



CATHAY DISPATCH

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MARCH IS FOR CELEBRATING WOMEN'S HISTORY MONTH, INTERNATIONAL WOMEN'S DAY, NATIONAL K9 VETERANS DAY, AND MANY MORE EVENTS!

By Commander Helen Wong



Welcome to the month of March when a lot of observances are happening or have happened! The first event recognition was on March 3rd for Hug A G.I. Day so I hope everyone was able to hug someone! If not, you heard it from me first and so you can be ready by next year when it rolls around again!!

The big recognition in March is when we have Women's History Month which started out as Women's History Week in 1978 by a school district in nearby Sonoma, CA. Celebrations included a parade, essay competitions, and presentations about influential women. It became very popular among other communities, and in 1981, Congress passed a resolution establishing Women's History Week as an official annual National celebration. By 1987, when the National Women's History Project petitioned Congress to extend the celebrations, it became celebrated the whole month of March to recognize women's achievements and



their contributions to culture, society, and history. Some of the women celebrated include Rosa Parks, Sojourner Truth, Susan B. Anthony among others. President Barack Obama declared March as "Women's History Month" in 2011 in the U.S.

It is during Women's History Month, on March 8, that we also observe International Women's Day. The first celebration of women's day in 1911 took place only in Denmark, Germany, Austria, and Switzerland. It was back in 1975 when the United Nations declared International Women's Year and began observing International Women's Day. The UN General Assembly asked all their members to recognize March 8 as the Day to celebrate women by 1977, and as a day for women's rights, international peace, women's equality and to end discrimination. It became a global affair when it was declared each country should celebrate this day according to its own traditions and customs.



In 1996 it was decided that International Women's Day should have a different theme that highlights women's struggles and achievements every year. The first annual theme was Celebrating the Past, Planning for the Future. Last year in 2022, it was Accelerate Equality: Experience the Impact

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CATHAY POST 384 AMERICAN LEGION

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When You Break the Bias. This year for 2023 it is "DigitALL: Innovation and Technology for Gender Equality".

Coming up on March 13th is National K9 Veterans Day where we recognize the important roles that military dogs play in many operations. For an example, U.S. Air Force Security Forces' military working dogs and their handlers work together to provide safety and security at home and overseas. K9 Veterans Day commemorates the service and sacrifices of American working and military dogs throughout history. The day honors all service dogs, from military dogs to police and customs dogs to search and rescue to border patrol dogs to veterans' assistance dogs. There are about 15 states that have passed legislation to designate K9 Veterans Day as a holiday but it is not a widely followed concept, and not accepted at the Federal level.

Has anyone heard about the International Day of Happiness on March 20th? The United Nations says the purpose is to bring focus to happiness, freedom, and well-being: the ultimate goals of humankind. In 2011, Jayme Illien, the CEO of Illien Global Public Benefit Corporation sought to create a global day to celebrate the importance of happiness to people around the world. On June 28, 2012, resolution 66/281 authored by Illien, was accepted and adopted by all United Nations member states. The first International Day of Happiness was celebrated on March 20, 2013. In 2021 the theme was "Happiness For All, Forever", and for 2022, it was "Build Back Together". People are encouraged to celebrate this day by thinking about what makes them happy and how they can change the world through this. Others celebrate by bringing happiness to others, donating to charity, or by volunteering. What will you choose to do on March 20th?



Coming up near the end of the month on



March 25th is National Medal of Honor Day, a date chosen because the first Medal was presented on March 25, 1863 during the Civil War. This is the United States highest military decoration for military valor in action, and commemorates the six-character traits of courage, sacrifice, patriotism, citizenship, integrity and commitment according to the Patriot Post. "The Medal is a distinguished award, presented to those who have shown gallantry and intrepidity, at the risk of their lives, above and beyond the call of duty" according to the cmohs.org website.



Congress passed a bill in 1990 to declare the holiday which became Public Law 101-564 after President George H.W. Bush's signature. National Medal of Honor Day was recognized for the first time in 1991 and observed mainly on military bases and some local communities. The Army Medal of Honor was created in 1862. By 1915, members of the Navy, Marine Corps, and Coast Guard were also eligible to receive the National Medal of Honor. In the 1960's, the Air Force created their own version of the award. Out of the 44 million who have served in the military since its creation, only 3,515 Medals have been awarded and only 64 recipients are living to date.

A few days later in the month on March 29th is National Vietnam War Veterans Day which was signed into law in 2017 by then President Donald Trump. It is a day to remember the sacrifices of the nine million Americans who served during the Vietnam War either in theater or stateside. Although it is not a federal holiday, but it is designed to be an acknowledgment and to honor those men and women who did not receive a proper welcome home when they returned to the United States due to the unpopularity of the war. It is also known as "Welcome Home Vietnam Veterans Day" as the date is significant because the last troops left South Vietnam on March 29th 1973. In California, the State legislature recognizes March 30th as the real Welcome Home because the troops actually returned on that day. Vietnam Veteran Jose Ramos petitioned and brought attention to the cause years after he returned from Vietnam. He has since passed and has gone to

Post Everlasting.

On the last day of the month on March 31st, Cesar Chavez Day commemorates the life and achievements of Cesar Chavez, a Navy veteran who at the age of 17, served for 2 years. After serving in the Navy, he worked in the fields until 1952. He then became the organizer of the Community Service Organization (CSO). He co-founded the National Farm Workers Association in 1962 with Dolores Huerta Chavez, and used the Association to create unions and to lobby for better pay and safer working conditions in the farming community.

I spent my elementary and high school years living 7 miles from Delano, CA, where he was lobbying and saw first-hand what Chavez tried to do to help those who lived in horrible housing while working in the fields. My Spanish teacher would work all day in the classroom, and then in her off hours go to Delano to help bring attention to these conditions. I and my brother worked in the fields in the summertime as no one would hire us minority high school students at the stores. It was hot and miserable and we didn't know we could have gotten heat stroke from working in the 100+ temperatures, and not taking in adequate fluids. No wonder we would have headaches afterwards.



Cesar Chavez Day has been observed since 2003. In 2014, it became a federal holiday declared by U.S. President Barack Obama and observed annually on March 31st, Chavez's birthday.

Throughout the month of March, there have been & will have many events to commemorate. I hope you find something that you can take time to reflect and celebrate on your own or with others.



USNS CESAR CHAVEZ (T-AKE 14)



FALLEN COMRADE, ALFRED CHAN (1924 – 2023)

