



# CATHAY DISPATCH

## MESSAGE FROM THE COMMANDER



To my disappointment and that of many others, the Niners extended their Superbowl dry spell in winning for 30 years now. Doesn't seem that long ago but it was 1995 when we won our last Superbowl with Steve Young as Quarterback and the great Jerry Rice as Wide Receiver. Looks like the glory days for the Niners may be over. Well, we can always hope for next year!

The Kansas City Chiefs overcame a 10-point deficit to become the first back-to-back Super Bowl champion in two decades as they defeated the San Francisco 49ers 25-22 in overtime in Super Bowl LVIII in Las Vegas.

In a back-and-forth affair, the two teams were tied at 19 at the end of regulation. Jake Moody hit a 27-yard field goal in overtime to give the Niners a 22-19 lead. But Kansas City quarterback Patrick Mahomes, drove the Chiefs down the field with 13 seconds left in overtime, connected with receiver Mecole Hardman on a three-yard touchdown pass to give the Chiefs their third Super Bowl in the past five seasons, establishing Kansas City as a football dynasty.

On the brighter side, our Superbowl party was a success. We had lots of food to include chicken wings and 3 - 20lb Prime Ribs. In the kitchen were our support members that came to help cook and serve. The bar was flowing and everyone had a great time, that is until the game went into O/T and suddenly, in a flash, we lost and suddenly there was an eerie quiet in the post.

Our next meeting is Saturday, March 9. The kitchen will be cooking Corned Beef and cabbage as St Patricks Day is around the corner.

See you all at the meeting and please renew your membership or support membership if you have not done so.



### CATHAY POST 384 AMERICAN LEGION

#### 2023-2024 POST OFFICERS

- Commander:** George Tsang
- 1st Vice CMDR:** Aaron Low
- 2nd Vice CMDR:** CJ Reeves
- Adjutant:** Miguel Ortiz
- Finance Officer:** -
- Secretary:** Ron Ritter
- Sgt-At-Arms:** Don McCoy
- Service Officer and Past Cmdr:** David Wong
- Judge Advocate:** Raymond Wong
- Jr. Past CMDR:** Helen Wong
- Quartermaster:** Philip Leung
- Chaplain:** Richard Ow
- Historian:** Roger Dong
- War Memorial Commission:** Helen Wong
- CAWVA:** Jay Pon  
David Wong

#### CATHAY DISPATCH STAFF

- Roger Dong, Publisher
- Kokoe Estrada Dusina, Editor-in-Chief

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This Year's Super Bowl Event at Cathay Post

The Super Bowl is the championship game of the National Football League (NFL) in the United States, and one of the most watched sporting events worldwide.

This year, like many years in the past, Cathay Post 384 hosted a Super Bowl event. We had approximately one hundred comrades and guests in attendance, who watched the game on one of the five large screen TVs. Attendees enjoyed snacks, and a delicious main course of prime rib cooked by Commander Tsang and Past Commander Lum. One person claimed that it was "the best prime rib ever."

However, for most attendees (who came to support the 49ers), the outcome of the game was disappointing.

The Super Bowl has a long history, leading to where we are today. Here are some details that you may find interesting.

1. **Origin:** The idea for the Super

Bowl was proposed by Kansas City Chiefs owner Lamar Hunt in the 1960s, as a way to determine the ultimate champion between the NFL and the American Football League (AFL), which were rival leagues at the time.

2. **First Super Bowl:** The first Super Bowl, then known as the AFL-NFL World Championship Game, was played on January 15, 1967, between the NFL champion Green Bay Packers and the AFL champion Kansas City Chiefs. The Packers won 35-10.

3. **Name Change:** AFL founder and Kansas City Chiefs owner Lamar Hunt coined the term "Super Bowl." The name stuck, and starting with the third championship game in 1969, the event was officially known as the Super Bowl.

4. **Merging of Leagues:** The NFL and AFL merged in 1970, leading to the formation of two conferences within the NFL: the National Football Conference (NFC) and the American Football Conference (AFC). The winners of each conference face off in the Super Bowl.

5. **Growth and Popularity:** Over the years, the Super Bowl has grown into a cultural phenomenon, attracting millions of viewers worldwide. It is not only a football game, but an entertainment spectacle, featuring elaborate halftime shows and high-profile commercials.

6. **Host Cities:** The Super Bowl is hosted in a different city each year, with the venue chosen through a bidding process. Many cities have built or renovated stadiums with the hopes of hosting the game.

