



CATHAY DISPATCH

SAN FRANCISCO, CA

MARCH 2022

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MARCH IS WOMEN'S HISTORY MONTH & NATIONAL VIETNAM WAR VETERANS DAY!

By Commander Helen Wong



While most civilians think of March as celebrating St. Patrick's Day on March 17th, two lesser recognized commemorations are Women's History Month which includes International Women's Day on March 8th, and honoring contributions of women in the U.S. military, and then

National Vietnam War Veterans Day recognized on March 29th. Since 1987, U.S. presidents have signed proclamations dedicating March as Women's History Month. It has not been different last year when President Joe Biden recognized the history of women and girls who have made significant contributions despite discrimination and hardships. The U.S. government honors Women's History Month through its website: WomensHistoryMonth.gov.



An even lesser known fact is that International Women's Day has occurred for well over a century with the first one held in 1911! This is a "global day celebrating the social, economic, cultural and political achievements of women" according to the International Women's Day (IWD) website. March 8th is an important day to raise awareness about women's equality, to

lobby for gender parity, to fundraise for female-focused charities. There are activities on that day in different parts of the world. In San Francisco, among the March 8th events is a webinar called "Faces of Global Pinay Power" by the Filipina Women's Network, a panelist of winners of the Most Influential Filipina Woman of the World Award. You can register for it by going to the IWD website.

On March 29, 2012, President Barack Obama proclaimed March 29, 2012 as Vietnam Veterans Day which was the 50th anniversary of the Vietnam War. With the urging of the Vietnam Veterans Day Coalition of States Council to President Elect Donald Trump to establish March 29 as Vietnam War Veterans Day, on March 28, 2017, President Trump signed the Vietnam War Veterans Recognition Act of 2017. The act officially recognized March 29 as National Vietnam War Veterans Day and though not an official holiday, it is an observance on which day the US flag should be displayed. March 29 was selected as National Vietnam War Veterans Day because on March 29, 1973, Military Assistance Command, Vietnam (MACV) was disbanded and the last US combat troops departed the Republic of Vietnam. Sources: The White House; Military Times; Vantage Point, Veterans Affairs



Some states have also designated March 30 as Welcome Home Vietnam Veterans Day to recognize when troops started arriving back to U.S. soil. In California, legislation 2010 AB 1775 was



CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

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

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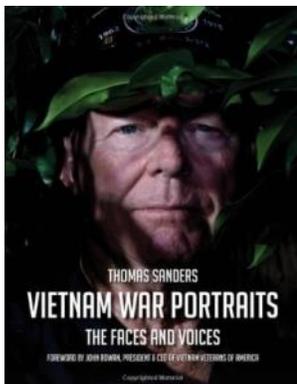
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passed to recognize March 30 of each year as Welcome Home Vietnam Veterans Day mainly through the efforts of Vietnam Veteran Jose Ramos. The Whittier, CA resident advocated for decades to designate March 30 as Welcome Home Vietnam Veterans and in 2010, then Governor Arnold Schwarzenegger signed the bill to recognize the day after Jose's determination to get recognition for his fellow veterans. Thirty-eight states and Puerto Rico joined in observing the day.



We have over seventy-four members who are identified as being Vietnam in-country or Era veterans. For many, this period in our lives was a defining moment as some were drafted, some volunteered to serve the USA in a war that proved to be very unpopular. Some were very idealistic as we grew up in the era of watching John Wayne war movies where he always came out the hero. But after two wars (WWII & Korea) in which the enemy was Asian, along came involvement in Vietnam where again the enemy looked like us and sometimes our experience was not the best as far as being accepted as an American military soldier, airman, sailor, you name it.

One of our newest members in 2021, Selwyn Louis, served with the U.S. Marines in Vietnam. His history with Cathay Post 384 goes back to when his uncle George Wong and grandfather Harry F. Wong were members, and he was a Son of the Legion member. Because of their service, he joined the military in 1967. His story (and the story of my experiences during this time frame) is in the Thomas Sanders book that came out in 2020, VIETNAM WAR PORTRAITS The Faces and Voices which also contains stories of other District 8 American Legion members, Paul Cox, Denny Riley, Michael Blecker, and four District 26 members including Leo McArdle who is on the cover of the book. Source: Vietnam War Portraits the Faces and Voices by Thomas Sanders (Havertown, PA: Casemate Publishers, 2020). 222 pages



Sel's story was also told when he was one of the four featured speakers for the Rotary Club of Novato and the City of Novato's Fourth Annual Conversations with Veterans on November 6, 2021. While he grew up in San Francisco, his family moved to Marin County with his mother's



job so he had acceptance there before joining the Marines in 1967. As he put it, reality hit when he was in boot camp and "was called a gook, slant eyes, zipper head; and a whole host of other colorful adjectives. Outside of California, these recruits rarely associated with Asians. For some from the Deep South, I was the first Asian they had ever encountered. All they knew was they were going to fight people that looked like me. I later learned that there were bets by the drill instructors that the gook in platoon 3074 will never make it past the third week. I survived and cleared another hurdle. In Vietnam, arriving as a replacement, you were going to have to earn the respect of your fellow Marines so they can put their trust in you to have their back. Looking like the enemy made it just that much harder. As the weeks and months went by, I finally became just another Marine and the way I looked made little difference, as we became a band of brothers. The once romantic glow of going off to war had long disappeared on the battlefields of Vietnam. As a young man of twenty, I have witness and done things that most people will never experience in three lifetimes. The country was divided, and most returning veterans were treated with indifference and in some cases with outright hostility. All I wanted was to put it behind me and get on with my life."



My experience was from the eyes of a civilian in the beginning. Having been called a "Jap" in elementary school in a derogatory way, and not knowing why, it was a shock to then be called a "gook" many times when working at the Menlo Park Veterans Hospital in the early 1970s by Vietnam veterans who were there for treatment, and I was working there as a work-study student. I never intended to enter military service after being subjected to this horrible experience but needing to complete my internship in Occupational Therapy and not having any other paying options, I applied for the U.S. Army Occupational Therapy Intern Program and was selected one of six out of two hundred applicants, so I was a directly commissioned officer. The Vietnam War officially ended in 1975, and when it did



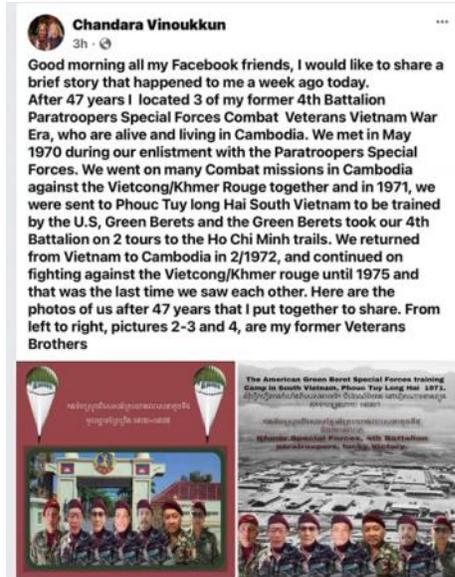
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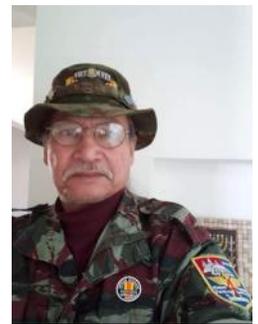
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end on May 7th, I was still on active duty at Ft. Lewis, Washington and that day, the mood was so depressed throughout Madigan Army Medical Center and all of Ft. Lewis, that everyone was sad—for the lost lives, lost efforts trying to help South Vietnam from being taken over by the communist North. I will never forget that silent day as I have never experienced anything that profoundly intense ever since as a Vietnam Era veteran or even as a Persian Gulf Era veteran.