By Helen Wong & Ron Chan

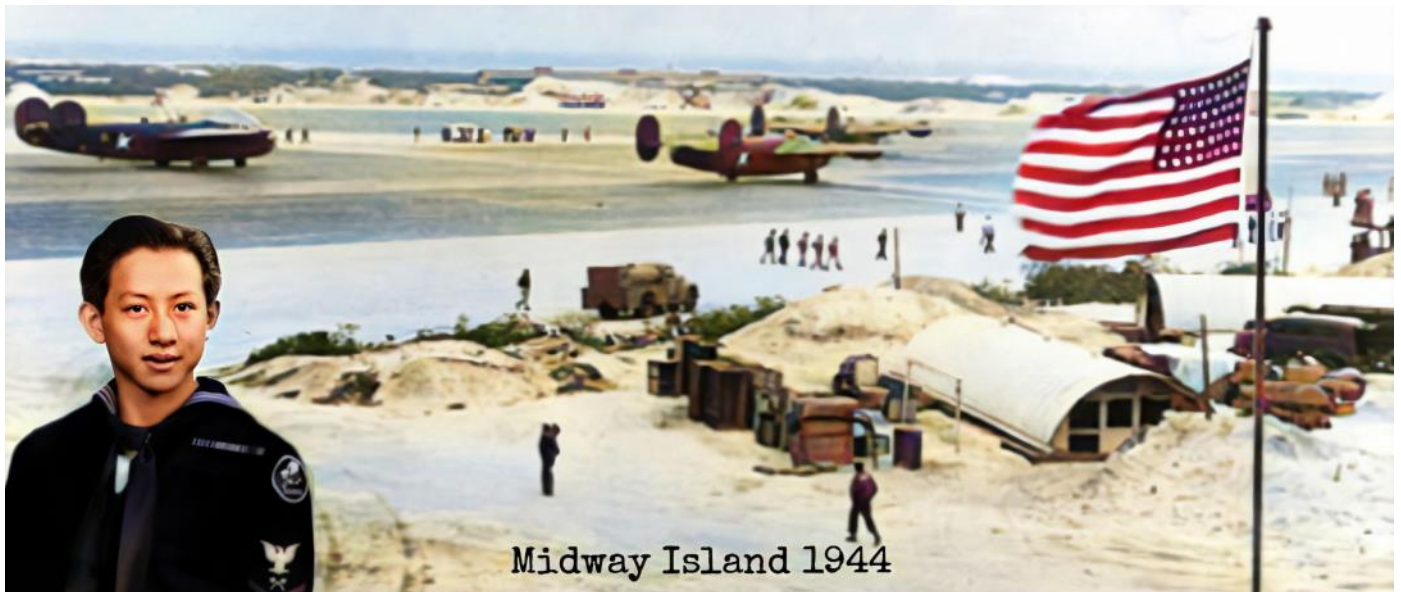


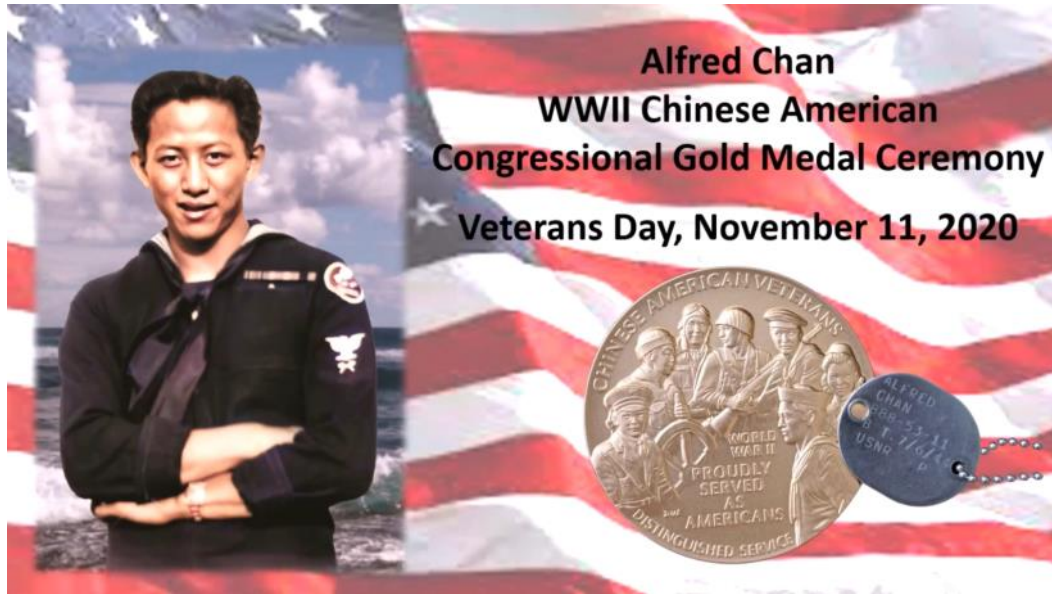
In 2022, Alfred became Cathay Post’s newest member, and oldest member. He was inducted into Post 384 by Nelson Lum, Jr. Past Commander, at the “Chinatown To Battleground” exhibition located in the Veteran’s Building, San Francisco, CA.

This exhibition included over 200 Chinese American GI artifacts, including Alfred’s uniform to represent the Fighting Seabee’s in World War II. See the banner for his photo taken 78 years earlier. Together for 75 years, May is holding the same photo.

The light dims once again, as a post comrade from the Greatest Generation, reports for his final mission to Post Everlasting. In memory of US Navy Seabee Alfred Chan, eight bells rang on February 10, 2023. The ringing of eight bells aboard a ship is done at the end of a duty watch, and signifies the passing of a mariner’s life. As he wished, Alfred died with dignity. No tubes. No IVs. No mind-numbing drugs. He acknowledged final goodbyes to his family with a nod, and a squeeze of his hand.

The “Chinatown to Battleground” exhibit was made possible through Cathay Post’s generous sponsorship to the Chinese American GI Project (CAGIP). Alfred’s son, Ron, is CAGIP’s co-founder with Montgomery Hom. CAGIP’s mission is to ensure that stories of the Chinese American Veterans are not ignored, forgotten or lost. Monty and Ron, for their service to the veteran community, were awarded 2022’s, American Legion’s Community Service Award.





Ron’s acceptance speech, was simply, “I am proud to serve, those who served.”

Alfred’s introduction to Cathay Post 384 occurred well before he became a member. Commander Helen Wong had the Cathay Post host Alfred’s WWII Chinese Congressional Gold Medal (CGM) Ceremony.

Ceremony presenters included Chinese Amer-

ican Citizens Alliance (CACA) Past President Davace Chin, CACA Oakland President Doug Wong, Veterans of Foreign Wars 4618’s Commander Raymond Wong (San Francisco) and Past Post 3956 Commander Ed Yu (Oakland). Alfred’s family was present to witness his proud moment.

Alfred was a founding charter commander, and life member of the Veterans of Foreign



Wars East Bay Chinatown Post 3956 in Oakland, CA. For 50 years he served Post 3956, and the Oakland Chinatown community. As Post 3956's WWII comrades fell to father time, it joined forces with the Veteran of Foreign Wars 4618 91st Division/Chinatown San Francisco, CA.

In lieu of flowers, the Alfred Chan family is asking to make donations in his name to the Bay Area Honor Flight to fund tax deductible trip expenses for Chinese American Veterans. Honor Flight was the trip of a lifetime to Washington D.C. which Alfred shared with his son, Ron.

Donations may be made to the Honor Flight Bay Area Foundation, PO Box 391528, Mountain View, CA 94039. Write in the memo box "In memoriam: Alfred Chan."

Comrade Alfred Chan, on behalf of the American Legion Cathay Post 384, and a grateful nation, we offer the nautical blessing, "Fair winds and following seas".

Thank you for serving with honor and courage.



Alfred, May, Melanie, William Bryan, Ron, Jennifer, Luci

12/2022



WELCOME NEW MEMBERS AND INFORMATION ON BOYS STATE & BOYS NATION



First, a big welcome to our new members! It was so great to see many of you at the last meeting, even if by Zoom. I hope each of you find numerous ways to participate, and make great connections with other members in the process.

As you are likely aware, our post is a contributor to numerous local and national programs involving high students. One is the American Legion Boys State & Boys Nation, which enables select young high school students to learn about our government from the local to the national level. Since many of us have not had the opportunity to attend one of these events in person, I am providing an overview from the legion's website below. The program not only educates these students on how our government works, but enables them to develop value leadership skills that will support a career in government, business or other.

