



CATHAY DISPATCH

SAN FRANCISCO, CA

APRIL 2023

VOL 14 - 04

APRIL IS FOR NATIONAL GO FOR BROKE DAY, NATIONAL FORMER POW RECOGNITION DAY!

By Commander Helen Wong



Did you know that National Go For Broke Day is on April 5th and the first mention of the day appears on April 4, 2019 on the [defense.gov](https://www.defense.gov) website? For those old enough to remember World War II history, Go For Broke was the motto of the most decorated unit in

U.S. military history, the Army's 442nd Regimental Combat Team composed mainly of American soldiers of Japanese descent, and the motto derives from a saying that means to "wager everything". Barred from military service at the start of WWII because of the fears stemming from the Pearl Harbor attack, and relocated into internment camps out of distrust, these Americans volunteered to serve America. They eventually went into the 100th Infantry Battalion, 1399th Engineer Construction Battalion, the Military Intelligence Service, and the 442nd RCT which became the most decorated military unit of its size and length of service. The 442nd was activated Feb. 1, 1943 and was composed of Nisei men who had volunteered from Hawaii and internment camps on the mainland. After training at Camp Shelby, Mississippi, they were deployed to Italy in June 1944 where they joined in combat with the 100th Infantry Battalion-the first Nisei Army unit to be activated in the war. In the following two months, the 442nd RCT earned nine Distinguished Service Crosses, while the 100th earned three. By mid-August, the 100th officially became part of the 442nd RCT and that was when "go for broke" became their motto. In September, they were reassigned to the invasion of southern France under the 7th Army. During four weeks that fall, they liberated Bruyeres and Biffontaine and also rescued a battalion that had been cut off from its division. For several more months, the 442nd RCT guarded the French/Italian border. By March

1945, they were again reassigned to the 5th Army and the Po Valley campaign where they were attached to the 92nd Infantry Division, an all African American unit. Together, they helped drive the Germans out of northern Italy. In their two years of service, the 442nd RCT and the 100th IB, before it joined the 442nd, earned: 7 Presidential Unit Citations, 2 Meritorious Service Plaques, 36 Army Commendation Medals, 87 Division Commendations. Individual soldiers were awarded 18,000 decorations, including: 21 Medals of Honor, 29 Distinguished Service Crosses, 560 Silver Stars, 4,000 Bronze Stars, 22 Legion of Merit medals, 15 Soldier's Medals, nearly 9,500 Purple Hearts. The units lost 650 men, more than 3,700 were wounded in action, and 67 were declared missing in action. April 5th is significant as the 442nd RCT's first Medal of Honor recipient, PFC Sadao Munemori died in action near Seravazza, Italy, 1945. The 442nd RCT was demobilized and inactivated about a year after World War II ended. In December 2011, more than 450 Japanese American soldiers were honored with the Congressional Gold Medal, the highest civilian award for service given out by the U.S. for their heroic actions in combat and loyalty in the face of ethnic discrimination.



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CATHAY POST 384 AMERICAN LEGION

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National Go For Broke Day on April 5th encourages us to give it our all regardless of the obstacles ahead!

We observe National Former POW Recognition Day on April 9th as on that day in 1942, the largest number of U.S. Forces were captured by Japanese troops in the Bataan Peninsula in the Philippines after the three-month Battle of Bataan. It was estimated about 75,000 to 80,000 Ameri-

can and Filipino Prisoners of War were forced to march through tropical conditions, enduring heat, humidity, and rain without adequate medical care or food or water. They suffered from starvation, lack of sleep, and those who were unable to make it through the march were beaten, killed, or beheaded. Some estimate 600-650 American deaths and 5,000-18,000 Filipino deaths. The total distance marched from Mariveles to San Fernando and from the Capas Train Station to various camps was 65 miles long. The mistreatment continued for those who survived the brutal journey for more than two years before finally being liberated. Of the 22,000 Americans captured, only 15,000 returned to the U.S.

In 1984, a movement led by former POWs began seeking a day recognizing former

Prisoners of War on April 9th each year. In 1988, Congress approved legislation setting April 9th to commemorate the date the tragic number of captives were taken prisoner on Bataan. Presidential Proclamation 5788 by President Ronald Regan proclaimed National Former Prisoners of War Recognition Day and set the observance for April 9, 1988. It has been carried on since through legislation and Presidential Proclamations.

