in found universally in anything sweet that has been processed by Man) can lead to diabetes, and other health hazards.

But, we should not be surprised that some sweet things we ingest are worse for humans, than others. In reference to Coca Cola, the most dangerous soft drink today is a Coke. The good news is that not all Cokes are the same. And it is not Coke that is really bad for us, but Coke in plastic bottles. Some chemical ingredient that is part of Coke syrup leaches the plastic in plastic containers. The ingredients in Coke when contained in a plastic bottle contains 4-5 times as much microscopic plastic sub-particles as Coke contained in metal cans, or glass containers.

So we can continue to drink Coke at some risk, but drinking Coke from a plastic container is too risky for anyone to take an more risk than necessary just to satisfy our addiction to Coca Cola.

Reducing the amount we ingest of Coke is a very wise decision if anyone is concerned about obesity and diabetes.

You and I are warned.



LOCAL POLITICIAN MOVES TO CHALLENGE RUSSIAN LEADER

The Wall Street Journal | Page A009, 19 January 2024



Boris Nadezhdin appears to have taken some extraordinary risks in his quest to challenge Vladimir Putin in March's presidential election.

He has spoken out against the war in Ukraine and blamed the Russian leader for dragging the country back to the past. Instead of

turning in on itself, he says, Russia should court Western investment and start speaking to the U.S. and Europe again.

Yet, Nadezhdin knows that if he is allowed onto the ballot, many people will assume he is a plant to make the vote look legitimate.

Such is the difficulty of challenging Putin as he prepares to extend his hold on power. Even those willing to run against him are co-opted, ignored or seen as some kind of Kremlin puppet. Others who organize their own grassroots networks are forced into exile or locked away.

Nadezhdin, a 60-year-old town councilor, is aware of the skepticism. He worked for years in Putin's administration and personally knows the president. He still "drinks tea" with many high-level officials, as he puts it. That he has been allowed to criticize Putin on national television after the war began has sharpened suspicion among experts who follow Russian politics, decrying how he fears Russia is becoming a vassal of China after being cut off from the West in response to the Ukraine invasion.

Nadezhdin, however, insists he is a viable candidate.

"I am running for president as a principled opponent of the current president's policies," he said in an interview. "There are dozens of millions of people who already understand that the way of Putin is very bad for the country."

Whether Nadezhdin will be allowed to clear the regulatory hurdles to get on the ballot remains to be seen. So far, only three other candidates have been approved to run against Putin, all of whom come from broadly pro-Kremlin political parties represented in Parliament—the Communist Party, the Liberal Democratic Party and the New People party. Nadezhdin, who doesn't have any

backing in the legislature, must gather at least 100,000 signatures from more than 40 regions to make it onto the ballot—the required tally for parties without deputies in the State Duma.

Putin sidelined nearly all his credible challengers and the outcome of the election isn't in doubt. The best known, Alexei Navalny, is incarcerated in a remote penal colony in the Arctic Circle where he is serving several sentences totaling more than 30 years. He survived what German doctors said was a poisoning attempt in 2020, and he and his allies say his convictions are politically motivated. Other potential candidates are either living abroad or have been branded as foreign agents.

Responding to a request for comment on charges from critics that only Kremlin-approved candidates would be allowed to challenge Putin, Kremlin spokesman Dmitry Peskov said: "The law sets out clear criteria necessary to become a candidate. They are not easy to fulfill, especially for someone who does not have public popularity."

"The only problem for Putin and for the Kremlin is that they don't need just to win elections where they decide who should compete with Putin," said Nikolai Petrov, a consulting fellow on the Russia and Eurasia program at the British think tank, Chatham House. "They need to demonstrate to the political elite that Putin is still very popular or even more popular and his victory can be achieved without any tricks."

Nadezhdin, a physicist and lawyer by training, is a local politician in Dolgoprudny, a town about 12 miles from Moscow. He has been nominated by the Civil Initiative, a party he describes as liberal. He has cleared the hurdle of registering an action group supported by at least 500 people and has been allowed to open an electoral account and start collecting the signatures he needs to get on the ballot.