<https://www.legion.org/boysnation/about>

About Boys State & Boys Nation

Boys State

American Legion Boys State is among the most respected and selective educational programs of government instruction for U.S. high school students. A participatory program in which students become part of the operation of local, county and state government, Boys State was founded in

1935 to counter the socialism-inspired Young Pioneer Camps. The program was the idea of two Illinois Legionnaires, Hayes Kennedy and Harold Card, who organized the first Boys State at the Illinois State Fairgrounds in Springfield.

American Legion Auxiliary sponsors a separate but similar program for young women called Girls State.

At Boys State, participants learn the rights, privileges and responsibilities of franchised citizens. The training is objective and centers on the structure of city, county and state governments. Operated by students elected to various offices, Boys State activities include legislative sessions, court proceedings, law-enforcement presentations, assemblies, bands, choruses and recreational programs.

Legion posts select high school juniors to attend the program. In most cases, individual expenses are paid by a sponsoring post, a local business or another community-based organization.

Boys State programs currently exist in all Legion departments in the United States except Hawaii. As separate corporations, Boys State programs vary in content and method of procedure, but each adheres to the same basic concept: teaching government from the township to the state level.

Boys Nation

Two representatives from each of the 49 Boys States represent their state at Boys Nation in Washington, where the young leaders receive an education on the structure and function of federal government. The first Boys Nation – then called Boys Forum of National Government – convened at American University in Washington in August 1946. The 1946 American Legion National Convention adopted the event as an official youth activity. Three years later, it became American Legion Boys Nation.

At the event, each delegate acts as a senator from his Boys State. The young lawmakers caucus at the beginning of the session, then organize into committees and conduct hearings on bills submitted by program delegates.

Senators learn the proper method of handling bills, according to U.S. Senate rules. Participation in the political process is emphasized throughout the week, including organization of party conventions and nominating and electing a president and vice president.

The week of government training also includes lectures, forums and visits to federal agencies, national shrines, institutions, memorials and historical sites. On Capitol Hill, Boys Nation senators meet with elected officials from their home states.

Since Boys Nation began in 1946, a number of its graduates have been elected to public office, including presidents, congressmen, state governors and state legislators. Many others have been inspired to work for the campaigns of individuals seeking public office.



CORNERED BEEF AND CABBAGE ON MENU FOR OUR MARCH MEETING



Start looking for shamrocks and fire up the Crock Pot for corned beef and cabbage because March 17 is St. Patrick's Day.

ket the holiday, highlighting Irish culture for tourism purposes.

The observance of St. Patrick's Day in Dublin, alone, has grown to a massive multiday celebration where around 1 million people take part.

In the United States, millions celebrate the holiday, whether they are of Irish descent or not. Two of the largest celebrations are in New York -- which hosts a five-hour parade -- and Chicago -- where city officials dye the river green.

Many people wear something green on that day, signifying a link to the color most associated with Ireland. Others lift a pint (or two) of beer at a pub or try corned beef and cabbage or Irish stew.

About that tradition of celebrating the day by eating corned beef and cabbage -- there's nothing more Irish than that, right?

About that tradition, well, we need to talk. Truth be told, corned beef and cabbage is about as Irish as a McDonald's Shamrock Shake.

Back in the day, people in Ireland would have celebrated the feast day with a meal of Irish stew and soda bread, or maybe a meal of pork and potatoes, which was inexpensive.

What has become a tradition of eating corned beef and cabbage to celebrate St. Patrick's Day likely grew out of the fact that those foods were less expensive for immigrants who came to America. They substituted beef for pork and cabbage for potatoes.

OK, at least the snake story is true, right?

Sorry, but that's a bit of blarney, too. There were no snakes in Ireland, so Patrick didn't really have anything to drive out of the country, with the exception of the druids. Some think the story that Patrick drove the snakes into the sea was really an allegory for him driving the pagan practices out of the country to make room for Christianity. Others say it just makes for a good bit of gab.

Say what?

Let's say you want to impress your friends and throw out a few Gaelic phrases. You will probably want to start with "Lá fhéile Pádraig sona dhuit!" That means "Happy St. Patrick's Day to you!"

It's pronounced: lah leh PAH-drig SUN-uh gwitch.

Native Irish speakers would shorten it to "Lá 'le Pádraig," a more casual way of offering good wishes on St. Patrick's Day. It's pronounced: lah leh PAH-drig.

If you want to impress your friends in a pub, you might want to throw out, "Pionta Guinness, le do thoil," or "A pint of Guinness, please." It's pronounced: Pyunta Guinness leh duh hull.

St. Patrick's Day by the numbers

- There are 450 churches in the United States named after St. Patrick. Perhaps the most famous is in New York City.
- It takes 40 pounds of dye to turn the Chicago River green for St. Patrick's Day.
- According to the U.S. Census, 650,000 babies are named Patrick in a year.
- A little more than 20 percent of the residents of Massachusetts say they are Irish; 20.6 of those in New Hampshire claim Irish ancestry.
- According to Wallet Hub, the value of a leprechaun's pot of gold is \$1.22 million. That's 1,000 gold coins weighing 1 ounce each.
- A crystal bowl of shamrocks is given by the president of Ireland to the president of the United States each St. Patrick's Day.
- There are 16 places in the United States named Dublin.
- 34.7 million U.S. residents claim to be of Irish descent.
- 83 percent of those surveyed say they intend to wear green on St. Patrick's day.

There will be celebrations honoring Patrick, the patron saint of Ireland, by more people around the world than could fit on the island to which he's credited with bringing Christianity.

Here's a quick look at St. Patrick's Day and everything green that goes with it.

What is St. Patrick's Day?

The first celebration of Patrick's life was an annual religious holiday held on March 17, the day it is believed that he died. The celebrations were feast days in honor of Patrick, who introduced Christianity to Ireland in the fifth century.

Who was St. Patrick

Patrick was believed to have born in Roman Britain (Scotland), the son of a wealthy family. His name was Maewyn Succat. He was kidnapped when he was 16 and taken to Ireland as a slave. He escaped after, he said, God told him to run from his captors to the shore, where a boat would be waiting for him to take him back to Scotland. He fled, the boat was there and he headed home, but he didn't stay.

He returned to Ireland as a priest using the name Patrick. He worked there for the rest of his life to convert the Irish, who, at the time, practiced Celtic polytheism (Celtic paganism).

While he was never officially canonized, his followers regarded him as a "saint in heaven," thus he received a feast day from the Roman Catholic Church and the title of "saint."

How is it celebrated?

St. Patrick's Day is celebrated in various parts of the world. Until the 1970s, St. Patrick's Day was a religious celebration in Ireland, and the pubs in the country were closed.

Laws were passed then to open up the pubs for celebrations on March 17, and soon after, the country's leaders decided to mar-



BATAAN DEATH MARCH 81ST ANNIVERSARY COMMEMORATION

81st Anniversary Commemoration of the Bataan Death March (WWII in the Philippines) presented by Bataan Legacy Historical Society

About this Event

Bataan Legacy Historical Society in partnership with the San Francisco National Cemetery & VFW 91st Division/Chinatown Post 4618 presents the 81st Anniversary Commemoration of the Bataan Death March, a seminal event during WWII in the Philippines. Despite suffering from massive starvation, disease and fighting without any air support, the U.S. Army Forces in the Far East were able to delay the timetable of the Imperial Japanese Army by holding on to the peninsula of Bataan for 99 days. But their strong spirit could not sustain their bodies. They were forced to surrender on April 9, 1942. Approximately 75,000 Filipino and American soldiers marched to their Prison camp some 65 miles away under extreme tropical conditions without provisions for food, water, shelter or medicine. Those who could no longer go on were beaten, bayoneted, shot, some were even beheaded. Thousands died along the way in what became infamously known as the Bataan Death March.