San Francisco is observing the 81st anniversary on the Bataan Death March on April 15, 2023, 10AM at the Presidio of San Francisco presented by the Bataan Legacy Historical Society with the San Francisco National Cemetery & VFW 91st Division/Chinatown Post 4618.





CALIFORNIA'S AMERICAN LEGION BOYS STATE IS CHANGING TO COED!



I received a comment regarding last month's post. Please see additional information California's Boys and Girls State. <https://boysstatecalifornia.org/>

California's American Legion Program is changing for the 2023 Session. For the first time our program will be Coed! Until now, girls were only eligible for the American Legion Auxiliary (ALA) program called Girls State. This change applies to California only. See below for Questions and Answers on this significant change.

More information, <https://www.cagirlsstate.org/faq>

Is there only one 2023 American Legion Program in California - Boys and Girls State? No, there are two separate programs sponsored by two separate organizations. • The American Legion (TAL) administers the TAL California Boys State program, which will hold its first coed session. • The American Legion Auxiliary (ALA) will hold its 80th session of the ALA California Girls State program.

What is the purpose of the ALA California Girls State program?

To provide an outstanding, unique and coveted educational opportunity for the young women of California that instills the basic ideals and principles of American government. In alignment with the mission of the sponsoring organization, American Legion Auxiliary California Girls State seeks to promote the traditions of patriotism and citizenship, in an inclusive and civil environment. The organization's four founding principles of Justice, Freedom, Democracy, and Loyalty combined with the core value of Service Not Self, can be found throughout the conference's signature practices of promoting an understanding of the democratic process, honoring veterans and the military, mentoring young people, and developing self-efficacy.

Is a female student who attends The American Legion CA coed Boys State program eligible to attend American Legion Boys Nation program?

At this time The American Legion Boys Nation program is not coed. Only the California program is coed.

Is a female student who attends The American Legion CA coed Boys State program eligible to attend the American Legion Auxiliary Girls Nation program?

Only students who attend ALA CA Girls State may be selected to represent CA at ALA Girls Nation.

May students who do not identify as female attend ALA CA Girls State? Female students, students who identify as females, and gender non-conforming individuals are all welcome to apply to American Legion Auxiliary CA Girls State. All references on our website and paperwork to "women and girls" and "she/her" include gender-expansive individuals. A student may apply to either The American Legion CA Boys State or American Legion Auxiliary CA Girls State, but not both.

How are students selected to attend ALA CA Girls State?

Each sponsoring American Legion Auxiliary Unit determines its process to select a delegate, 1st alternate, and 2nd alternate for each school it sponsors. Applications, essays, and/or interviews are all commonly used.

Why is The American Legion CA Boys State program larger than ALA CA Girls State? As of November 2022, The American Legion has 417 Posts with 50,562 total members in CA. The American Legion Auxiliary has 237 Units with 11,280 total members in CA.

The ALA CAGS program is administered solely by volunteers at the ALA Unit, District, and Department (state) level.

Though there may be a large difference in the number of attendees between the programs, the number of high schools represented may be comparable or even larger with ALA CA Girls State due to the ALA CAGS goal to increase involvement of as many high schools throughout the state as possible.

Will selected delegates be eligible for any scholarship opportunities? There will be opportunities for scholarship consideration, including the Samsung American Legion Scholarship. The application closes on the first day of our session.

How can I stay involved with ALA California Girls State? We would love for you to stay involved. Most areas in the state have American Legion Auxiliary Units that you can join. Visit the Department of California website or the National ALA website to find your local Unit. There is also the ALA California Girls State Alumnae Foundation. GSAF is actively involved in supporting the program as well as the development of our alumnae!