The Thomas Sanders book is different in that it also features non-US military veterans such as several who served with the Vietnamese Army and those who fled Vietnam as boat people. There is also a story of my friend, Chandara Vinoukkun, a Cambodian Vietnam Veteran who was trained by the US Army Special Forces Green Berets. Because of that experience, he identifies most closely with our Vietnam combat veterans. He was injured during his time fighting the NVA in central South Vietnam. He eventually lost three uncles and ten family members who were murdered by the Khmer Rouge. This is the story that he posted on Facebook.

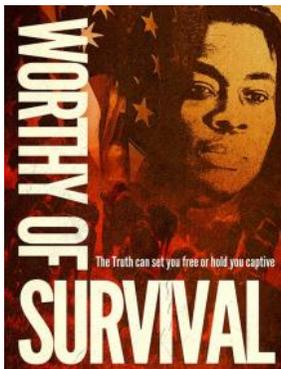


Selwyn Louis said it best for all of us when asked what messages that he wanted to convey to civilians about how they can support Veterans in general. “God bless our veterans; never forget their sacrifices so we can enjoy our freedom that we often find easy to take for granted. Those old veterans you see wearing their ‘Veteran’ ball caps are not just old folks living in the past. They were once young and decided to take a path to serve our country. It is because of them and those before them that defines the fabric of America. Thank them for their service and take the time to listen to their stories.”



SPECIAL PRESENTATION OF WORTHY OF SURVIVAL BY SKYLER COOPER

Our February 12th meeting was a busy one: celebrating Chinese New Year with a great lunch and Chaplain Richard Ow’s 92nd birthday as reported by our 2nd Vice CMDR Chuck Paskerian. Our members also had a special screening of a movie that is in production when actor and film maker Veteran Skyler Cooper presented Worthy of Survival. It was a fascinating and intense look from two sides of a story: that of a female African American veteran and that of a civilian businessman. The 30-minute short version is a work in progress and our Post hopes to support this very worthwhile project to completion as it could be a story of any veteran of color experiencing discrimination and prejudices.



Above: Skyler Cooper watching Richard receive birthday wishes

PGA HOPE PROGRAM FOR VETERANS STARTING SOON



NORTHERN CALIFORNIA

Member Nestor Tom wanted us to know about PGA Hope, a six week introductory golf program FREE to military veterans taught by PGA Professionals. The classes are 2 hour sessions once a week starting in late March. There are different host facilities throughout the Bay Area with two new clinics at Diablo Creek in Concord and at Santa Teresa in San Jose. PGA HOPE classes are offered twice a year in the Spring and Fall. To see all the clinics and their scheduled dates and times, go to their website: <https://www.ncpgafoundation.org/hope/find-a-clinic>.



Chinatown to Battleground

The Chinese American Military Exhibition Outline

Chinese American GI Project
Montgomery Hom, Founder
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Ron Chan, Co-Founder
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Version 2/10/2022 v1



Chinatown to Battleground

An original exhibition on the Chinese American military experience, from the American Civil War to the recent conflict in Afghanistan, produced and curated by the Chinese American GI Project.

Target Completion Date
May 2022, Veterans Gallery



Overview

The purpose of this special exhibit is to educate a general public to the rich experiential timeline of Chinese Americans who served in the United States military from the Civil War to the end of the Afghanistan conflict. The proposed exhibition will feature original military artifacts from the collection of Montgomery Hom - owner of the world's largest Chinese American collection of military artifacts. The objects combined with photos, documents, artwork e- media will complete the full visual experience.



KOREAN WAR MEMORIAL FOUNDATION

NEWS RELEASE -- FOR IMMEDIATE RELEASE

March 14 Gathering at Sonoma Raceway to Celebrate New Korean War Veterans Memorial Highway Signage on CA Highway 37

San Francisco, CA, Tuesday, March 8, 2022: On Monday, March 14 at 11:00 am, a celebration will take place at the Sonoma Raceway Media and Business Center. California officials, representatives of the Republic of Korea government, and Korean War veterans and supporters will gather to celebrate the installation of new signage on California Highway 37 in Sonoma near Sonoma Raceway, and in Novato near US 101, designating that stretch of 37 the **Korean War Veterans Memorial Highway**.



Above: Highway 37 westbound, just west of Highway 121 and Sonoma Raceway

Distinguished guests will include Judge Quentin L. Kopp (Ret.), former Superior Court Judge and State Senator, and current President and Chairman of the Korean War Memorial Foundation in San Francisco; Senator Tom Umberg of California's 34th Senate District; and Republic of Korea Consul General Sangsoo Yoon. Over a year ago, Judge Kopp called on his friend and former colleague Senator Umberg about the project. The Senator, a retired U.S. Army Colonel, agreed to be the principal author of the resolution to approve the signs. Judge Kopp then brought Senator Bill Dodd of California's 3rd Senate District and Senator Jim Nielsen of the 4th on board as co-authors in a bipartisan effort. Brief remarks will be followed by a luncheon, sponsored by the Consulate General of the Republic of Korea. Members of the media are invited to join us.

For additional information, contact:

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IN LOVING REMEMBRANCE OF LUTHER LEE, JR

September 2, 1922-February 8, 2022



We once again have had another Cathay Post member go to Post Everlasting from the Greatest Generation. Though not a Bay Area native, when he moved to Oakland about 8 years ago, then Commander David Wong transferred him, and he participated in meetings both with Cathay Post and VFW Chinatown Post 4618 until he was limited with his driving. Last year, both of our Posts along with CACA had the privilege of presenting him with the Congressional Gold Medal for Chinese American WWII Veterans which he was very proud of receiving. At his February 26th service, Ray Wong, David Wong, Nestor Tom, Doug Wong (dual members of both Posts) along with CMDR Helen Wong were present and helped with his final service. We salute him for all his accomplishments.



FROM THE OFFICE OF 1ST VICE GEORGE TSANG

Our yearly Superbowl Party was a success! We had about 50 people attending the event this year despite the Covid situation. In comparison, the last 2 years pre-pandemic the attendance was doubled to more than 100 persons. Everyone was having a great time watching the big game despite the absence of the 49ers. It was a heartbreaker in which the Rams beat the Bengals with a score of 23-20. I was rooting for the Bengals because it was the Year of the Tiger, but unfortunately the spirit of the tiger did not prevail, but at least for a while we had hope. Thanks again to all our volunteers and support members that contributed to making the party successful. We had plenty of food to include roasted tri-tip, salads, fried rice, chow mein and loads of chicken wings. The bar had our most popular beers and spirits on sale and manned by 2 volunteer bartenders, Randi and Sabrina, who were friendly and professional. Attendance by post members was minimal as only Nelson Lum, Jay Pon, CJ Reeves, Miguel Ortiz, Richard Ow and yours truly were present. Support members Joel Yu, Alice Lew, Lily Wong, Hazel Lee, Rose Chung and Betty Lem were also present.

The main winner of the Superbowl

pool was none other than our Sergeant-at-Arms, CJ Reeves. CJ won the 2nd Quarter which the score was Rams 13-10 for a \$400 pot. At that time, he generously bought a round of drinks for everyone that wanted one. Sometime after that, CJ left the post to go to another venue, but when the game ended, the Final was Rams 23-20. So, CJ again won the Final for a pot of \$800, making his total winnings at \$1200. What a lucky dog!

I urge all Post members to attend the March meeting. For our luncheon, we will be having corned beef and cabbage in celebration of St Patrick's Day. Also, we will be starting the nomination process for Post Officers for the year 2022-2023.

Renew your membership!





OTHER CHINESE VETERAN CELEBRATIONS DURING YEAR OF TIGER: SEE VETERANS' POSTERS THAT WERE RECENTLY IN CHINATOWN FOR YEAR OF THE TIGER



A. Pearl Harbor reopening Chinese Vets Ceremony

B. Honoring Chinese Veterans

C. Spanish Vets advertising for Year of the Tiger in San Francisco.

OUR FEBRUARY YEAR OF THE TIGER MEETING WAS A GREAT SUCCESS!