7. **Super Bowl Sunday:** The Super Bowl is traditionally held on the first Sunday in February. It has become a de facto national holiday in the United States, with many people



hosting parties and gatherings to watch the game.

8. **Iconic Moments:** The Super Bowl has produced numerous iconic moments in sports history, from dramatic comebacks to game-winning plays. It has also featured legendary players and coaches who have left their mark on the game.

Let's hope next year brings another Super Bowl for the 49ers, and this time, a big win!

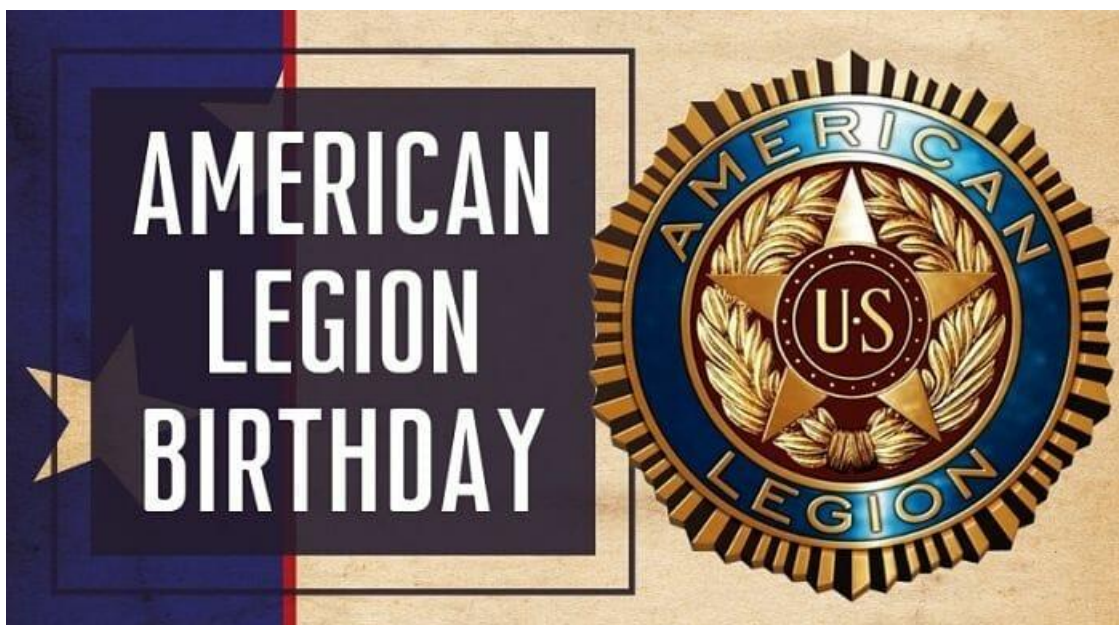




## HAPPY BIRTHDAY TO THE AMERICAN LEGION



Mark your calendars and order the cake with blue and gold frosting. The American Legion is about to celebrate its 105th anniversary. On March 15, 2024, we will sing, ‘Happy Birthday’ to the American Legion for this auspicious occasion. As Legionnaires and Stewards responsible for the next 100 years, let us not shirk our resolve to continue the legacy of the Legion. The American Legion has just provided us with additional tools to do just that. It’s called, “RECONNECT”. You are encouraged to talk up the history and the benefits of this great organization to active duty service members. It’s a great way to encourage our active duty force to join the fine ranks of Legionnaires. This is crucial for our sustainability. Please join me in rolling out the red carpet for this new opportunity called, “RECONNECT”. Forms available at the Post. Also, join me in wishing the American Legion a truly HAPPY 105TH BIRTHDAY!





**MESSAGE FROM THE VETERANS  
HEALTH ADMINISTRATION  
FEBRUARY 15, 2024**



**NATIONAL SALUTE TO VETERAN PATIENTS  
WEEK 2024**

VA recognizes and honors hospitalized Veterans at VA medical centers across the nation during National Salute to Veteran Patients Week, February 11-17.

We encourage community members to seek opportunities to volunteer at their local VA facilities, learn more about the ways to support their VA, and distribute gifts and cards to hospitalized Veterans.

For more than 77 years, volunteers have assisted us in keeping America's promise to Veterans by providing supplemental services and support when and where Veterans need it most. VA recognizes the efforts of volunteers and community members who help support our mission. We encourage all Americans to reach out to VA to explore the many ways you can give your time and talent to support Veterans.