GUNG HAY FAT CHOY WE ALL BELONG



On Saturday, February 4, 2023, Post Commander Helen Wong, SGT@ARMS CJ and new member Ron Tuason made history by participating in the Chinese New Year Parade in Downtown San Francisco. A gracious host and visionary, Jeff Lee (President, Wah Ying Social Club), invited our Post, along with five (5) other micro groups, to march alongside the Wah Ying float under their banner of "WE ALL BELONG". We survived the heavy rain and two (2) mile parade route to finish with a BANG. Determined not to "let it rain on our parade", we soldiered on step by step, while finding every pothole and puddle strategically placed on every street. One of the groups to march with us was the Brazilian Carnival dance and percussion company "FOGO NA RUPA", which translates to "Fire in Clothes". Their non-stop energy and bass drum rhythms were the life of the party and an audience favorite. They can be found on Goggle, Instagram and Facebook. On behalf of the Post Commander, we want to personally thank Jeff Lee for allowing us to join them in this endeavor to march as a united front, especially in this current climate of negativity. We have had a long-standing partnership with



Wah Ying, which translates to Chinese Eagle, and even Chinese American on a deeper level. Wah Ying was founded by the Flying Tigers and will celebrate its 88th Anniversary at a banquet on September 9, 2023. Hope to meet you all there. Enjoy the luminous photos taken at the 2023 Chinese New Year Parade courtesy of our Commander Helen Wong.





POEMS FOR THE SEASON OF SPRING,
EASTER AND VETERANS

The Call to Duty
by Kelly Roper

*A call to duty is sent out
And the strong and the brave reply.
They do it for love of country,
So there's never a need to ask why.*

*They leave behind all that they love,
Their families, their homes and their lives,
Because to preserve these precious things
Is the goal for which each soldier strives.*

*So God bless our troops,
The courageous women and men,
Who fight to make sure
The bells of freedom peal again.*

Welcome Home
By Kelly Roper

*To those who fought on foreign soil,
Who for our nation did perilously toil,
Who braved the bombs and bullets and mines
To return home to more peaceful times,
A hearty welcome home.*

*To those who fought on foreign soil,
Whose lives have been marred by the
enemy's toil,
Who now must rebuild body, mind and soul,
And returning to normal is now the goal,
A supportive welcome home.*

*To those who fought on foreign soil
Whose lives did end through dangerous toil,
To arrive home flag-draped, silent and still,
And rest in peace beneath the grass on the hill,
A reverent welcome home.*



When You See a Soldier
by Sara Teasdale

*When you see a soldier
Be sure to shake his or her hand,
And let that soldier know you're grateful
For the protection the military affords our land.
But most of all, express your thanks
For every soldier's personal sacrifice.
In order to serve our country,
They risked their entire lives.*

*How Do You Measure a
Soldier's Sacrifice?*

*How do you measure a soldier's sacrifice?
Is it by the number of friends and family
left behind?
Is it by the months or years given in service?
How do you measure a soldier's courage?
Is it by the number of objectives completed,
Or by the number of bullets dodged or
missions served?
How do you measure a soldier's honor?
Is it by the duty he or she volunteers for,
Or by the number of medals earned?
The simple truth is that these things
are immeasurable,
As is this country's debt to all who serve,
And pay the price for freedom in this land.*



Tell Their Stories *By Kelly Roper*

*Soldiers have died in distant lands,
Far from their homes and loving hands.
Tell their stories.*

*Troops missing in action and never returned,
Their ultimate destinies not yet learned.
Tell their stories.*

*Warriors come home with troubled minds,
Atrocities witnessed not quite left behind.
Tell their stories.*

*The rest return and pick up their lives,
As husbands and fathers, mothers and wives,
Tell their stories.*

*All our soldiers, brave, strong and true,
If you want to honor them, here's what you do:
Tell their stories.*

A Soldier Is... *By Kelly Roper*

*A soldier is many things:
Steady, solid, and strong
Optimistic, outstanding, and organized
Loyal, logical, and level-headed
Diligent, decisive, and disciplined
Intelligent, idealistic and, when necessary, im-
movable
Earnest, effective, and efficient
Rational, resourceful, and resolute
Yes, a soldier is many things, but above all these
admirable qualities, a soldier is a hero.*