Election laws require that the signatures be submitted in hard copy by Jan. 31 and not electronically. In some of Russia's more remote regions, the logistics are difficult.

According to Nadezhdin's manifesto, Russia's priority should be to stop the war and restore communications with the West and Ukraine. So far, he has faced little blowback. He suggested that maybe Russia's political elite underestimates him or doesn't view him as a threat.

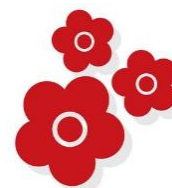
AIR FORCE ACADEMY GRADUATE FLY'S JETS AND MAY BE THE NEXT MISS AMERICA



Miss America contest includes an Air Force Academy graduate who champions cancer research

2nd Lieutenant Madison March, when she is not in a jet fighter, is competing in the Miss America contest. Lt March is also attending Harvard Kennedy School and plans to be an astronaut. How high can this super star fly?

Sources: See **GRAD** at this link: <https://www.sfcahaypost384.org/rc.html>





OUR POST HISTORIAN'S RELATIVE NOMINATED FOR LABOR SECRETARY. PRESIDENT BIDEN RENOMINATES JULIE SU FOR LABOR SECRETARY

BYAKEMI TAMANAHA, As Am News, JANUARY 8, 2024

On Monday, the White House announced that the Biden administration had renominated Julie Su for Labor Secretary, sending her nomination to the Senate once again.

Biden first nominated Su for the role on February 28, 2023, after then-Labor Secretary Marty Walsh announced he would leave the position in March. Su has served as the acting Department of Labor Secretary since Walsh's departure, but the Senate has stalled her confirmation. Su's confirmation has faced vehement opposition from Republican lawmakers

as well as moderates like moderates like Sen. Joe Manchin, a Democrat from West Virginia.

The Congressional Asian Pacific American Caucus has praised Biden's decision to renominate Su. CAPAC is continuing to push for her confirmation.

"The daughter of immigrant small business owners, Julie Su has a storied career supporting workers' rights, working with the business community and organized labor, and helping grow our economy. She has been a superb leader of the Department of Labor—first as a Senate-confirmed Deputy Secretary and now as Acting Secretary—helping implement



Julie Su Department of Labor photo

workplace training programs, convening business and labor to avoid costly shutdowns, and looking out for everyday American workers," CAPAC Chair Rep. Judy Chu (D-CA) said in a statement.

WHAT'S JEREMY LIN DOING THESE DAYS? HAVING A BALL IN TAIWAN SHOOTING HOOPS.

Most of us haven't heard much about Jeremy Lin these days. After a short and very successful life in the National Basketball League, he decided to play in China a while, and now has returned his birthplace in Taiwan, now playing for the New Taipei Kings basketball team and having a ball and back home where is admired and loved by everyone. No one talks about problems with Beijing when the focus is sports, especially basketball.

We wish Jeremy all the best and come visit us in the good ole' USA sometime soon.

Sources: See **JLIN** at this link: <https://www.sfcathaypost384.org/>

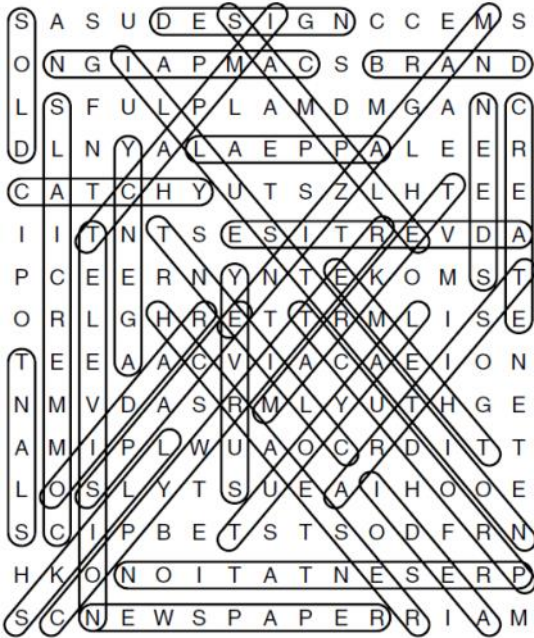




JANUARY PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

The solution: A successful adman lets his promotions get the best of him.