To learn more about the mission to honor the sacrifice and service of America's Veterans during the National Salute to Veteran Patients Week or any time of year, visit [www.volunteer.va.gov](http://www.volunteer.va.gov).





## COMING UP IN APRIL 2024

National Poetry Month Launched by the Academy of American Poets in April 1996, National Poetry Month is a special occasion that celebrates poets' integral role in our culture and that poetry matters. Over the years, it has become the largest literary celebration in the world, with tens of millions of readers, students, K–12 teachers, librarians, booksellers, literary events curators, publishers, families, and—of course—poets, marking poetry's important place in our lives. In April 2023, U.S. Poet Laureate Ada Limón selected twenty new poems by contemporary poets to be featured in the Academy of American Poets' Poem-a-Day series as part of a collaboration with the Library of Congress.



### **O Captain! My Captain!**

BY WALT WHITMAN

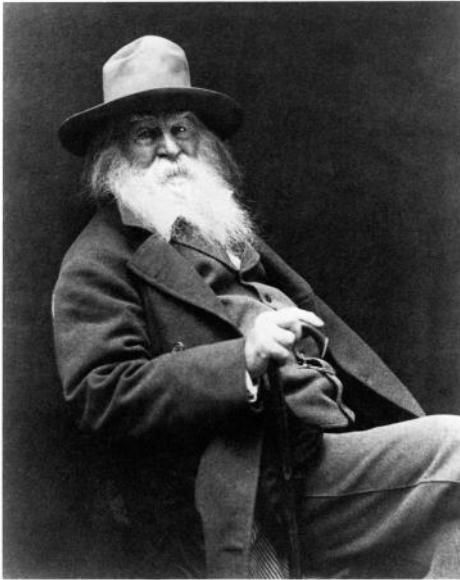
O Captain! my Captain! our fearful trip is done,  
The ship has weather'd every rack, the prize we sought is won,  
The port is near, the bells I hear, the people all exulting,  
While follow eyes the steady keel, the vessel grim and daring;  
    But O heart! heart! heart!  
    O the bleeding drops of red,  
    Where on the deck my Captain lies,  
    Fallen cold and dead.

O Captain! my Captain! rise up and hear the bells;  
Rise up—for you the flag is flung—for you the bugle trills,  
For you bouquets and ribbon'd wreaths—for you the shores a-  
crowding,  
For you they call, the swaying mass, their eager faces turning;  
    Here Captain! dear father!  
    This arm beneath your head!  
    It is some dream that on the deck,  
    You've fallen cold and dead.

My Captain does not answer, his lips are pale and still,  
My father does not feel my arm, he has no pulse nor will,  
The ship is anchor'd safe and sound, its voyage closed and  
done,  
From fearful trip the victor ship comes in with object won;  
    Exult O shores, and ring O bells!  
    But I with mournful tread,  
    Walk the deck my Captain lies,  
    Fallen cold and dead.



POET SPOTLIGHT:  
WALT WHITMAN



Walter Whitman Jr. (/ˈhwɪtmən/; May 31, 1819 – March 26, 1892) was an American poet, essayist, and journalist. He is considered one of the most influential poets in American literature. Whitman incorporated both transcendentalism and realism in his writings and is often called the father of free verse.[1] His work was controversial in his time, particularly his 1855 poetry collection *Leaves of Grass*, which was described by some as obscene for its overt sensuality. Whitman was born in Huntington on Long Island, and lived in Brooklyn as a child and through much of his career. At the age of 11, he left formal schooling to go to work. He worked as a journalist, a teacher, and a government clerk. Whitman's major poetry collection, *Leaves of Grass*, first published in 1855, was financed with his own money and became well known. The work was an attempt to reach out to the common person with an American epic. Whitman continued expanding and revising *Leaves of Grass* until his death in 1892. During the

American Civil War, he went to Washington, D.C., and worked in hospitals caring for the wounded. His poetry often focused on both loss and healing. On the assassination of Abraham Lincoln, whom Whitman greatly admired, he authored two poems, "O Captain! My Captain!" and "When Lilacs Last in the Dooryard Bloom'd", and gave a series of lectures on Lincoln. After suffering a stroke towards the end of his life, Whitman moved to Camden, New Jersey, where his health further declined. When he died at the age of 72, his funeral was a public event.

### **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.



## March on Soldier's

Our American flag symbolizes  
The values that we believe  
To never give up hope  
and to hold on to our life's dreams.