San Francisco National Cemetery at the Presidio at 10AM on Saturday, April 15, 2023.



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>



To March

by Emily Dickinson (1830-1886)

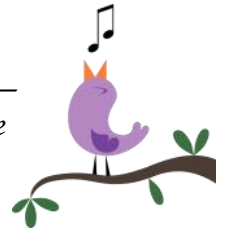
Dear March, come in!
How glad I am!
I looked for you before.
Put down your hat —
You must have walked —
How out of breath you are!
Dear March, how are you?
And the rest?
Did you leave Nature well?
Oh, March, come right upstairs with me,
I have so much to tell!
I got your letter, and the birds';
The maples never knew
That you were coming, — I declare,
How red their faces grew!
But, March, forgive me —
And all those hills
You left for me to hue;
There was no purple suitable,
You took it all with you.
Who knocks? That April!
Lock the door!
I will not be pursued!
He stayed away a year, to call
When I am occupied.
But trifles look so trivial
As soon as you have come,
That blame is just as dear as praise
And praise as mere as blame.



Spring in War Time

by Sara Teasdale

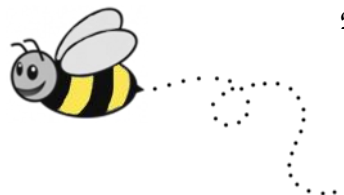
I feel the spring far off, far off,
The faint, far scent of bud and leaf—
Oh, how can spring take heart to come
To a world in grief,
Deep grief?



The sun turns north, the days grow long,
Later the evening star grows bright—
How can the daylight linger on
For men to fight,
Still fight?

The grass is waking in the ground,
Soon it will rise and blow in waves—
How can it have the heart to sway
Over the graves,
New graves?

Under the boughs where lovers walked
The apple-blooms will shed their breath—
But what of all the lovers now
Parted by Death,
Grey Death?





An Army Corps on the March

*With its cloud of skirmishers in advance,
With now the sound of a single shot snapping
like a whip, and now an irregular volley,
The swarming ranks press on and on,
the dense brigades press on,
Glittering dimly, toiling under the sun
—the dust-cover'd men,
In columns rise and fall to the undulations of
the ground,
With artillery interspers'd
—the wheels rumble,
the horses sweat,
As the army corps advances.*



MANY RETIRED GENERALS ARE CONSULTING WITH FOREIGN GOVERNMENTS



We know that rank has its privileges, but should senior military officials who have had Top Secret clearances be allowed to work for foreign nations?

This has been happening for years now, and some people will be mad at our Historian for exposing such a unpatriotic, and self-serving, behavior. Greed is a factor, as a retired generals retirement compensation should be sufficient to meet their needs, but some human beings are susceptible to greed. The potential for premium incomes for our top officers is eye popping.

In the last decade, scores of retired senior military officers, and even some senior enlisted NCOs have gotten wealthy as consultants to foreign governments.

One American consulting firm, formed by Major General James L. Jones, former Commandant of the Marine Corps, and also a national security advisor to President Barack Obama, hired senior military officers and enlisted veterans to consult for foreign nations, especially Saudi Arabia. With senior military officers, we can assume that they have held Top Secret clearances. When they are conducting their consulting assignments, their knowledge and experiences are derived from the work with security clearances. That may be hard to prove, but anyone who has held a Top Secret clearance should not be authorized to work with any foreign government who is willing to pay high wages, a few in instances millions of

dollars for military consulting. A 3, or 4 star retired general consulting for a foreign nation is worth big bucks.

This also applies to senior military officers who are consulting with Allies and lobby for them. A number of our retire senior Navy admirals consulted with Australia which was subsequently authorized to have nuclear submarines.

It is inexplicable why the Federal government would tolerate this type of chicanery. And this has been going, quietly without public knowledge until the Press acting under the Freedom of Information Act, sued the government to release relevant details and the names of retired senior officers who were consulting for foreigners. After two years, a 4,000 page report released to the Press disclosed the names of 450 retired soldiers, sailors, airmen and Marines who had been involved in foreign consulting.

A little surprising was that among the many cases disclosed, only a few involved the Russians. There was one retired Air Force colonel who sought, and was approved, to accept a \$300,000 salary with a satellite launch company that was owned by the Russians. What?

The other Russian story is that of Lt General Michael Flynn, who briefly served as a na-

tional security advisor for President Donald Trump, consulted for the Russians and Turkish nations, and never received permission to do so. A photograph with him dining with Russian President Vladimir Putin cooked his goose.

Fortunately for Flynn, a President granted him a pardon for his deeds.

Another instance that is also very bothersome is Keith Alexander who was the Director for our National Security Agency and the first head of U.S. Cyber Command. Alexander, as Dir, NSA, had the highest security clearances in the country and subsequently, he was Chief of Cyber Command. Consulting for a foreign nation?

If this article tweeks your interest, you can read the source for more names of traitors who sold out our country for money.

Source: *Retired U.S. Generals, Admirals Take Top Jobs with Saudi Crown Prince. Hundreds of veterans have taken lucrative foreign jobs that U.S. officials approved - but fought to keep secret. Craig Whitlock and Nate Jones, Washington Post, October 18 2022*

PLEASE DON'T DO THIS!!!

Many drivers are guilty of doing this dangerous deed. We continue leave a copy of our vehicle registration in our glove compartments. Bet some of us still do this.

Today's thieves are a step above their predecessors. Who doesn't park their car and go shopping, go to the movies, or just take a walk around the park to exercise?

In the few minutes, or hours, you and I have parked our cars and left our cars unattended, thieves will break into your car and if nothing is obviously valuable to take, they will go through the glove box.

First, they hope to find a pistol - loaded, or unloaded. No gun - the next thing they will seek is your vehicle registration. Once they have that, they are no longer interested in wasting time searching the rest of your vehicle. They will dash to your home to get in and

search your home for cash and valuables. They will go to the bedroom first, that's where most of us stash our extra, or emergency cash. Most of us have emergency cash at home, don't store it in your bedroom.

You return to your vehicle and notice that you have been violated. Immediately, call the Police and check to see if your vehicle registration, you left in your glove compartment, is still there. Immediately advise the police when they greet you that you vehicle registration was taken.

The police should escort you home, but they will bring several more police escorts. They police escorts will park out of sight of anyone in your home, then when your home is surrounded, a few officers will carefully approach your home to see if there are intruders, which is very likely.



Hopefully, your local police is competent and can capture the culprits as they try to escape capture.

If you want to avoid this tragedy, don't leave your vehicle registration in your glove compartment, take a photo of it and keep it in your wallet , or available on your cell phone. Good luck to all of us.



FUTURE MILITARY BENEFITS

Valuable benefits for Medal of Honor awardees, Disabled Veterans, Legion of Valor awardees, Pearl Harbor Survivors, Ex-Prisoner of War veterans and Purple Heart winners.

In December 2022, the Bay Area Toll Authority (BATA) and the Golden Gate Bridge District today announced two new bridge toll assistance programs that will benefit customers from lower-income households as well as eligible military veterans, beginning in 2023. These benefit are already available if reader is qualified.