If you did not make it, I am sorry. We had lot of members present, and not only celebrated the Year of the Tiger with gusto, but we had a great birthday celebration for Chaplain Richard Ow, who is now feeling fine, and a real Celebration Lunch by our great Tsang gang, including a delicious Roasted Pig. Yum! Yum!

AMERICAN LEGION BOYS STATE AND ASSISTING GIRLS STATE

There is a push to have an active Girls State as well as a Boys State.

As you know, Cathay Post 384 is again sponsoring 4 Boys State delegates at \$1460 + transport.

Department Commander Autrey James outlined a new partnership with the ALA Department of California to give Posts a process to financially support the ALA in sending more girls to ALA California Girls State. The ALA California Girls State Leadership Teams have been working with The American Legion Boys State for a number of

months in support of this endeavor.

Any questions can be addressed to Tim Aboudara, Sr., Chief Counselor, The American Legion California Boys State. Cell: 707-494-4314, or contact Past Commander Jay Pon with any questions, and contributions to Cathay Post 384 for this purpose,

Cathay Post desires to support this effort through the efficient management of past CMDR Pon, our Boys State Representative. Thank you for all your work.

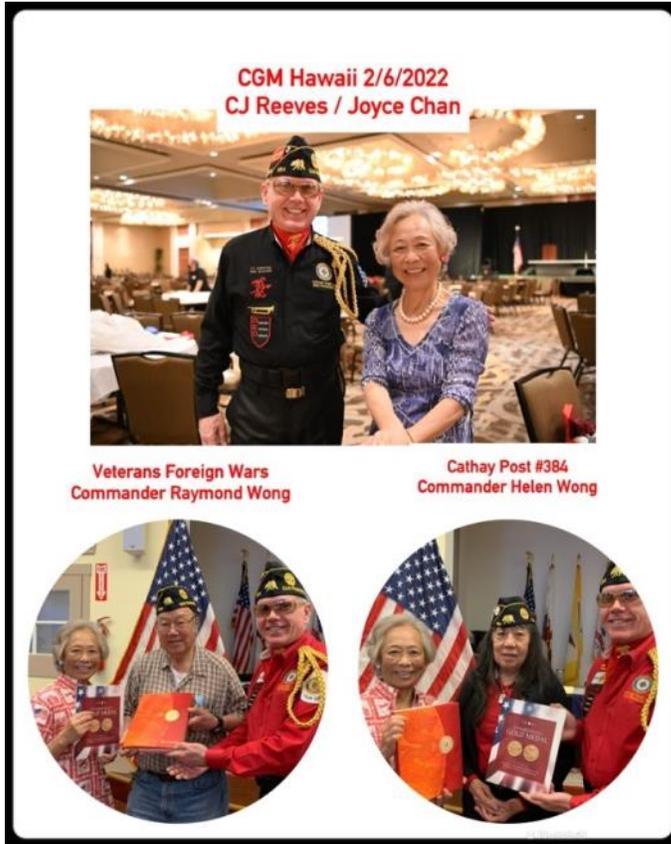




LAST, BUT NOT LEAST HAWAII CGM CELEBRATION FIVE YEARS IN THE MAKING



Finally, the last Congressional Gold Medal Ceremony for the Chinese Americans of World War II took place on February 6, 2022 in the Coral Room located in the heart of the Hilton Hawaiian Village Waikiki Beach Resort. I was on hand to assist with the awarding of the Congressional Gold Medal (CGM). The swag ballroom was brimming with the nearly 800 living WW2 Vets and family members of those no longer with us. Awarded for their service 80 years ago at the beginning of World War II, when Pearl Harbor was attacked on Sunday morning of December 7, 1941, this recognition was long overdue. I guess the third time really is the charm, as this CGM was cancelled and rescheduled three times. Don't forget that this ceremony was originally scheduled for May 17, 2020. It was finally decided that a Lunar New Year celebration coupled with the awarding of the CGM would be most appropriate for our Chinese American Veterans of World War II. Thus, donned in the good fortune of fiery red leis and Chinese-influenced attire, we presented nearly 750 CGMs to our heroes in attendance and in spirit. As such, we wanted to wish all awardees, "Gung Hay Fat Choy" for receiving the CGM. This was a power-house ceremony, which included several VIPs and local celebrities. Hawaii Governor David Ige was there, as well as Honolulu Mayor Rick Blangiardi. There was an abundance of Paparazzi to report on this auspicious ceremony. It was the Gala of the decade and anyone who is anybody on the Hawaiian



headed our Post involvement by holding press conferences with State Representatives and advocating our cause to the Board of Supervisors at City Hall. Remember the Post co-hosted with CACA to hold eight (8) ceremonies over the July 4th holiday. We were also there in Oakland for the two (2) Regional ceremonies. In addition, I represented our Post at the National CGM Ceremony in Washington, DC. We should be proud in knowing we helped to see this to fruition and that the Chinese American Veterans of World War II got their just desserts. This was a five-year odyssey and we saw it through from beginning to end. Our Post should revel in the glory of accomplishment for taking on such an important project. So, it was to no one's surprise, that I would naturally be attending the final ceremony in Hawaii. This was the last CGM ceremony, but it was far from being the least. Initially, I was stationed outside the ballroom doors as the Gatekeeper. It's a thankless and precarious job. I'm ultimately responsible for who gets in, as the early birds and anxious recipients inched their way ever so closely trying to get in. I had to remain alert and vigilant, allowing only those chosen few to enter before the ceremony began. It helps to have an event back-

ground and know the key players, since you can only allow in the Masters of Ceremonies, the Paparazzi and distinguished guests with their entourage. A military background is always helpful in order to recognize a four-star General or Admiral assisted by their Aide-de-camp. It's not a good idea to stop a four-star General and ask for an entry pass or ask

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who they are. Also, everything is different in Hawaii. Letter carriers wear shorts, bus drivers wear tropical garb and secret service DO NOT wear dark suits and sunglasses. Imagine my dilemma when I came face to face with the Governor's body guard. At first glance, he appears too casual to belong, but I was quickly able to spot his earpiece. This is a bulky brawn man who could play offensive lineman. Luckily for me, I nodded and kindly opened the door for him to clear the ballroom before the VIP arrives. After he gave the "all clear",

he ended up by my side to help keep at bay the more curious recipients asking a thousand questions. The ceremony opened with the National Anthem and the Hawaii Pono'i. Once all CGM were presented, I had the honor to assist in presenting the Bronze Star Medals. It gave me great pride to be on stage next to the four-star Commander of the Indo-Pacific Command to present the three (3) Bronze Star Medals. In addition, I assisted the four-star Admiral to present a special encased CGM. It truly was a spectacular ceremony.

Keeping in the tradition of Aloha spirit, I would just like to extend my, "mahalo nui loa" to all the CGM awardees for their courage and bravery and to the Post for allowing me to be an integral part of this once-in-a-lifetime opportunity. Also, a special mahalo to Kent Wong with Cathay Post in Seattle for the photos. Kent volunteered at the DC Ceremony as well. Mahalo to our partners and supports, especially CACA and VFW Post 4618.