Stand up tall, proud and shout  
For in our mind we have no doubt  
With dedication, freedom, and pride  
With the Good Lord on our side  
We will make it if we try.

March on soldier's to survive.

There's a history  
behind a soldier's will...  
To overcome the challenges  
with the confidence they feel.

Who are soldier's?

Troops running 5 miles...  
Carrying field gear on their backs.  
A call for a mission  
Means conquering the front lines of Iraq.

Facing the hot dusty weather  
And family time we can't get back.  
But the support of our family  
Keeps us on the right track.

Who are soldier's?

Drill instructors who turn civilians into  
troops...  
Training soldier's to think positive.  
And teaching soldier's how to shoot.

Soldier's live in combat zones.  
Not knowing if they will make it back.  
The brave courageous leaders  
Whose coffin's are guarded by U.S. flags.

Soldiers lives have inner peace  
By believing in their abilities.  
Standing for honor and values.  
Fighting to keep us free.

Living on beans and bullets...  
Sleeping in a GP tent.  
Watching for the enemy...  
As our United Forces dig in.

For following the convoy for justice  
Americans salute soldier's...  
For their hard work and diligence  
And helping all nations find peace.

March on soldier's to survive.

Written by Sergeant First Class Patricia Bear  
(Currently stationed in IRAQ)



## PHOTO COLLECTION

*Photo courtesy of Raymond & Dara Wong*

*During the March 10, 2024 meeting, Jay Pon introduce the following students, representing California Boys State (local oratorical contest), from Saint Ignatius College Preparatory, Stuart Hall, Sacred Heart Cathedral Preparatory, a couple of the students' parents were present:*







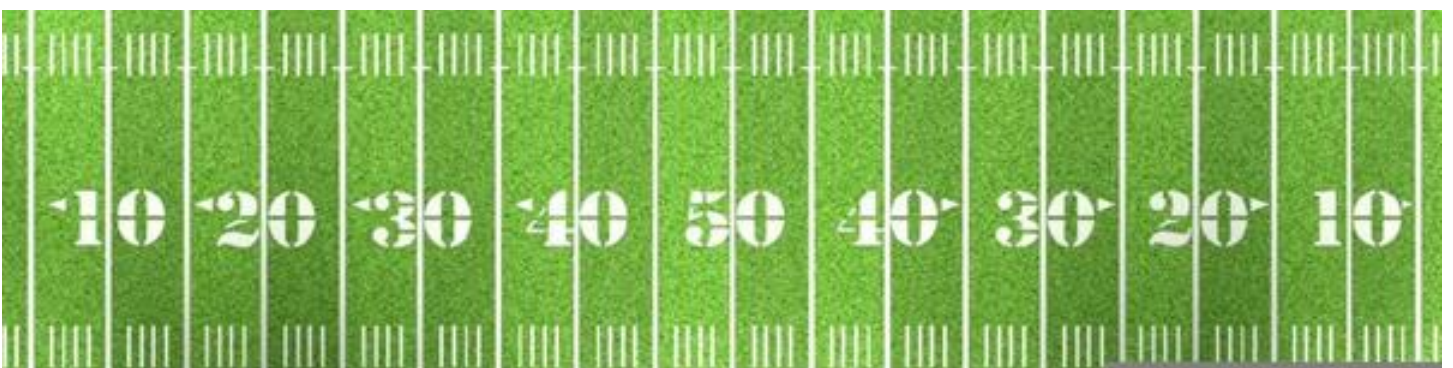
# SUPER BOWL PARTY PHOTO COLLECTION

Photos from the Post 384 Super Bowl Party, on February 11, 2024 are courtesy of Past Commander Helen Wong and Lily Wong





Super Bowl Party cont.





### PUTIN PRAISES PRESIDENT BIDEN? THIS IS MOST SURPRISING.



Putin is very likely keeping tabs on the progress of the popularity of both American Presidential candidates in 2024 election, and must notice that in some national polls predict that Biden is most likely to be re-elected – that’s if he can get the support of a large number of voters who claim to be independent. Most people likely believe that Putin and Donald Trump have had a relationship that has been mutually supportive. But Putin is no fool, he must hedge his bets, because Donald Trump may not win the election, and Putin will need to deal four more years with Joe Biden.

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

### CHINESE AUTOMAKER BYD PLANS TO OPERATE IN MEXICO

BYD and other Chinese Electric Vehicle (EV) automakers and parts factories are planning to open manufacturing facilities in Mexico to avoid the 27.7% tariff imposed when their EVs and spare parts are made Mexico and not directly exported from China to the U.S..