Then on July 1, 2023 BATA and the Golden Gate Bridge District will institute a policy for toll bridge customers whose household income is no more than 200 percent of the federal poverty level (approximately \$55,000 for a family of four) to receive a waiver of any penalties assessed for late or missed payments of toll invoices and toll evasion notices incurred for toll bridge crossings between March 20, 2020, and Jan. 1, 2023. The waiver applies to the Golden Gate Bridge and to the state-owned Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael, San Francisco-Oakland Bay and San Mateo-Hayward bridges. The waiver will not apply to Express Lanes.

Another new state law — AB 2949, authored by Assemblymember Alex Lee of San Jose — goes into effect Jan. 1, 2023, granting eligible veterans of the U.S. armed forces free tolls on California toll bridges. These include the Golden Gate Bridge as well as the state-owned Antioch, Benicia-Martinez, Carquinez, Dumbarton, Richmond-San Rafael, San Francisco-Oakland Bay and San Mateo-Hayward bridges. The free-passage benefit does not apply to Express Lanes.

To be eligible for free travel across California toll bridges, vehicles registered to military veterans must have a license plate with one of the following designations: Congressional Medal of Honor, Disabled Veteran, Legion of Valor, Pearl Harbor Survivor, Ex-Prisoner of War, or Purple Heart. Eligible veterans do not currently need to have a FasTrak electronic toll payment account to qualify for free passage, although a FasTrak-enrollment requirement will be instituted in the future. To avoid being charged a toll, veterans who already



are FasTrak customers must place their FasTrak tag in a Mylar bag when traveling through bridge toll plazas.

Only a few of our Post members are eligible for these new California state veterans. If you are eligible read the attached article carefully and Congratulations for your well earned vehicle benefits.

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

ENLISTMENT PAY IS INSUFFICIENT TO KEEP OUR YOUNG TROOPS FROM FOOD LINES



From the Air Force Magazine, Jan 2023

With the House personnel subcommittee targeting "other issues" like politicization in the military, the House Armed Services Committee has set up a new panel that will exclusively focus on the issues that directly impact service members' quality of life. Boosting pay for junior enlisted service members and improving military housing conditions will be among the priorities of the new subpanel, its leader told Military.com in an interview.

After reading this article, I recalled that I had seen a similar report in early 2021. If true, we should lobby our national legislators to review the DoD's pay authorizations for our junior enlisted service members to authorize additional pay for so that they do not need to join

food lines along with the homeless and low income families to feed their families. Soldiers who must spend time to join food lines will be distracted from their official duties.

As a former counter intelligence officer, our Historian believes that anyone who must seek free good in food line and holds a security clearances may be subject to approaches by foreign intelligence. Thus, this is a national security issue.

This participation in free food lines has been in the media, so Russian intelligence knows this. In December 2021 when our National Commander visited Cathay Post 384, I asked our leader to consider lobbying with the VA, or separately with Congress to increase the pay for our enlisted troops who reportedly were using free food lines.

A senior staff member with the National Commander spoke up immediately and stated that I should not be alarmed because he knew that top NCOs earned about \$90,000 annually. Obviously, senior NCOs earn a lot more than junior enlisted members, so they are not in food lines.

This issue will be pursued when the new National Commander visits our Post.

NEW CREDIT CARDS



Credit Card Bills are a major headache for many people. Here is a report that compares many of the credit cards offered to the public that might be of interest to anyone who owes more than a few hundred bucks to the banks.

Check the data offered to confirm the terms so that you are getting the best deal to deal with a total, large credit card obligation. Good luck.

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



LET'S DEAL REALISTICALLY ABOUT COVID (AND ITS VARIANTS)!

Today, the threat of a Covid infection has been around over 2 years, and many people (mainly those who have escaped infection) are tired of the virus, and many of this same population have stopped using face masks and believe that herd immunity is giving people protection from serious Covid infection.

In the March 2023 issue of the Harvard Health Letter, Dr Anthony L Komaroff, M.D, Editor in Chief, poses the question, "Does Covid 19 damage the Brain?"

The following is quoted from Dr. Komaroff's article:

"Covid can do a lot of damage to our brains in a variety of ways. Once infected, victims develop encephalitis which is the inflammation of the brain. This causes confusion, difficulty in concentration, and memory problems. For some of us seniors, we already have memory problems, so we should do all we can to avoid infection.

Covid can also trigger the onset of new psychological disorders such as depression or anxiety. For a few people it can cause victims to become psychotic - to see and hear things that aren't there, and to believe that things aren't true. It often damages to the brain's autonomic system, leading to abnormalities in heart rate and blood pressure.

In addition, the virus that causes Covid can infect and injure the linings of blood vessels and make blood clot more easy. These two things can lead to stroke and heart attacks, even in young people. A perfectly healthy 30 year old son of a friend of mine experienced multiple strokes when he got Covid. Covid-related strokes can cause permanent difficulty in speaking, or understanding speech, weakness of one side of the body and other symptoms.

Even if people escape brain damage during the initial attack of Covid-19, they remain at considerable risk of various brain conditions, including strokes, depression, anxiety, and psychosis the next several years.

People who were initially severely ill with Covid are at a much greater risk for cognitive decline after they recover. Even people who were less severely ill remain at somewhat greater risk. A large study of MRI scans taken before and then again after people got Covid showed that Covid can actually shrink the brain somewhat.

Finally, the lingering symptoms of fatigue, pain, and difficulty thinking can last for several years after Covid - called long Covid, or post acute Covid syndrome - may well be caused by ongoing low-grade brain inflammation caused by the virus.

Fortunately most people who get Covid don't suffer damage to the brain. But some do, and even people who initially get mild Covid symptoms are vulnerable. So Covid's potential to damage the brain is just one more reason to do everything we can to avoid getting the disease. Masks and social distancing still are important, in crowded, indoor public places. In particular vaccines have not only greatly reduced the risk of getting Covid of suffering long term damage from Covid, including damage to the brain."

Let's use face masks at our Post meetings on Powell Street. When we have our meetings, it is virtually impossible to maintain social distancing when we are seated just a few feet apart, and of course, we all move around during our meetings as we crowd around to get coffee or pick up our food.

No one wants to be really sorry if they get Covid and the infection is serious!!!

We all love our brains, and no one wants a stroke or heart attack!!!

This is our final warning!!!

CHINESE HOSPITAL 845 JACKSON STREET

Last month we told the story that our Chinese Hospital was a non-profit community hospital that depends on contributions every year to keep her highly trained staff. It's annual budget is around \$120 million. That means that it must raise \$120 million every year to continuing serving all of us. Fortunately, there are a few wealthy donors who contribute every year. But a great deal of fund raising must be conducted as they money is not automatically received without a year round effort to seek funding. Our contributions are very small part of their total fundraising, but it is needed to continue surviving and prepared to serve us, the day we need medical care.

A few years ago, the donations it had received was about \$2 million short and resulted in hospital staff layoffs. We are advised that our Hospital has a stroke center, a joint venture with UC Medical Center, and that Chinese Hospital partners with Kaiser Hospital and General Hospital and provides overflow relief when they need more beds or other medical

services. Great!

We also mentioned that Bruce Lee, Major Kurt Lee, two big heroes, were born in Chinese Hospital. Your Historian and more than a dozen of our Post members were also hatched there. ;->

One person, a current member of our Post, was not mentioned who provided major technical support for our Hospital from 1994-2007. He was none other than our Post 384 member, John Baumhackl. Congrats John for your 13 years of valuable service for our Hospital.

We will be writing a check to support our Hospital this month, and if you can donate to keep Chinese Hospital financially sound, please

donate generously. Sometime in the future, you, and I, may be a patient there, and let's help keep their finances strong so that they will always have a complete staff complete to serve all of us.