NEWS AROUND THE SFVA AND WHAT IS CJ UP TO

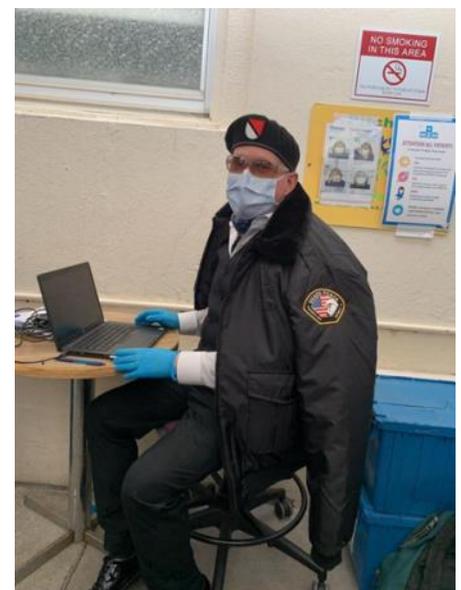
COVID-related cases continue to decline. This is great news. The New Year brought with it numbers nearing 300 positive cases. This was COVID cases among both patients and employees. Numbers are steadily declining. Could this be the light at the end of the tunnel?? We all hope so. But the show must go on. Keep in mind that hospitals are not included in CDC mandates meant for the general public. What does this mean? Despite the city lifting its mask mandate, the SFVA is not included. You are still required to wear a surgical mask or comparable N95 mask on campus and in the hospital. We will continue to COVID screen everyone entering the hospital at the Single Point of Entry (SPOE) in the tent area outside of Building 200. Remember, this is the only patient and visitor entrance to the whole hospital. I'm entering my third year down there and continue to be the lead, as my office, the Center for Development and Civic Engagement (CDCE), continues to be responsible for the SPOE. We ask for everyone's patience and assistance with the COVID screening protocols. Wash hands, wear masks!

We have been working hard since the beginning of the fiscal year to prepare for the Joint Commission inspection. Our fiscal year is 1 October to 30 September. Our team has been diligently working to prepare for our inspection beginning Monday, February 28, 2020. This is a very im-

portant inspection, as they are the certifying entity to give us our accreditation. We need this in order to continue the good work we do here for our hero Veterans. Please send us all your positive energy so that we pass with flying colors. Based on my professional experience here, it should be a walk in the park. Kudos.

On a lighter note, we rang in the Lunar New Year on Tuesday, February 1, 2022, with a loud and colorful bang. Our very own Post 384 coupled with our SF Veterans Lions Club and Cyber Lions hosted a photo op to present the District Governor with nearly 200 blankets cut from rolls of fabric and bagged for our Veterans both homeless and at the Community Living Center (CLC). We hosted the event here, since our District Governor is none other than the SFVA's very own staff physician Dr. Jun Valera. Many Lions across our district came to show their support in this joint effort to donate blankets and lap blankets for our Veterans and for their pets. Thanks to all involved.

While he was here, Dr. Jun also charged me with leading a new campaign called "Power of the Pin". He presented me with a button with the imperative "Ask Me" with our Lion symbol on it. I am to wear it every day here at the SFVA to encourage anyone to ask what Lions is about and hopefully to consider becoming a part of our



great team. It is starting out slowly, as I left for the CGM Gala in Hawaii a few days later. Upon return, I had to prepare for National Salute to Veterans Week. I'm remaining optimistic, none the less. Will keep you posted on my progress.

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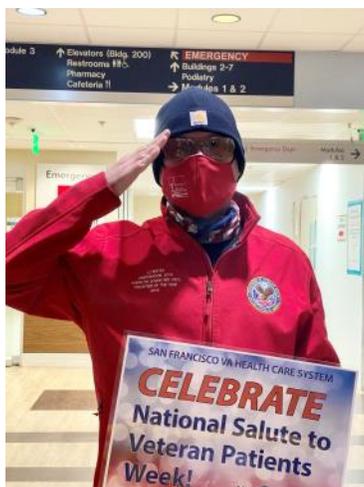


FROM OUR SERGEANT AT ARMS CJ REEVES

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As I just mentioned, Valentine's Day on Monday was the official kickoff of this year's National Salute to Veterans Week. We kept it fairly lowkey compared to years past. I was just glad to get the handmade Valentines. The school kids are so kind and creative. The Veterans really enjoy the beautiful artwork and especially reading their messages. With the help of our VAVS organizations, we were able to put together 200 red bags full of Valentines, candy and a patriotic pair of socks with blue stars and red and white stripes. Andre did a great job of making sure National Salute cards and signs were made. This was the first year he had Volunteers give out red bags to Veterans outside near the SPOE. I delivered eighty (80) bags to our Veterans at the Community Living Center.



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Don't forget that Fridays are Flag-Folding Fridays. As Flag Committee Chairman, I'm responsible for drumming up interest in the US Flag. As such, I couldn't think of a better place than the SFVA to pay respects to our flag. Come join me at the grassy area and Beginners are welcomed. Learn general information about the US Flag. For instance, how many folds are there to completely fold the US Flag. Can't make it?? I usually carry a spare with me, so just ask anywhere at any time. Fun times for sure.



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

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

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

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

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

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

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

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



SUPERBOWL LVI A WIN-WIN SITUATION SUPER DOUBLE HEADER

After the 2020 defeat of the SF 49ers, the pandemic demanded that we take a hiatus on hosting the Superbowl party at our post. It's 2022 and California has its hat in the ring once again – only this time is SOCAL instead of NORCAL. The LA Rams took on the Bengals. With this the Year of the Tiger, the Bengals were a shoe in. They didn't fail to please. Our post hosted the annual Superbowl party once again. We had fewer numbers than in years past, but the mood was cordial and dynamic. Great seeing Jay and Marnie. Let's give a shout out to our post Chaplain, who attended after his 92nd Birthday celebration at the post meeting the day before. He was accompanied by our support member Susana. Kudos to many of our support members who are behind the scenes cooking, preparing and working to ensure a successful event. The appetizers were awesome, and the tri tip was some of the best ever. The bar was very wet and well stocked. I just stick with my usual – a virgin Cape Cod. This may in fact stump the most sea-

soned of mixologists. It sounds difficult, but you have to know what's in a Cape Cod for starters. It's a mix of vodka and cranberry juice with a very important garnish – wedge of lime. To make it a virgin, you just remove the vodka. You're left with none other than Cranberry Juice with lime. Now this is a very important detail. The lime makes the drink refreshing. Can't drink it without the lime garnish. Why not just ask for a Cranberry with Lime you ask?? Just not as interesting. The look on the face is priceless as they run through the list of cocktails. Of course, this is their first time ever hearing such a drink. This is CJ folks – easy and boring is not an option. The LA Rams weren't the only winners Superbowl night. If you haven't heard already, CJ was the grand pool winner of the game. It all began when CJ won the halftime score. Lucky money. It was a hefty \$400. I learned to share and share I did. I put a \$100 on the bar and paid for those drinks until it totaled \$100. Additionally, CJ won the final

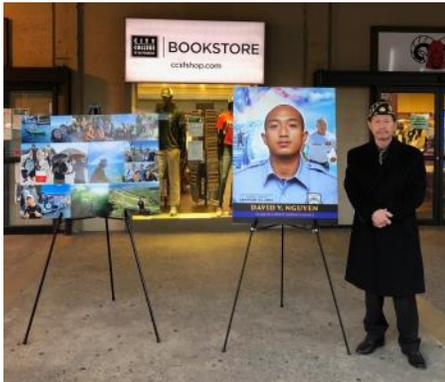


score as well. It certainly was a win-win night for sure. All in all, a good time was had by all with great food and friendship. The double header was the Lunar New Year Luncheon, which we had after our monthly meeting Saturday. We did have Kahlua Pua'a and all the trimmings. For dessert, we had birthday cake. It was quite the treat. Just to recap – we had the Lunar New Year fete of the century with the complete works and cake to boot. Day 2 was the Sunday Superbowl with the Lucky money. What a double header.





CELEBRATION OF LIFE EVENT FOR DEPUTY SHERIFF DAVID V. NGUYEN



David V. Nguyen, a San Franciscan, a Recruit at the Alameda Sheriff's Academy, was shot dead on 580 Freeway while driving home from the academy on January 06, 2022. Any senseless killing is tragic and this one merits the same condemnation as the rest that have taken place too often in and about the communities that we called home.