BYD is a Chinese auto-maker that has already imported EV model (made in China) to the U.S. with a price tag of just \$11,000. Detroit is worried.

Interesting background about the Hong Kong based BYD firm which was primarily focused on battery technology. Warren Buffet and his Berkshire Hathaway firm is a significant share holder in BYD. When the pandemic hit, Buffet convinced the firm to temporarily cease their battery business and focus on the production of face masks until the pandemic is no longer threatening the human race.

In the past two years, BYD face masks have been sold in Costco, Walmart and other major firms. With the demand for face masks easing, BYD has the resources to build EVs in China and abroad, thus opening plants in Mexico to evade the US tax on imported Chinese vehicles is very helpful for BYD EVs made in Mexico. That production effort has just started, so Mexican manufactured BYDs will not hit our shores for a year, or two.

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

### REPORTS THAT CHINESE HACKERS HAVE BEEN PROBING INFRASTRUCTURE SYSTEMS FOR AT LEAST FIVE YEARS IS VERY DISTURBING. IN THE EVENT THAT HOSTILITIES ARE INITIATED, THEY WILL DOUBTLESS ATTEMPT TO DISRUPT OUR POWER STATIONS AND WATER INFRASTRUCTURE. WE CAN ASSUME THAT OTHER ADVERSARIES LIKE THE RUSSIANS AND N. KOREA WILL ALSO CONDUCT THIS TYPE OF VERY DISRUPTIVE ACTIVITIES TO FOMENT CHAOS

Given that our national security agencies have been aware of Chinese, and presumably probes by Russians and North Koreans, our security agencies involved with cryptology should already have been conducting similar actions against all our foes who either have the capability, or who have actually conducted, such operations. The ability to successfully disrupt any enemy’s infrastructure is essential to our national security and survival, therefore, we should believe that we have conducted similar probes to our foes. And, they must know that we can disrupt their

infrastructure which is the ideal defense for deterring anyone who wants to use these techniques to seriously attack America. This type of 21st Century warfare is highly classified, so until these techniques are revealed, we must just trust that our Cyber Warriors have been very busy probing the infrastructure of our potential foes, so that they know that they are also vulnerable, and the loss of power stations and water infrastructure will be very damaging to them as well.

These are not warfare strategies used by our past military leadership, so our current military leaders must not fall back to warfare tactics and strategies that were successful in the past. Warfare is no longer based on hardware, the best software will determine the winner of any major conflict.

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



## HOW MANY MILITARY BASES DO WE HAVE OVERSEAS, AND WHERE ARE THEY?

No doubt, you and I have read in a variety of articles, that America has many military overseas bases. The cost to maintain our overseas bases is a big number (a trillion?) so maybe it's time to cut unnecessary costs by only supporting those bases that really contribute to our national security.

We should let our national legislators know that because of the big expense, let's check out which bases are essential to our national security, and among the 80 foreign countries, which one are really important to protect America?

Using logic and determining where we really need a military presence, will save us valuable dollars needed to fund important domestic issues.

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



Above: Here are America's oldest international military bases.

## THE AIR FORCE'S PLANS FOR FUTURE WARFARE

The Air Force's plans for future warfare include the use of Collaborative Combat Aircraft (CCA) which refers to uncrewed aircraft (drones). In future warfare, we know that especially the Chinese have been working on drone technology and advanced drone tactics. So the Air Force considers the CCA project of highest priority.

CCA is envisioned as an uncrewed, relatively low-observable aircraft that can attack independently, or escort or coordinate with crewed aircraft, performing missions such as electronic warfare, defense suppression, as a communications node or as a flying extra magazine of weapons.

No one has stated, but the Space Force should be independent of the Air Force. The Air Force is commanded by Air Force generals, who were aircrew pilots during the 20th Century, and they will continue to support fighters and bombers. These systems cannot support our Space Force and our Space mission.

The Space Force should be funded separately so that it can separately prepare for their space mission.

Under the current structure, the senior generals must make decisions that adequately support our top military priority which is now in space.

An example of traditional planning and budgeting, our 60+ year old B-52 bombers have been allocated \$2.8 billion to keep these old birds flying. Lots of funds are allocated for our B-21 bomber and F-35 fighter jets. This is not to state these 20th Century systems should not be funded, but these systems are not our priority one weapons. Our focus and funding must be directed at World War three priorities, and those priorities are in space.