DR. WU CHIEN-SHIUNG (吳健雄), THE FIRST LADY OF NUCLEAR PHYSICS

Here is one more story of another Chinese American Hero. And few people know nothing about her. She is Dr. Wu Chien-Shiung a nuclear scientist who was an important part of our Manhattan project, and did not receive the proper credit for her contribution. This is your chance to learn about a very brilliant heroine. Provided by Dr. Anne L. Lee, a friend of our Historian. Dr. Wu Chien-Shiung (吳健雄), (aka" Chien-Shiung Wu) is known as the First Lady of Nuclear Physics. Dr Wu attended UC Berkeley after running into sexual discrimination at a university in Michigan. She should have received a Nobel prize for her work in nuclear physics but was ignored.



Introduction

Madame Wu Chien-Shiung or Dr. Chien-Shiung Wu (aka) is known as "The First Lady of Nuclear Physics", who conducted a radioactive experiment at near absolute temperature zero to prove the parity violation during beta decay. Dr. Wu's experiment proved the nuclear particles are not mirror images of each other and they are opposite of each. Dr. Wu's famous experiment did not get recognized and was unfairly ignored for the 1957 Nobel Prize Award in Physics. The award was given to her male colleagues Dr. Tsung-Dao Lee and Dr. Chen-Ning Yang who developed the Law of Conservation of Parity, but did not acknowledge Wu Chien-Shiung, who proved the Law of Conservation of Parity Violation. The 1957 Nobel Prize selection committee did not follow Alfred Nobel's will of 1895, "that the Nobel Prizes are awarded to those who, during the preceding year, have conferred the greatest benefit to humankind", stated by the Nobel Prize website. Dr. Wu's experiment had a very great impact to nuclear physics, which led to the development of the atomic bomb during World War II. According to the New-York Historical Society Museum and Library Website, "Wu Chien-Shiung believed that she was victim of industry-wide sexism, as she was not the first female scientist to be overlooked by the Nobel panel, nor was she the last". The unfairness did not stop Dr. Wu Chien-Shiung from her nuclear research career field. Dr. Wu continue to strive her best on every opportuni-

ty to excel her groundbreaking research and earned much world recognition including the National Academy of Sciences Cyrus B. Comstock Award in Physics in 1964, and the Chi-Tsin Achievement Award in 1965, the Honorary Fellow of the Royal Society of Edinburgh in 1969, the National Medal of Science in 1975, the Wolf Prize in Physics in 1978, and the Woman of the Year award from the St. Vincent Culture Foundation under UNESCO in 1981, the Lifetime Achievement Award from Radcliffe College, Harvard University in 1982 and many more. Dr. Wu following her own dreams and continue to work hard on her career field even when she was treated unfairly. As result, this unfairness has overcome Dr. Wu's encouragement to continue striving her best on everything that she did. Dr. Wu Chien-Shiung's life story also encourages many women and girls to follow their dreams and make it possible even when unfairness occurs.

Life Story

I decided to do more research about Dr. Wu Chien-Shiung's life story. Wu was born in Taicang, Jiangsu, China in May 31, 1912. Wu's father was Wu Zhong-Yi (吳仲裔) and her mother was Fan Fu-Hua (樊復華). Fan Fu-Hua was a teacher, who valued educational equality for both male and female. Her father was an engineer, who believed in gender equality, and he supported the cultural revolution led by Dr. Sun Yat-Sen (孫中山) that modernized the country of China, where Wu Zhong-Yi established the first girls school, and he encouraged many local girls to pursue their education. This included his daughter Wu Chien-Shiung who graduated from his father's Ming De Elementary School. Wu was admitted to National Central University (later Nanjing University) in 1929 where she earned an undergraduate degree in physics in 1934. Wu Chien-Shiung loved learning about Madame Marie Curie, Nobel Laureate in Physics early on during her university study.

According to Tsai-Chien Chiang (2014), "Wu Chien-Shiung was shocked at the sexism in American society when she learned that at Michigan women were not even allowed to use the front entrance and decided that she would study at the more liberal UC Berkeley in California". Wu attended University of California at Berkeley, where she earned her Ph.D. in Physics during 1940. Dr. Wu met physicist Luke Chia-Liu Yuan during her study at UC

Berkeley. Luke showed Wu the Ernest O. Lawrence Radiation Laboratory where she worked on her innovative nuclear physics research. Dr. Wu and Dr. Luke got married in 1942. After the marriage both Luke and Chien-Shiung moved to the East Coast to find a job opportunity, since the start of World War II there are many anti-Asian hates and jobs were limited in California. Dr. Luke Yuan found a faculty position at Princeton University. Dr. Chien-Shiung Wu taught at Smith College and after a year later she found a faculty and research position at Princeton University. Dr. Wu was the first female faculty in the Princeton Physics Department.

Dr. Chien-Shiung Wu received an invitation to join the Manhattan Project at Columbia University as a senior scientist from 1944 to 1945 and she was also a professor at Columbia University from 1944 to 1980. At the Manhattan Project, Dr. Chien-Shiung Wu developed the process for separating uranium metal into the U-235 and U-238 isotopes by gaseous diffusion and this is known as the process to develop an atomic bomb during World War II. In 1957, both Dr. Tsung-Dao Lee and Dr. Chen-Ning Yang received the Nobel Prize in Physics for their theory of conservation of parity, where Dr. Chien-Shiung Wu confirmed the parity violation during beta decay by her famous Wu's experiment and her work did not get recognize by the Nobel Prize selection committee. "Yang and Lee tried to nominate Wu for a future Nobel prize and thanked her in their speeches. She was nominated at least seven times before 1966, when the Nobel committee announced they would conceal their list of nominees to avoid further public controversy", stated by Hamish Johnston (2020). This sexism did not prevent Dr. Wu from her research career. Finally, the public officially recognize her work; Dr. Chien-Shiung Wu was awarded the Comstock Prize in Physics in 1964. Dr. Chien-Shiung Wu was elected first female president of American Physical Society in 1975. Hamish Johnston (2020) mentioned, "1988 Nobel laureate Jack Steinberger frequently called it the biggest mistake of the Nobel committee and Wu's role in the discovery was not publicly honored until 1978, when she was awarded the inaugural Wolf Prize in Physics". Dr. Chien-Shiung Wu passed away during February 16, 1997 in New York and she was buried in her homeland in China, where she was well recognized as the Chinese Mad-

...Continued on page 15



STOCKTON, CALIFORNIA, A CITY THREATENED TO EXTREME FLOODING IF ANOTHER MAJOR STORM DRENCHES THE AREA

California's Next Flood Could Destroy One of Its Most Diverse Cities. Will Lawmakers Try to Save It?

Story by Jake Bittle, Grist , Feb 18, 2022

In early 1862, a storm of biblical proportions struck California, dropping more than 120 inches of rain and snow on the state over two months. The entire state flooded, but nowhere was the deluge worse than in the Central Valley, a gash of fertile land that runs down the middle of the state between two mountain ranges. In the spring, as melting snow mixed with torrential rain, the valley transformed into "a perfect sea," as one observer put it, vanishing beneath 30 feet of water that poured from the Sacramento and San Joaquin Rivers. People rowed through town streets on canoes. A quarter of all the cows in the state drowned. It took months for the water to drain out.