A closer look at this young man's life revealed how dedicated he was with his devotion to family and community. He was born in Vi-

etnam and came to this country with his parents when he was two. The family was poor and David knew at an early age that as the elder sibling, he must work in order to lend assistance to the family. In doing so, he delayed his own timetable for obtaining higher education. He felt the calling to serve our country, and thus, joined the National Guard where he was later promoted to the rank of Sergeant. When it was feasible, he went back to school, and enrolled in the criminology program offered by City College of San Francisco as he wanted to career in the field of law enforcement. About a year ago, he noticed the Alameda Sheriff's Office was accepting applications for Sheriff Deputies and he applied. He was successful in his efforts as he satisfied all the requirements. He became a recruit and entered the academy. The length of the academy training is 26 weeks and David had completed 25 of those weeks when he was gunned down. At the same time, he had almost completed all the necessary units for the Associate of Arts degree at City College. He was only one unit short. This young man was looking forward to making his contribution as a Deputy Sheriff when he was taken away before he was able to fulfill his dream of serving his community.

Even though he was killed a week before his graduation from the academy, the Alameda Sheriff's Office has decided to award him full peace officer status posthumously, and retired his recruit number. At the urging of City College of San Francisco Board of Directors' member Alan Wong, the board will consider the waiver of that one unit he had not been able to complete and award David with the honor of an Associate of Arts Degree.

On Wednesday, February 23, 2022, at City College of San Francisco, a large group of law enforcement officers from both sides of the bay, fire fighters, medics, and veterans gathered to celebrate David Nguyen's life and to pay tribute to his legacy. I have the honor of representing Cathay Post 384 to attend this event. I have never met David, but after meeting with his family members and learned about this amazing young man. I came to realize he exemplified an apotheosis of a dedicated individual. May he rest in eternal peace.

CELEBRATION OF PROMOTIONS

Ever since the implementation of restrictions imposed due to the pandemic, the merchants in San Francisco Chinatown have been adversely affected. To add to that misery, we are also experiencing an unusual high number of crimes in our community. Unfortunately, the pandemic also contributed to the increase incidences of Asian Hate, and our elderly population has been disproportionately victimized. The need for police officers of Asian descent to safe guard the elderly in our community is greater than ever before. With that as the background, we, representatives of Cathay Post 384, were honored to attend a celebration of

promotion dinner for four San Francisco Police Officers of Chinese ethnicity. These officers' ascension to the higher ranks will mean better understanding and police services to the people of our community.

The Chinese Consolidated Benevolent Association along with BeChinatown co-hosted this celebratory event. We watched as speaker after speaker praised the honorees. The "highlight" of the evening as far as we were concerned was when Commander Helen Wong and 1st Vice Commander George Tsang presented the Certificates of Achievement from

the American Legion Cathay Post 384 to each of the honorees. In addition to the presenters, the event was attended by Adjutant Miguel Ortiz, Support members Victor Tsang, Frank Lee, Lily Wong, Betty Lem, and me.

The honorees were, Commander Daryl Fong, Commander Paul Yep, Captain Julian Ng, and Captain Derrick Lew. They all are San Franciscans, and they all possess deep roots to the Chinatown community. The average time of service in the department for these officers is 25 years; we look forward to seeing their continuous advancement in the department.



Above: L - R, Cpt. Lew & Ng, 1st Vice Tsang, Cmd Wong, Past Cmd Lum, Cmd Fong & Yep



BIRDSTRIKE!

MOST PEOPLE HAVE FORGOTTEN ABOUT BIRD STRIKES AT AIRPORTS, BUT WITH THE PANDEMIC, THE BIRDS STRIKES HAVE RETURNED!



THE REDUCTION OF FLIGHTS AT ARE AIRPORTS HAS REDUCE THE DISRUPTION OF THE AIR ENVIRONMENT AROUND AIRPORTS AND THE BIRDS ARE COMING BACK.

Who among us noticed that in recent years, the absence of birds flying around our airports have not disrupted take-offs and landings. The absence of disruptive birds around our airports has been wonderful, but the birds, of all sizes, have returned the past two years.

Small birds, or small numbers of birds do not threaten our airliners. Flocks of relatively large birds sucked into engines can cause catastrophic accidents. Believe it or not, this past year there has been 45 reported incidents involving bald eagles. Who wants to harm our national emblem?

In October last year, an engine on a Spirit Airlines Inc. flight caught fire after it ingested a bald eagle during a takeoff from Atlan-

tic City International Airport. The flight had to be aborted, and all passengers evacuated via slides. The strike caused major damage to the engine's fan blades.

Flocks of seagulls, or geese sucked into the engines can also be a hazard, and cause a serious accident.

The Bird Strike Committee USA, a volunteer group of wildlife specialists are advocating measures to reduce bird-strike risk. Let's hope that the campaign is effective and successful, or I will be going on a cruise to Hawaii in the next few months.

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

OUR POST CONTINUES SUPPORTING THE VICTIMS OF KENTUCKY TORNADO OF DECEMBER 10, 2021

The December 10, 2021 massive tornado struck six different southern states and did a mountain of damage and caused a mountain of misery for thousands of our people who were victims of the fierce winds that destroyed 15,000 buildings (mostly homes) and initially killed 71 people. Another dozen perished in the days after.

Media reported that there are not enough local people to restore all the leveled buildings. With the rising cost and shortage of raw materials (due to wildfires, lumber for building construction has tripled in the last few months), it is estimated that it would take a decade to rebuild the homes and other buildings flattened. In the meantime thousands of affected people live in tents, many staying in state parks, where there is a least very basic bathroom facilities. Shower facilities are extremely limited, and there are no kitchens for victims who are camping out indefinitely. Most worrisome are the many nights and days of very cold weather, often below 32 degrees F. Those of us in the Bay Area recently suffered low 30 degrees F but still had shelter (our homes) and most of us had electric blankets. Imagine sleeping on the ground in a



sleeping bag in below freezing temperatures in definitely, and no electric blankets. And you won't have a bathroom to use at night either.

Many of these victims are seniors and we assume that there are a number of veterans included in this location and nearby affected areas hit by the same tornado. Unfortunately, under these extreme conditions the elderly and those with medical problems will suffer immensely, and some may die.

The Federal Emergency Management Agency (FEMA) does not have sufficient personnel or financial resources during this period because there have been to many repeated huge storms, wild fires, and tornadoes that have occurred the past year, and which are still occurring. Many towns and cities have been flooded due to heavy rains accompanying the storms.

WHY IS OUR HUGE NATIONAL DEBT AN ISSUE YOU AND I SHOULD BE CONCERNED ABOUT?



While it is true that we have had a national debt for a long time, and so far, it has not caused any real problems affecting our average citizens like you and me. But, the world has been changing and so we need to take a more critical look at what a huge national debt that continues to grow might mean to all of us non-millionaires/billionaires. This national debt cannot be ignored assuming our great economy will prevent financial changes that make all of us who are not really wealthy. Here are some facts that we must all consider from "Debt and Inflation Threaten U. S. Security," WSJ, 23 Feb 2022. "The national debt this month reached \$30 trillion. Not only is this the largest debt in U.S. history in dollar terms, but the ratio of debt to gross domestic product is 119%—the largest it's ever been. And things are only getting worse. The Congressional Budget Office predicts that the mammoth debt-to-GDP ratio will double over the next three decades. The Highway Trust Fund will likely become insolvent in 2027. Medicare Part A will run out of money in fiscal year 2026 and Social Security will go bust in fiscal 2033. Now Americans are beginning to experience inflation, one of the primary costs of rapidly growing levels of national debt."

And our debts will continue to grow, we must pressure our Congressmen and Senators to hold the line on spending and balance our national budget. We can no longer continue to spend more than our income from taxes. And there will be additional pressure to fund disasters from climate change and fund our national infrastructure. Damage from bad weather is a spending issue that we cannot ignore, but funding infrastructure does create jobs and income taxes will add badly needed funds for our budget. Additional funding will need to continue our fight against the Virus (es). It is not easy to balance our budget, but we must keep America strong. That can't happen if we continue to spend beyond our budget.

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

Continued on Page 14, See TORNADO...