Our Defense budget 3-5 times larger than the Chinese defense budget. We need to spend our defense funding much more logically.

This can be a national security problem for critical projects in development.

## WHO WOULD'VE THOUGHT THAT DUE TO CRITICAL SHORTAGES IN MANPOWER, THE AIR FORCE HAS INITIATED A VOLUNTARY RETIRED RETURN TO ACTIVE DUTY PROGRAM?

Our Air Force, and our overall military is having problem getting new recruits, with ongoing retirements, has initiated a Voluntary Retired Return to Active Duty program. Initially, the Air Force wants to attract 1000 retirees in important positions like retired pilots to "unretire."

The Air Force was short 2,000 recruits in the past year, and the Navy missed its mark by several thousand for the active-duty force, while the Army fell short of its annual goal by about 10,000 new recruits.

Ironically, getting young people to join the military is also a problem in China and Taiwan.

This is a recent problem in China, but has been a problem in Taiwan for many years.

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

## NY TIMES DETAILS OUR INTELLIGENCE SUPPORT OF UKRAINE SINCE 2016, INCLUDING 12 SECRET INTELLIGENCE BASES

"Without them, there would have been no way for us to resist the Russians, or to beat them," said Ivan Bakanov, who was then head of Ukraine's domestic intelligence agency, the S.B.U.

Training and material support from our CIA since 2016 has contributed significantly to Ukraine's survival and success against a formidable Russian military.

The lengthy New York Times investigation and report is eye opening and deserves review by all interested parties.

Click on the link to access this detailed report.

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



## WHAT HAPPENS WHEN YOU FAIL TO CONFIRM YOUR FLIGHT AT LEAST A DAY BEFORE YOU FLY?

You and all other passengers who do not check in ahead of time will be treated like a potential terrorist. Your luggage will be double checked, you will need to remove your shoes before you are personally screened, and your carry-on bags will be inspected very thoroughly.

You will be screened longer before you pass the screen test, but even after you pass through the x-ray machines, an inspector will pat you down, going over all your body. Your genital area will be patted down. They are searching for firearms. If they don't find anything that resembles a sharp object or firearm, you will have passed the body search.

On my return trip home, I called in the day before, and passed through quickly after the x-ray screening and did not have to remove my shoes. And was not frisk from head to toe.

I learned my lesson well and will always call in and advise of a pending trip at least a day before a planned flight. If a person likes being frisked, he/she should not announce their flight plan



ahead of time.

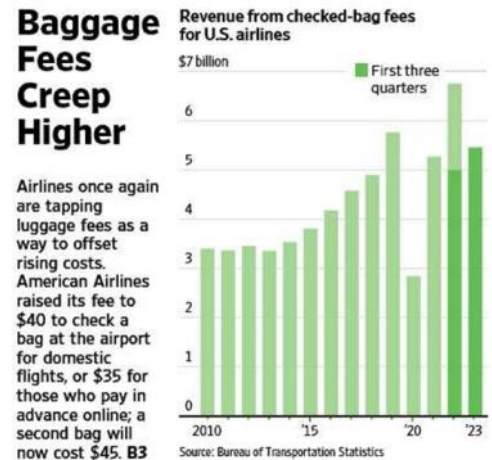
Today, the airlines want to know your name, birthday and home address before you get on a flight. That information will be submitted to a national database that includes the names of terrorists and people who are wanted by local and/or national police authorities.

Of course, this is for your safety and mine – we now live in different times. And there are threats everywhere and airlines must use these practices to protect all of us.

## AIRLINES ARE RAISING THE COST TO CHECK IN OUR BAGGAGE.

For those of us who may not have flown in our airlines lately, you will not have noticed that baggage fees have gone – a lot. Of course, that is easy money as everyone who flies must bring along extra clothing, our medicines, extra pair of shoes, gifts to friends and family etc. There is almost no way to avoid the increased cost for our baggage and the essential items we must travel with. So do not be shocked the next time you fly as you will pay \$40 to check in your 1st bag, and \$50 for your second bag. You can save \$5 each bag by prepaying at least 24 hours in advance. Don't even think about more than two bags. Overseas bags will cost ever more.

*Airlines lineup for easy money:*



## “THINKING SMALL” BY HIROTAKA YANO ENDED UP WITH REALLY BIG RESULTS.

Beginning in 1972, Mr. Yano started a business in Japan to sell all his merchandise for 100 yen, which eliminated the need for tagging his goods. As his business grew, his goods were priced at 100-yen multiples, which kept financial management simple. The successful business concept grew internationally with 90 stores in America and 5000 stores globally.