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>



A RESOLUTION OF SUPPORT

At the monthly membership meeting of American Legion Cathay Post 384 on March 11, 2023, the attending members approved a resolution directing a letter of support be sent to Congresswoman Judie Chu who has been subjected to unwarranted racist attack by another congressional member. The attack stem from her having expressed her support of a nominee by President Joe Biden which was opposed by some members of the House, however, instead of debating the merits of the nomination, the “loyalty” of Congresswoman Judie Chu was being questioned. The act of singling out Asian Americans to question their loyalty to our country without providing any evidence to substantiate such accusation is bigoted, and should not be tolerated. One must not forget that thousands of Japanese Americans were unlawfully interned and their personal properties seized during WWII. The main justification cited was the question of their loyalty. With the recent escalating diplomatic tensions between China and the United States, if a conflict beaks out, will history be repeating itself? The members of American Legion Cathay Post 384 spoke in unison to protest such unfair and mendacious treatment of Congresswoman Judie Chu, an Asian American.

The American Legion, Cathay Post 384, Department of California
1524 Powell Street, San Francisco, CA. 94133

Resolution: 001-2023

Subject: Letter of Support for Congressional Representative Judy Chu

Whereas, The American Legion, Cathay Post 384, Department of California, was formed as an exclusively Chinese American veterans post in the year of 1930 due mainly to the climate of discrimination existed at that time which prevented Asian American veterans from joining The American Legion; and

Whereas, The American Legion, Cathay Post 384, Department of California, has always been a strong advocate for the inclusion and equal treatment of people from all genders and ethnicities; and

Whereas, The current members of The American Legion, Cathay Post 384, Department of California, are inclusive and diverse, many of our members have experienced combat, and the post is a memorial to the large number of Asians who served our military dating back to the Civil War, numerous of them made the ultimate sacrifice for our country, the loyalty of Asian Americans should not be subjected to being questioned without factual evidence that would merit an investigation, we have spoken and will continue to speak with one voice to promote Americanism; and

Whereas, To the frustration and dismay of many Asian Americans, the continuation of victimizing and the persistent negative attitude exhibited by some of the people in our society toward Asians generated a great number of mendacious innuendoes, these forms of bigotry perpetuate the second-class citizen status of people of Asian descent; and



FROM OUR JR. PAST COMMANDER NELSON LUM

Whereas, The recent derogatory public statements made by Congressional Representative Lance Gooden questioning the "loyalty" of Congressional Representative Judy Chu, the first Chinese American woman elected to serve in Congress, these racist and xenophobic statements were levied against her solely due to her having expressed different viewpoints than his which should be deemed as normal conducts in any debates in the House by congressional representatives; and

Whereas, Congressional Representative Judy Chu's support of a President Biden's nominee should never be viewed as disloyalty to our country, it is up to the majority of representatives to decide if a nominee should be appointed or not; and

Whereas, Based upon a quick research, there is no record of Congressional Representative Gooden ever questioning other congressional representatives' loyalty, one could only surmise that his questioning of Congressional Representative Judy Chu's loyalty enhances the racist stereotyping of Asian Americans which contributes to anti-Asian Hate that has been rampant in our society; and

Whereas, The American Legion, Cathay Post 384, Department of California, is a non-political and non-profit organization, but will not stand by and permit the victimization of Asian Americans without voicing our utmost concern; now, therefore, be it

Resolved, that a letter of support is written to lend support to Congressional Representative Judy Chu and to protest the axiomatic harm caused by Congressional Representative Lance Gooden's statements; and, be it finally



Resolved, that upon adoption by The American Legion, Cathay Post 384, Department of California, this resolution is forwarded to The American Legion, Eighth District Council, Department of California, by the earliest date and time for its adoption.

Resolved, that upon adoption by The American Legion, Cathay Post 384, Department of California, this resolution is forwarded to The American Legion, Eighth District Council, Department of California, by the earliest date and time for its adoption.

This is to certify that the above resolution was adopted.