OUR ANCIENT ELECTRICAL POWER GRID IS GETTING LESS DEPENDABLE EVERY DAY

Our current existing power grids are getting less reliable every day.

In 2000, we had fewer than 2 dozen major power failures, that jumped to 180 in 2020. As we Americans become even more dependent on having electric power whenever we want it, but every year we are suffering more and longer power blackouts. The bad weather we have been facing in recent years have increased the number of hours we have black outs each year. Big storms, accompanied by heavy rains and flooding, wild fires in the West, hurricanes and tornadoes, and unusual heat waves are abnormally occurring much more frequently causing our old tired grid to be unreliable.

We, and our elected officials, must realize that our large transmissions systems have been providing high voltage, cross country energy since WWII and earlier. These systems have a life expectancy of about 50 years. How many years has it been since WWII? More than 75 years... YIPES!

We must upgrade and modernize our entire system or face potential catastrophic situations when we will not have electric power when we most need it. It will cost billion\$, but we have no choice. It will cost billions, and more to recover if we have major power blackouts all over the nation.

Not only will many people suffer inconveniences, a country without dependable energy becomes a weaker nation and our national security becomes an issue.

So what must we (that's you and me) do to prevent a national catastrophe.

What do you mean by national catastrophe?

We are so use to having reliable and dependable electric power that we assume that it is always going to be available whenever we turn on the switch. Occasionally, we will be temporarily inconvenience with a power outage for a few hours, maybe a day or two. But what if you and I don't have electricity for days, or weeks, or months. Electric generators send water to us at home and everywhere else that needs clean, drinkable water.

My fridge died a few months ago, and it took almost a week to buy and have a new fridge delivered to my home. In that one week, we lost most of the meat from our freezer. Did enjoy eating all the ice cream in one day! But imagine if it takes weeks or months get electricity to have your fridge (with freezer) working again. Of course, no electricity means everything requiring electric power is useless. No microwave, no lights, no hot water (if your water heater is run by electricity), no television, no cell phone, no warm or cold air if our heaters or air conditioners are run buy electricity. And it goes on and on, from electric razors, hair dryers, televisions, electric blankets, etc. You and I may survive, barely, but we must avoid getting into this extremely painful situation. Not just you and I, but our families and friends will all suffer immensely.

BTW, there will be no gas for our cars as gasoline dispensers need electricity to dispense



gasoline. Without gasoline, trucks delivering goods will not be able to pick up goods, or deliver goods. Of course, grocery stores and all shops need electricity to provide us with food and other essential products, if delivery trucks are in service.

Lastly no cold beer! Do I have your attention yet???

What we must ALL do is to demand that our elected officials deal with upgrading our electric grids and the distribution systems (wires) that are also old and getting less reliable. If little is done now, it will have to be accomplished when our electric grids fail and that will cost more money and we will all suffer much pain and anguish. If you don't know who your Congressional and Senate representatives are, use Google. Also don't forget to ring the chimes of our State and local officials. They will need to support the entire effort as well.

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

HAVE WE WOKEN THE SLEEPING GIANT?

Who among us noticed that In February 2022, San Franciscans took to the voting booths and ousted three City school board members. Polls revealed that this was the result of an unprecedented participation of Asian American voters. If accurate this is definitely a new phenomenon, and if properly curated, could lead to many needed changes, not just with our school board members, but other elected officials in this City by the Bay.



future of our City.

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

For all our Cathay Post members who reside in San Francisco, we look forward to your voices and votes that will impact the

TORNADO

Continued from page 13...

Our Cathay Post has initially donated \$2,000 to our Legion Headquarters National Emergency Funds to aid in this type of disaster. Our historian promised to match additional donations and we have donated an additional \$3,600 to our American Legion HQ's National Emergency Fund.

A big THANK\$ to Anthony Lyau, Raymond Ong, Helen Wong, Philip Leung, Herman Jeong, David Wong, Virginia Yee, Al Wong and our Historian for these additional donations for our fellow suffering citizens in Kentucky.

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



THE GENERAL SPEAKS. SHOULD WE LISTEN?

JAMES MATTIS, OUR FORMER NATIONAL SECURITY ADVISOR TO THE PRESIDENT, FORMER SECRETARY OF DEFENSE AND FORMER COMMANDANT OF OUR MARINE CORPS, RECENT BOOK, "CALL SIGN CHAOS," GIVES LESSONS ON HOW TO DEAL WITH TRIBALISM.

Defining Tribalism. Tribalism is the natural emotional biases to people who are like ourselves because of blood, or race, or cultural reasons, or linguistic and/or religious reasons. When people who are different must exist close to each other, tribalism often surfaces. When these differences are unresolvable, conflicts can result. At its extreme, we will have war. It is said that tribalism is part of our DNA. Thus dealing with tribalism is a real challenge as we must fight our natural tendencies.

It is not often that a senior military officer gives advice on civilian issues, especially not advice on cultural, racial and political questions. That senior military officer speaking out is retired Marine General James Mattis.

It is now early in 2022, our Country is engulfed in tribalism, racism, multiple cultures and polarizing politics, and income inequality that is dividing our nation and our people much more than in past history. If our differences are not effectively resolved, too many Americans will be fighting other Americans, treating each others like enemies, and that will make our nation weak and also jeopardize our democratic institutions.

As our nation is entangled with tribalism and other divisive issues that threaten our unity and healthy existence, the General gives us lessons on how our Marine recruit training eliminates tribalism.

In his interview in the WSJ, and on national media interviews, Gen Mattis warned about a divided America, and voiced his concern about external threats and our internal divisiveness. Within America, he noted that America is now divided into hostile tribes that are not acting in a cooperative manner and are extremely hostile to each other which weakens our nation. Our various groupings, despite our racial and cultural differences, need to be mutually supportive and "seek common ground." This national disunity jeopardizes our nation and distracts everyone from finding solutions to the many challenges America faces in this century.

General Mattis' advises that our Marine Corps can serve as a marvelous example for the rest of our Country. Our warriors in the Marine Corps, include our citizens of many races and socioeconomic backgrounds. If anyone with

tribal related attitudes joins the Marines, the rigorous military training in team building and camaraderie eliminates tribal attitudes. Virtually every member of the Marines will tell you that they have lived, ate and trained together, and will die for each other. Togetherness has made our Marines great, how can we emulate their methods to take on tribalism.

Mattis notes that until recent history, tribalism in America had not been a serious and divisive issue.

Today, with the challenges we face from the Chinese, Russians, militant Muslims, North Koreans and Iranians, our national unity is more important than ever. Thus, we must find a way to eliminate tribalism and promote unity and cooperation among all races and groups in America.' Reminded by the General, we must all remember: E Pluribus Unum. We must Unite from Many.

Tribalism does not have to be hostile, and it is not always race related. In our American history, different Caucasians from different parts of Europe, have in the past displayed hostile tribalistic attitudes and behavior, usually when they threaten jobs.

Today, the presence of multiple races with different backgrounds linked to politics has evolved into volatile situations that in some instances even has resulted in mass murders where we have Americans killing Americans. Obviously, these extreme tribal behaviors must cease, for everyone's peace of mind, and in the best interests of our Country. How can get started to unify our Country.

In the opinion of Yale University Professor, attorney and writer, Anna Chua, her thesis in "Political Tribes: Group Instinct and the Fate of Nations," is that tribalism, the emotional inclination to love and be loyal to one's own group is universal attribute to most human beings. (Recall that Prof Chua is the author of "Battle Hymn of the Tiger Mother," which discusses the strict child rearing practices of some Chinese American moms).

Her opinion in Political Tribes, Professor Chua suggests that ordinary citizens must reach out and learn to understand each other. Face to face contact is needed to discuss common ground and turn away from dangerous prejudices. We need to acknowledge that we



are fellow human beings who all want the same things, and reject prejudices. With more diversity than most other nations, each American needs to make a greater effort to find the common ground, or risk self-destruction.