More than 150 years later, climate scientists say the state is due for a repeat of that massive storm. A growing body of research has found that global warming is increasing the likelihood of a monster storm that could inundate the Central Valley once again, causing what one study from UCLA and the National Atmospheric Center called "historically unprecedented surface runoff" in the region. Not only would this runoff destroy thousands of homes, it would also ravage a region that serves as the nation's foremost agricultural breadbasket. The study found that global warming has already increased the likelihood of such a storm by 234 percent.

...Continued from page 14

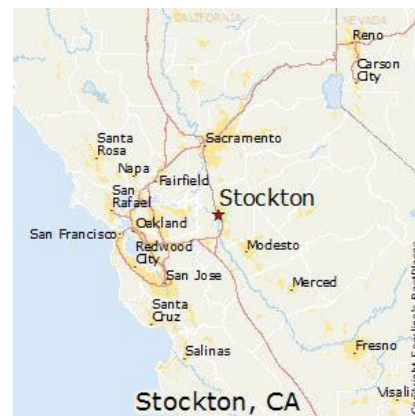
ame Curie of Nuclear Physics. According to Jada Yuan (2021):

Vincent Yuan (Dr. Wu's son), Lucy Lyon (Dr. Wu's daughter-in-law), and Jada Yuan (Dr. Wu's granddaughter) took a trip to China to honor my grandmother were something we'd done before: In Nanjing, where she was an undergraduate, there's a memorial hall. Another statue of her, in bronze, stands in Shanghai. On the centennial trip, we attended the opening of a museum that showcases her academic papers as well as the slit-legged qipao dresses she wore under her white labcoats. In her hometown, we visited classrooms at the school her father founded — mainly so his daughter could get an education. The children there sang songs about her. Chinese hero worship is impressive to witness — and surreal to experience when your grandmother is the one being

In the crosshairs of that storm is the Stockton metropolitan area, which sits at the mouth of the San Joaquin River. Stockton and its neighboring suburbs are home to almost 800,000 people, and they rank among the most diverse places in the country — as well as some of the most economically distressed places in California. Thanks to decades of disinvestment, the city's only flood protection comes from decades-old, leak-prone levees. If a major rain event caused enough runoff to surge down the mountains and northward along the San Joaquin, it could burst through those levees, inundating the city and flooding tens of thousands of homes. One federal study found that much of Stockton would vanish beneath 10 to 12 feet of water, and floods in the lowest-lying areas could be twice as deep. The result would be a humanitarian disaster just as costly and deadly as Hurricane Katrina.

The "atmospheric river" rainstorms that rolled into California from the Pacific Ocean this month have underscored the Golden State's vulnerability to floods, but experts insist that the destruction of Stockton isn't inevitable. As is the case in flood-prone communities across the country, local officials know how to manage water on the San Joaquin River, but they've struggled to obtain funding for Stockton and other disadvantaged cities along the waterway. Even as California lawmakers have plowed money into drought response in recent years, they've left flood measures by the wayside, and the federal government has also been slow to fund major improvements.

"Areas like Stockton that don't have political



clout ... often get bypassed terms of consideration for funding," said Mike Machado, a former California state senator who has long advocated for better flood management in the Central Valley. "Even if any funding is available, Stockton is usually at the bottom of the list."

Even as Stockton's infrastructure decays, the city's flood risk is only increasing thanks to climate change, which will cause more severe rains in the San Joaquin Valley and further stress the city's levees. The city has grown at a rapid pace over the past two decades, but state and local officials have been more focused on protecting local agricultural irrigators from drought than on protecting the city's residents from flooding. When the next big storm hits, it is Stockton's communities of color, which make up more than 80 percent of the city's population, that will see the worst of the damage.

"We are at the bottom of the bowl," said Barbara Barrigan-Parrilla, the executive director of Restore the Delta, a Stockton-based environmental nonprofit. "We're the drain. And they don't value us."

.....Continued on page 16

revered. In China, my grandmother was a rock star. Then, in early 2021, she became a kind of rock star here, too, when the U.S. Postal Service issued a commemorative Forever stamp in her honor. (You can also buy a T-shirt featuring her and other "Women of STEM" on it. Recently, she and her stamp were a clue on "Jeopardy!" — "Notable Asian Americans" for \$800.)

Dr. Chien-Shiung Wu's life story was amazing and impressive to younger generation of women and girls majoring in Science, Technology, Engineering, and Mathematic (STEM). Dr. Wu's life story taught us to never give up even when we are treated unfairly either through sexism or racism. Dr. Wu encouraged us to work hard and continue to perform our best on everything that we do.

Conclusion

Dr. Chien-Shiung Wu has a significant contribution in the field of nuclear physics and her published book titled "Beta Decay" in 1965 is still a standard reference for universities and colleges. After learning more about Dr. Chien-Shiung Wu's life story, I was very impressed at her ability to adapt to the unfairness society and continue to perform her groundbreaking nuclear research to overcome obstacles of sexism and racism. Dr. Chien-Shiung Wu is well deserved for her world recognitions. Her life story encourages many women and girls to overcome obstacles and continue to pursue their dreams.

Prepared by: Anne L. Lee, PhD, January 22, 2023

Read more: See **PHYSICS** at this link: <https://www.sfethaypost384.org/rc.html>



...Continued from page 15

The Central Valley's flood protection system has never been equal. During the nineteenth and early twentieth centuries, farmers and ranchers constructed a hodgepodge of levees along rivers like the San Joaquin, piling sand only high enough so that water would flood someone else's land rather than their own. The levees were owned and maintained by local districts, rather than any centralized governing body, so wealthier areas ended up with stronger defenses.

As the region's flood protection system expanded, the San Joaquin region fell behind. To protect the state capital of Sacramento in the 1920s, the federal Army Corps of Engineers built a diversion system called the Yolo Bypass that funnels water away from the city, but Stockton never saw any similar investment. Local authorities couldn't raise as much money to bolster levees as their counterparts around Sacramento, and money from the state and the federal government never filled the gap.

This is in part because lawmakers have overlooked Stockton's vulnerable populations, according to Jane Dolan, president of the Central Valley Flood Protection Board, a state agency that oversees flood management. But Dolan says the disparity also exists because leaders along the San Joaquin River have long tended to focus more on securing water for agricultural irrigation than on managing the rivers, which has made it hard to secure momentum for big flood improvements.

"They don't have that consensus about managing floodwaters and allowing space for the river," she told Grist. "Politicians from city councils to Congress are all focused on water supply."

Not only does the San Joaquin have the shoddiest flood protection infrastructure, but it also faces the greatest degree of risk from climate-fueled storms. Both the UCLA study and a

separate study by Dolan's organization found that warmer climates will increase runoff in the San Joaquin watershed by more than they will in the Sacramento watershed — in large part because higher temperatures will cause what used to be snow to fall as rain instead. Furthermore, Stockton faces flood risk from all sides: Not only does the San Joaquin River flood during rain events, but the Calaveras River on the city's north side does as well. Water from the Pacific Ocean could even flood the city from the west during high tides as it pushes across a long flat expanse known as the Delta.

"The San Joaquin Valley is the most vulnerable to intense floods, because the climate science is clear that there will be less snow there, and more rain," said Dolan. The river's levee system was designed for a long snowmelt, not an all-at-once deluge, she added, which means that bigger atmospheric river storms are all but certain to overwhelm it.

Despite this risk, Stockton has expanded rapidly over the past few decades. Not only has the city grown into a hub for the valley's all-important agricultural industry, its relatively cheap land and proximity to the populous San Francisco Bay Area has made it a boom site for new warehouses and packing facilities owned by companies like Amazon. During the last housing boom, developers built subdivision after subdivision along the San Joaquin River to house new arrivals, relying on the decades-old levees to protect them.

one dollar of spending. He said that's in part because the state money went to projects that were already "shovel-ready," and Stockton-area officials lacked the resources to design projects and apply for grants.