- ADVERTISE
- AGENCY
- APPEAL
- ARTIST
- BRAND
- CAMPAIGN
- CATCHY
- CLIENT
- COMMERCIALS
- COPYWRITER
- CREATE
- DESIGN
- IDEA
- ILLUSTRATION
- IMPACT
- LAYOUT
- MAGAZINE
- MARKET
- NEEDS
- NEWSPAPER
- PRESENTATION
- PRODUCT
- RADIO
- RESEARCH
- SAMPLE
- SKILL
- SLANT
- SOLD
- SPACE
- SURVEY
- TELEVISION
- THEME

SUDOKU SOLUTION

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

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

JUMBLE SOLUTION



- AUDIT
- BUMPY
- CARNAL
- SUCKLE

SPELL DOWN

- Chow mein
- Peking duck
- Lemon chicken
- Egg rolls

How pilots avoid mistakes — WITH "PLANE" TALK



WORD SEARCH: WHEEL OF FORTUNE

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 which can be found at the top of each page. How many letters will you need to fill in before you figure out the answer?

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

- DESIGN
- EDIT
- ESCAPE
- FOREVER
- FRAGMENT
- HEDGE
- INSECT
- KNEEL
- LAYOVER
- LIPSTICK
- LOOP
- LOWLAND
- MASCOT
- PARKA
- PONCHO
- REORDER
- RESUME
- SEARCH
- SHIMMER
- SIGH
- SPRING
- STAGE
- STICKY
- VEIL

- ALOHA
- ANTENNA
- APPROVAL
- AUNT
- CABBAGE
- CLEVER
- COTTON
- DECANTER

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!

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

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

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.

HIRAC

INYAR

BAHFLE

NOPETT

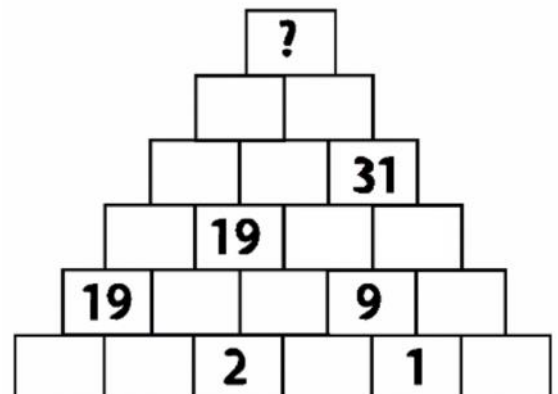


Answer here:
 HE WAS ON THE

WORKSPACE

PYRAMID ADDITION

Can you figure out what the top number each pyramid is? Add each pair of blocks together to find out the number that appears in the block just above them. Good Luck!





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 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 EXECUTIVE BOARD MEETING 7:00 PM	8	9 POST MEETING 11:00 AM CHINESE NEW YEAR	10
11 	12	13	14 VALENTINES DAY	15		16
18 	19	20 COAST GUARD RESERVE BIRTHDAY	21	22	23	24
25			28 	29 		

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
WEEK OF FEB 12: NATIONAL SALUTE TO VETERAN PATIENTS WEEK WOMENS' HISTORY MONTH					1	2
3 NAVY RESERVE BIRTHDAY	4 HUG A GI DAY	5	6 EXECUTIVE BOARD MEETING 7:00 PM	7	8	9 POST MEETING 11:00 AM
10 DAYLIGHT SAVINGS TIME CLOCKS +1 HOUR	11	11 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM SEABEE BIRTHDAY	13 K9 VETERANS DAY	14	15	16
17 ST. PATTY'S DAY	18		20	21 ROSIE THE RIVETER DAY	22	23
24	25 MEDAL OF HONOR DAY	26	27	28	29 NATIONAL VIETNAM VETERANS DAY	30
31						