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

HISTORY OF RUSSIA AND UKRAINE

Ukraine and Russia are two countries that border each other in Eastern Europe. On Feb. 24, 2022, Russia sent its army into Ukraine and began trying to take over the country by force.

This invasion surprised many people, as it was the first major war in Europe for decades. But Russia and Ukraine have had a difficult relationship for centuries. To understand what's happening now you have to dig into 1,300 years of history.

Both countries trace their beginnings to the same medieval kingdom, called Kyivan Rus. It was founded in the 800s by a group of Vikings, the Varangians, who came from Northern Europe to rule over the local people. Kyivan Rus spanned what is now Russia and Ukraine, and its people, the Slavs, are the ancestors of today's Russians and Ukrainians. Its capital was the city of Kyiv – the same Kyiv that is now the capital of Ukraine. Moscow, capital of today's Russia, was also part of Kyivan Rus...

Read more of this article online -
See **RUS-UKR** at this link: <https://www.sfcathaypost384.org/rc.html>



WHAT IF, DESPITE THE BEST EFFORTS OF BOTH AMERICA AND CHINA, BOTH LED BY CIVILIANS, FAILS TO AVOID WAR?

ONE HORRIFIC POTENTIAL OUTCOME COULD BE TRIGGERED BY AN ACCIDENT, WHEN OUR MILITARIES COLLIDE. THAT POTENTIAL GREAT TRAGEDY IS POSTULATED BY TWO FORMER AMERICAN MILITARY OFFICERS, WHO COLLABORATED TO FORECAST A HYPOTHETICAL ACCIDENT WHICH TRIGGERS A CHINESE CYBER ATTACK AND THINGS GO SOUTH AND ESCALATES TO A NUCLEAR WAR.

The authors of 2034 are 4-star Admiral James Stavridis, a very successful US Navy Admiral and a scholar with a doctorate from the Fletcher School of Law and Diplomacy. On active duty, Stavridis was a former Supreme Commander of NATO and a former Commander of Central Command. The co-author is Mr. Elliot Ackerman, a former well decorated Marine combat veteran, and now journalist and novelist.

Both authors are keenly aware that the current impasse between America and China is not constructive. The two authors are quite concerned that while the United States has been deeply involved in conventional conflict in the Middle East, the Chinese, not involved with costly and distracting conflict, are increasing her military capabilities, especially the most advanced technologies, including cyber warfare.

They know that the Chinese (and the Russians) have been focusing on cyber warfare technology, and believe that particularly China, with the strategic and long-term objectives, have been focused and working on how they can use cyber warfare to their great advantage.

They have even been practicing kinetic anti-satellite experiments to knock out communications satellites to gain military advantage. However, anti-satellite warfare is not what 2034 is about. 2034 reveals a more strategic and damaging attack by jamming satellite communications and complete domination of an opponent's military and civilian digital communications. Any nation in a fight that cannot connect and communicate with their military forces, is in deep trouble.

This is a major tenet in The Art of War, by the famous Chinese strategist, Sun-tze, which states that the ultimate goal in warfare is to defeat the enemy without firing a shot. And Sun-tze had no idea what cyberwarfare can do!

The opening of "2034" involves an incident in the South China Seas where one of our Navy carrier groups is conducting a freedom

of navigation mission. The group discovers a civilian ship on fire and attempts to rescue and board the ship in serious distress. They are surprised when they discover that the ship is Chinese and is covertly conducting a secret mission using special electronic equipment. Once the Chinese become aware of the boarding of their experimental ship, they adamantly want the ship released and returned to them. We did not acquiesce as the ship was too interesting for us to return it to China immediately.

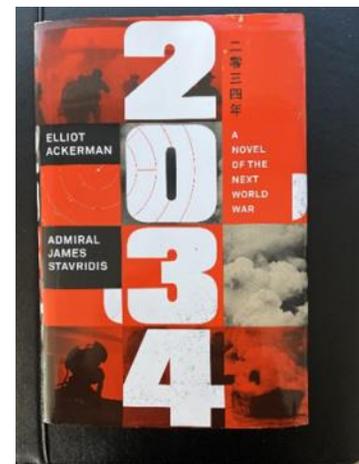
At about the same time, one of our Air Force pilots flying an F-35 is captured while conducting a classified missions in Iranian air space. With the Iranians cooperation, the Chinese try to negotiate the freedom of our pilot in exchange for their ship loaded with classified gear.

When there is no progress in talk, the Chinese take the first step to World War III.

They unleash their powerful jamming system that shuts down all communications between military organizations, locally, regionally and nationally. Without communications, the United States is immobilized and in dire straits. Not much can be done when command and control is frozen.

To add to our "silenced" services, the Russians step in further to cripple us by sabotaging our trans-ocean internet cables and that adds pressure to the entire scenario. Our reliance on global communications for military and civilian communications is zapped. When our military unit and national organizations cannot communicate, we are powerless to direct and coordinate military operations.

The authors are conveying that the Chinese are long term planners and strategists. This storyline depicts the effectiveness of their long term planning and strategic military missions and is the biggest warning to America. We dare not lose our competitiveness in the military or civilian sectors, or face the consequences when we are immobilized by powerful cyber weapons.



They even blitz our White House communications, and also shut down all our power on the East Coast.

Flustered by Chinese effectiveness and the failure of negotiations, the President pre-authorizes the employment of tactical nuclear weapons to the commanders in the Pacific. Is this the way nuclear war starts? Several Chinese cities are decimated by tactical nuclear weapons and the Chinese retaliate by destroying several of our cities, including San Diego, California and Galveston, Texas. That crosses another redline and we retaliate by nuking Shanghai. Millions are killed, in a metropolis with 34 million population. The authors do not wish to describe a nuclear exchange that could be the beginning of all life on this planet.

The whole point of 2034 is to let our government know that we can no longer rely on 20th Century technologies and strategies, or risk losing everything when the we must face any enemy that is focused on the latest technologies, especially technologies that can counter and eliminate all the military advantages we had in the past century.

Hope that our leaders have read 2034 and are prepared to deal with any potential opponent, especially the Chinese who have the focus, funds and determination to dominate the world.

If you want read a scary look into the future, read "2034."



"Taiwan, the most dangerous place on Earth"
The Economist, May 2021



"The United States, Taiwan and China,"
by Lt Colonel Roger S. Dong

One superhot question on the minds of many people today is the downward slide of the relations between the two superpowers of the world from a cold war to a hot war. It has become more intense that last few years, but a few people on both sides want our cold war to become a hot war.



There are many views available at public forums, and on You Tube, but few "experts" give us an accurate description about what is really happening in Taiwan or in China.

Without accurate information, we are quietly allowing people who are, and will be, profiting by growing tensions and war drums. We just sold \$750 million in arms to Taiwan. Who benefits? If this leads to war with China, it will cost many lives and a lot of money. How much could it cost, and what are the benefits to our Country, our economy, and our people?

Our speaker has been a China specialist since 1972, working throughout Asia as an Air Attaché, or Defense Attaché. He served, or worked, in Taiwan for 12 years and has knowledge of the situation in Taiwan more than many experts, and has followed the government and leaders of China for decades. Few of the China experts understand the Chinese leaders and their goals and objectives which will affect their decision making, especially a decision to go to war with the United States.

Hear our speaker's views, backed up from his studies and experience and decide for yourself, if you should believe all those "experts," who do not really know China, or Taiwan, and give opinions and forecasts that reveal ignorance or just the outcomes they are wishing for.

Lt Col Dong will be giving his presentation after our Saturday, March 12, 2022 (day before Daylight Savings Time on Sunday, March 13, 2022) at our Cathay Post Building on 1124 Powell St, San Francisco, CA 94133.



WHAT IT MEANS TO GROW OLD

A famous Chinese novelist Mr Zhou Daxin has a recent composition "THE SKY GETS DARK SLOWLY." It is of interest to anyone who is a senior, or soon to be a senior. The theme of his novel is prepare one for old age and the experiences of being a senior.