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

WARNING TO ALL SKIERS, AVALANCHES ARE BECOMING DEADLY...

It recently happened at Mt. Hakuba, Japan, Mr. Kyle Smaine, a gold medal, champion skier from Lake Tahoe, CA, was killed in a big avalanche. He was also accompanied by a half dozen skiers who were also inundated in the same avalanche.

Also killed was an Austrian skier.

One survivor, Adam U. described the horrific scene. They were skiing along Mt Hakuba when they heard a loud crack. With the thunderous roar, they knew that it was going to be big one. The party of six instantly scattered, but avalanches move faster than humans can dash. Adam U was buried in huge mound of snow until he was later rescued. Kyle Smaine was not so lucky.

We now can see that avalanches are more and more common as global warming increases the volume of wet snow which is not stable. When enough wet snow is accumulated on a slope, it will reach a critical moment and form an avalanche. As in this deadly situation, it can happen even to the best, experience skiers. Stay off slopes when you learn that there is a lot of wet snow accumulated. Don't try to avoid an avalanche!

WOULD ANYTHING CHANGE IF THE GLACIERS MELT?

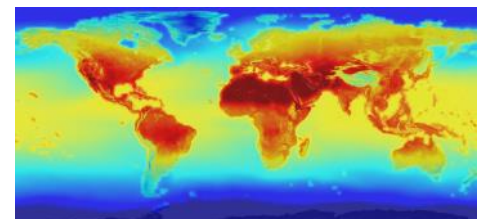
Few people can deny that the climate is changing, and the warming of our planet has a lot of impact on our lives, and even more impact on all of us who are going to around more than a few years. As the air around our entire planet warms, glaciers will melt even faster. Melting glaciers, not only in the Arctic and Antarctic will cause the seas to rise, globally. No one, no nation, can hide from rising tides. It doesn't matter how powerful your military is, or whether you are a democracy, or an autocracy.

The reports that Greenland is splitting in half, and glaciers in Alaska, and elsewhere, are shrinking means that the rise of the sea which have already started, will increase as the earth continues to warm. Seaports globally will go underwater, beach front property will also be underwater and worthless.

There are no simple solutions, but we must make efforts to slow the warming. The green house gas that is generated by all modern nations must be slowed down. The biggest generators of green house gases are China, the United States, and Russia.

Despite the cold war going on among the big Three, if the big Three do not cooperate, Man's existence on planet earth may be less than 100 years.

Of course, there are other threats that will shorten Man's history on this planet. We need to stop wars, we need to cooperate even with our enemies, to deal with changes to our planet that climate change has already significantly impacted regarding food production. We must locate the safest locations for man to survive which has access to clean water and clean land



for farming.

For doubters of climate change, check out: <https://youtu.be/IY3mXFXd3GU>

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

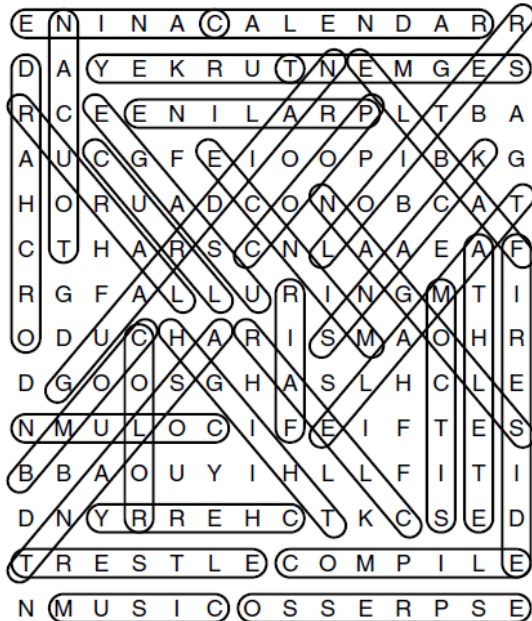


JANUARY PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

WORD SEARCH secret message:

ALLURING CHARISMA



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

SUDOKU SOLUTION

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

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

4 NUMBERS SOLUTION



$(36-19) \times 3 - 12$



$10 \times 8 + 9 + 3$

JUMBLE SOLUTION

- LISLE
- PRIZE
- BROOCH
- ENTAIL



Teaching kids to save is this —
“CENTSIBLE”



WORD SEARCH: WHEEL OF FORTUNE

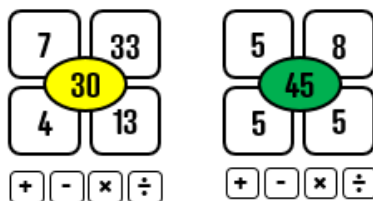
S U N U P N U B L E N D E R
 U O U N I S O N V E G G I E
 C S N S A M V E H T U A B F
 V H I P R E W O L F L R N N
 N A L E C T F B G C O I H O
 R W E N H A S C E O T A U C
 O L [] [] [] [] [] [] [] [] I R B
 C R [] [] [] [] [] [] M N F E U
 P Y A L D L B R I E O O T R
 O L H L O N I R O L L I T O
 P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

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?

- ADMIRE
- ARCH
- BLENDER
- BROOM
- BUILT
- CALICO
- CANDLE
- CONFER
- CRUNCH
- ECLAIR
- FACIAL
- FLOWER
- GORGEOUS
- HISTORY
- IRONY
- LEAP
- METAL
- PENCIL
- PILLAR
- POLE
- POPCORN
- POTTER
- PRANCE
- RAISIN
- RANG
- RODEO
- SHAWL
- SILVER
- SITE
- STONE
- SUNUP
- TIER
- UNISON
- UPROOT
- VEGGIE
- WOOLLY

4NUMBERS

Use the four numbers in the corners, and the operands (+, -, x, ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions.
 For example: $6+(7 \times 3)+1 = 28$ and $1+(7 \times 3)+6 = 28$



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

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

JUMBLE



GAGBY [] [] [] [] []
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 YELNOF [] [] [] [] []




Answer here:

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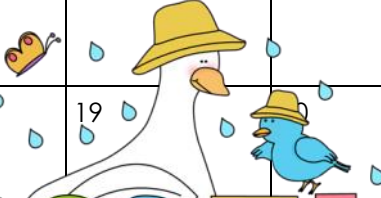

WORK SPACE



MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
WOMEN'S HISTORY MONTH			1 	2	3 NAVY RESERVE BIRTHDAY	4 HUG A GI DAY
5 SEA BEE BIRTHDAY	6 	7 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8 EXECUTIVE BOARD MEETING 7:00 PM	9	10	11 POST MEETING 11:00 AM
12  DAYLIGHT SAVINGS BEGINS	13 K9 VETERANS DAY	14	15 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	28	29	30	31 	

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
MONTH OF THE MILITARY CHILD MILITARY SAVES MONTH						1 APRIL FOOL'S DAY
2 GOLD STAR SPOUSE'S DAY		4 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	5 EXECUTIVE BOARD MEETING 7:00 PM	6	7 GOOD FRIDAY	8 POST MEETING 11:00 AM
9 EASTER NATL POW RECOGNITION DAY	10	11	12 	13	14 AIR FORCE RESERVE BIRTHDAY	15 PURPLE UP! DAY
16	17	18	19	20	21	22 EARTH DAY
23 ARMY RESERVE BIRTHDAY	24 NATIONAL MILITARY BRATS DAY	25 		26	27	28
30						29