Mr. Yano passed away on February 12th, and his net worth was \$1.9 billion.

Proves that sometimes thinking small and smart can pay off big.

Note for Ramen noodle lovers, today

a pack of Ramen noodles cost \$.75, at local Daiso stores, and is \$2.00-3.50 in other stores.

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

## THE MEDIA HAS BEEN REPORTING THAT MANY MIGRANTS ARE SMUGGLING IN FENTANYL AND OTHER DRUGS.

Immigrants desperately trying to enter America are not likely to attempt to smuggle illegal drugs and risk their immigration effort.

The smugglers of fentanyl and other illegal drugs are in fact, 90% American citizens who attempt to sneak fentanyl and other drugs hidden in vehicles across American/Mexican border. Immigrants enter America on foot, and rarely are found riding vehicles into America. Americans trying to blame immigrants for smuggling in illegal drugs are distracting the border guards and other law enforcement officials from successful intervention of illegal drugs entering America.

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



## IN THESE STRESSFUL AND BEFUDDLING TIMES, MANY OF US MAY BE HAVING PROBLEMS SLEEPING ALL NIGHT AND NOT GETTING UP REFRESHED THE NEXT MORNING. THIS TYPE OF SITUATION REQUIRES ATTENTION.

## SHOHEI OHTANI IS NO LONGER A BACHELOR

On February 29, 2024 Baseball Superstar Shohei Ohtani announced that he was a married man, and that his wife was a Japanese woman. The world was quite surprised as news about marriage and his wife was an unknown reality. She doesn't appear to have a career, and stated she would be with Shohei wherever he goes. They appear very happy as a couple.

*Meet Shohei Ohtani's Japanese Wife.*



Unfortunately, not getting enough sleep for more than a night, or two, can result in a variety of health issues up to and including heart disease. It would be in our best interest to get a good night's sleep and avoid health issues like high blood pressure, diabetes, obesity, heart attacks. Anyone one of us, who sleeps less than six hours a night, can triple the risk of heart disease. Got your attention yet?



According to Dr. Lawrence Epstein, assistant professor of medicine at Harvard Medical School. Many things can contribute to a sleep shortfall, he adds. Some people simply don't set aside enough time to sleep. Others have habits that disrupt or interfere with sleep. And some people have a medical condition or a sleep disorder that disrupts the quality or quantity of their sleep. "Many things can contribute to a sleep shortfall, he adds. Some people simply don't set aside enough time to sleep. Others have habits that disrupt or interfere with sleep. And some people have a medical condition or a sleep disorder that disrupts the quality or quantity of their sleep."

show up when we don't get enough sleep. Women were slightly less affected, but not immune to health problems when they don't sleep well. The general medical conclusion is that poor sleep is linked to higher heart risk. In midlife, we should all be evaluated by our own general practitioner, and supplemented with a visit with a heart specialist if there are any hints of potential heart problems. Anyone who has had any chest discomfort should see a heart doc regardless of age, but we seniors should all get check up if anyone has any heart discomfort.

A recent study in the U.S. including more than 7,500 midlife subjects including all races, revealed that clogged heart arteries or atherosclerosis (an early sign of heart disease) and age-related sleep issues start

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



**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:

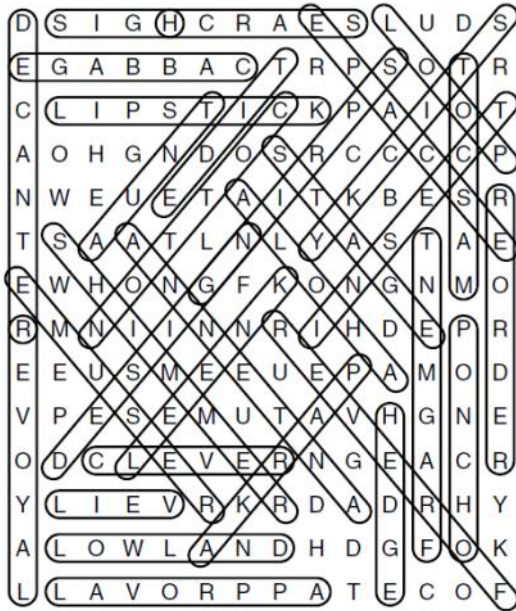
<https://www.veteranscrisisline.net/get-help/chat>