"Many elderly speak as though they know everything, but of old age they are in fact as ignorant as children". Many elderly are in fact, completely unprepared for what they are to face when it comes to getting old and the road that lay ahead of them.

"In the time between a person turning 60 years old, as they begin to age, right until all the lights go out and the sky gets dark, there are some situations to keep in mind, so that you will be prepared for what is to come, and you will not panic."

1. The people by your side will only continue to grow smaller in number. People in your parents' and grandmothers' generation have largely all left, whilst many of your peers will increasingly find it harder to look after themselves, and the younger generations will all be busy with their own lives. Even your wife or husband may depart earlier than you, or that you would expect, and what might then come are days of emptiness. You will have to learn how to live alone, and to enjoy and embrace solitude.

2. Society will care less and less for you. No matter how glorious your previous career was or how famous you were, ageing will always transform you into a regular old man and old lady. The spotlight no longer shines on you, and you have to learn to contend with standing quietly in one corner, to appreciate the hubbub and views that come after you, and you must overcome the urge to be envious or grumble.

3. The road ahead will be rocky and full of precarity. Fractures, cardio-vascular blockages, brain atrophy, cancer...these are all possible guests that could pay you a visit any time, and you would not be able to turn them away. You will have to live with illness and ailments, to view them as friends, even; do not fantasize about stable, quiet days without any trouble in your body. Maintaining a positive mentality and getting appropriate, adequate exercise is your duty, and you have to encourage yourself to keep at it consistently.

4. Prepare for bed-bound life, a return to the infant state. Our mothers brought us into this world on a bed, and after a journey of twists and turns and a life of struggle, we return to our starting point – the bed –and to the state of having to be looked after by others. The only difference being, where we once had our mothers to care for us, when we prepare to leave, we may not have our kin to look after us. Even if we have kin, their care may never be close to that of your mother's; you will



more likely than not, be cared for by nursing staff who bear zero relation to you, wearing smiles on their face all whilst carrying weariness and boredom in their hearts. Lay still and don't be difficult; remember to be grateful.

5. There will be many swindlers and scammers along the way. Many of them know that the elderly have lots of savings, and will endlessly be thinking of ways to cheat them of their money through scam phone calls, text messages, mail, food and product samples, get-rich-quick schemes, products for longevity or enlightenment... basically, all they want is to get all the money. Beware, and be careful, hold your money close to you. A fool and his money are soon parted, so spend your pennies wisely.

Before the sky gets dark, the last stretches of life's journey will gradually get dimmer and dimmer, naturally it will be harder to see the path ahead that you are treading towards, and it will be harder to keep going forward. As such, upon turning 60, it would do us all well to see life for what it is, to cherish what we have, to enjoy life whilst we can, and to not take on society's troubles or your children's and grandchildren's affairs for yourself.

Stay humble, don't act superior on account of your own age and talk down to others – this will hurt yourself as much as it will hurt others. As we get older, all the better should we be able to understand what respect is and what it counts for. In these later days of your lives, you have to understand what it means, to let go of your attachments, to mentally prepare yourself. The way of nature is the way of life; go with its flow, and live with equanimity.

For all of us, a nice read, very beautiful, very true!

Hardly the day started and ... it is already six o'clock in the evening.
Barely arrived on Monday and it's already Friday.
... and the month is almost over.

... and the year is almost up.
... and already 50 or 60 or 70 years of our lives have passed.
... and we realize that it is too late to go back...
So...Let's try to take full advantage of the time we have left ...
Let's not stop looking for activities that we like...
Let's put color in our grayness...
Let's smile at the little things in life that put balm in our hearts.
And yet, we must continue to enjoy serenely the time that remains.
Let's try to eliminate the 'after'...
I do it after...
I will say after...
I will think about it after...
We leave everything for 'later' as if 'after' was ours.
Because what we do not understand is that:
after, the coffee cools...
after, priorities change...
after, the charm is broken...
after, health passes...
after, the children grow up...
after, the parents get older...
after, the promises are forgotten...
after, the day becomes the night...
after, life ends...
And all that 'after', we find it's often too late...
So... leave nothing for 'later'...
Because in always waiting for later, we can lose the best moments,
the best experiences,
the best friends,
the best family...
The day is today...The moment is now...
We are no longer at the age where we can afford to postpone until tomorrow what needs to be done right away.
So let's see if you'll have time to read this message and then share it.
Or maybe you'll leave it for... 'later'...
And you will not share it "ever"
Even share with those who are not yet 'seniors'.
May you shall be well and happy...



SOLUTIONS TO FEBRUARY'S PUZZLES

Did you solve everything?

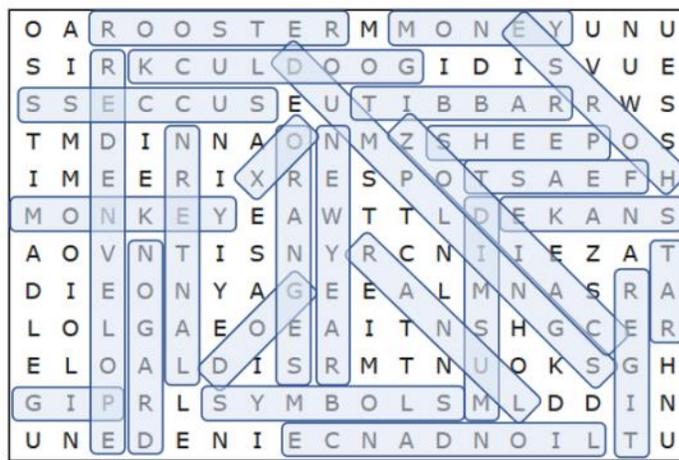
WORD SEARCH SOLUTION

Were you able to find all the words?

DIM SUM
 DOG
 DRAGON
 DUMPLINGS
 FEAST
 GOOD LUCK
 HORSE
 LANTERN
 LION DANCE
 LUNAR
 MONEY
 MONKEY

NEW YEAR
 ORANGES
 OX
 PIG
 RABBIT
 RAT
 RED ENVELOPE
 ROOSTER
 SHEEP
 SNAKE
 SUCCESS
 SYMBOLS

TIGER
ZODIAC



SUDOKU SOLUTION

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

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



WORD SEARCH

Happy St. Patrick's Day! Find all the words to reveal a 14 letter phrase.



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

- BANSHEE
- BLARNEY STONE
- BROGUE
- CELEBRATE
- DUBLIN
- EMERALD GREEN
- EMERALD ISLE
- HARP
- HIBERNIAN
- IRELAND
- IRISH REPUBLIC
- JIG
- LEPRECHAUN
- LITTLE PEOPLE
- MAGICAL
- PATRON
- POTATO
- RAINBOW
- SAINT PATRICK
- SEVENTEENTH
- ST PADDYS DAY
- ST PATRICK
- WALKING STICK



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!

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

WORK SPACE

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



MARCH 2022



SUN	MON	TUE	WED	THU	FRI	SAT	
<p>MARCH IS: WOMEN'S HISTORY MONTH</p>		1 MARDI GRAS ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	2 	3 NAVY RESERVE BIRTHDAY	4 HUG A GI DAY	5 SEABEE BIRTHDAY	
		6	7	8	9 BOARD OF DIRECTORS MEETING 7:00 PM	10 	12 POST MEETING 11:00 AM
<p> DAYLIGHT SAVING CLOCK DAYLIGHT SAVING TIME CLOCKS FWD 1 HOUR K9 VETERANS DAY</p>		13	15 AMERICAN LEGION BIRTHDAY	16	17 ST. PATRICK'S DAY	18 	19
		20	21 ROSIE THE RIVETER DAY 	23	24	25 MEDAL OF HONOR DAY 	26
27 	28 	29 NATIONAL VIETNAM WAR VETERANS DAY 	30	31			