# FEBRUARY PUZZLE SOLUTIONS

## WORD SEARCH SOLUTION

The solution: HONG KONG



- ALOHA
- ANTENNA
- APPROVAL
- AUNT
- CABBAGE
- CLEVER
- COTTON
- DECANTER
- DESIGN
- EDIT
- ESCAPE
- FOREVER
- FRAGMENT
- HEDGE
- INSECT
- KNEEL
- LAYOVER
- LIPSTICK
- LOOP
- LOWLAND
- MASCOT
- PARKA
- PONCHO
- REORDER
- RESUME
- SEARCH
- SHIMMER
- SIGH
- SPRING
- STAGE
- STICKY
- VEIL

### SUDOKU SOLUTION

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

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

### JUMBLE SOLUTION



CHAIR  
RAINY  
BEHALF  
POTENT

Why the fisherman didn't take the call —  
HE WAS ON THE OTHER LINE

### PYRAMID ADDITION

154					
85	69				
47	38	31			
28	19	19	12		
19	9	10	9	3	
12	7	2	8	1	2



**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	R	R	O	T	A	V	E	L	E	W	O	T	U	<input type="checkbox"/> DRIFT
P	G	A	Z	P	A	C	H	O	C	O	M	M	A	<input type="checkbox"/> ELEVATOR
Y	G	O	V	N	I	S	P	O	B	C	I	A	A	<input type="checkbox"/> ENERGY
G	G	S	T	L	I	I	U	T	E	G	D	I	F	<input type="checkbox"/> FABRIC
A	T	R	R	L	G	P	Z	L	I	M	N	S	R	<input type="checkbox"/> FAWN
V	M	A	E	T	O	R	A	O	I	N	B	E	R	<input type="checkbox"/> FIDGET
E	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> FLANNEL
N	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> GARLIC
I	L	H	Y	U	E	L	I	T	C	M	I	R	O	<input type="checkbox"/> GAVE
S	S	B	O	T	R	P	N	F	N	F	A	W	D	<input type="checkbox"/> GAZPACHO
I	C	B	T	P	N	E	H	W	T	E	H	C	E	<input type="checkbox"/> GREAT
U	O	Y	P	N	P	G	R	E	A	T	M	F	L	<input type="checkbox"/> LIZARD
C	N	D	I	A	L	E	C	T	W	F	G	E	A	<input type="checkbox"/> NEPHEW
L	E	N	N	A	L	F	R	F	A	B	R	I	C	<input type="checkbox"/> PIGTAIL

<input type="checkbox"/> ADMIRAL	<input type="checkbox"/> COMMA	<input type="checkbox"/> WHOPPER
<input type="checkbox"/> CAMERA	<input type="checkbox"/> COUPON	<input type="checkbox"/> WRITE
<input type="checkbox"/> CEMENT	<input type="checkbox"/> CUISINE	<input type="checkbox"/> ZINNIA
<input type="checkbox"/> CHEER	<input type="checkbox"/> DIALECT	

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

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

**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.



THEFY

HOBOT

ENDOTE

DIFOMY

Answer here:  BY

**MINI CROSSWORD**

Tiny but fun! Can you figure out all the words? Good Luck!

1	2	3	4	5
6				
7				
	8			

**ACROSS**

- Fluttered, as a flag
- Popeye's girlfriend
- Mary-Kate or her twin Ashley
- ¥







**DOWN**

- "Face/Off" director John
- Sheedy of "The Breakfast Club"
- Workbench clamp
- Like this clue's number, or this puzzle's number
- Good place for a home office




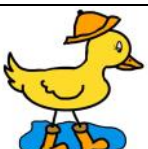




# MARCH

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 ALW/MC 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 EASTER 31	25 MEDAL OF HONOR DAY	26 	27	28	29 NATIONAL VIETNAM VETERANS DAY GOOD FRIDAY	30 

# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
	1 APRIL FOOL'S DAY	2 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	3	4	5 GOLD STAR SPOUSES DAY	6
7 	8	9 NATIONAL FORMER POW RECOGNITION DAY	10 EXECUTIVE BOARD MEETING 7:00 PM	11	12	13 POST MEETING 11:00 AM
14 AIR FORCE RESERVE BIRTHDAY	15	16	17	18 	19	20
21	22	23 ARMY RESERVE BIRTHDAY	24	25	26 	27
28 	29	30 NATIONAL MILITARY BRATS DAY	MONTH OF THE MILITARY CHILD MILITARY SAVES MONTH			