Miguel Ortiz
Post Adjutant

March 11, 2023
Date

Cathay Post 384
Name of Post and Number

District Adjutant

Date

Eighth District Council
District Number



FROM OUR JR. PAST COMMANDER NELSON LUM



THE AMERICAN LEGION, CATHAY POST 384,
DEPARTMENT of CALIFORNIA
1524 Powell Street, San Francisco, CA 94133
Cathaypost@gmail.com

March 17, 2023

Honorable Congresswoman Judy Chu
28th District of California
2423 Rayburn HOB
Washington, DC 20515

Dear Congresswoman Chu:

My name is Helen Wong, Commander of The American Legion, Cathay Post 384, Department of CA. Cathay Post 384 was chartered 92 years ago in the heart of San Francisco Chinatown and it is among the oldest American Legion posts in the Bay Area. The members of Cathay Post 384 have dedicated their efforts toward serving the community and to publicize the forgotten sacrifices of Chinese American Veterans.

Cathay Post 384 has always been a strong advocate for the inclusion and equal treatment of people from all genders and ethnicities. Our current members are inclusive and diverse, and we speak with one voice that the loyalty of Asian Americans should not be questioned without factual evidence that may warrant an investigation.

To the frustration and dismay of our members, we recently witnessed the unwarranted and mendacious attack levied against you by another congressional representative. These forms of bigotry perpetuate the second-class citizen status of people of Asian descent. While we are saddened by the derogatory public statements made by Congressional Representative Lance Gooden in questioning your loyalty, one could only surmise that his stereotyping of Asian Americans would contribute to anti-Asian Hate that has been rampant in our society.

It is the will of our members as expressed by their vote that I write to let you know we are emphatically proud and in support of you, the first Chinese American woman to be elected into Congress.

The American Legion, Cathay Post 384, Department of California, is a non-political and non-profit organization, but we will not standby and permit the victimization of Asian Americans without voicing our utmost concern.

Thank you for your tireless service in representing your constituency, and exemplifying the dignity of being a true American.

For God and Country

Helen Wong
Commander
650 576-7875
helenleewong@yahoo.com



WELCOME TO OUR NEWEST MEMBERS



Above: Tony Bothwell & Nan Li



Above: Leanne Louie



WITH FEAR OF CHINA AS AN ENEMY FELT SO DEEPLY AMONG MANY AMERICANS, SHOULD CHINESE AMERICANS WORRY ABOUT INTERNMENT?



This topic is discussed quietly among many Chinese Americans, but all of us who have Chinese blood, should stop worrying and make plans when the day comes, if there is a war with China.

Our nation's history has illustrated that many of our fellow Americans will tolerate the internment of Chinese Americans if our nation is involved with a war with China. Recall that this was done in WWII with Americans of Japanese descent.

In the past two years, violent hate crimes, including murders, have been perpetrated against Chinese and Asian Americans. There can be no doubt that if there is a war with China, the hatred of anything Chinese will be reach a high point, and Chinese and Asian Americans will be threatened with more violence, including murders.

As targets of that irrationality, Chinese Americans better make plans to take action to counter fearful behavior. Before anything happens, we need to find competent lawyers to fight this in court. With 5.4 million citizens with Chinese blood, thus, we should be able to hire the best attorneys who will defend and fight for us. This should be initiated now, rather than wait for a war to start.

Our fellow citizens should also be reminded that today there are more than 1.4 million AA-PI healthcare professionals in America. Many are Chinese. In our major population areas like San Francisco, New York City, Chicago and Los Angeles there are disproportionate number of

doctors who are Chinese, or Asian. In our Historian's neighborhood in Alameda County, CA, his medical care clinic has eleven (11) doctors serving, four (4) are Chinese!

We should also join arms with other Asian Americans, who should also be concerned for their safety. The lives of other Asians will also be in danger, as some people can't distinguish Chinese Americans from all the other Asian Americans. We should work with Japanese Americans who sympathize with us, as in our history, they were interned and had all their property confiscated.

With all the property Chinese Americans own in America, some greedy Americans will try to exploit this situation to confiscate the property Chinese Americans own. (Maybe 70 years later those families whose property were taken, will receive \$20,000 in reparations.)

Just in San Francisco, Chinese Americans own property worth many billion\$, OK, maybe trillion\$. Most of the homes in the Sunset district are owned by Chinese Americans, and they will see their home seized quite quickly if Chinese Americans are interned.

Never mind that you might even be a veteran who has served America for many years. Human beings under stress will behave irrational-

PROVIDER	ON TIME	15 MIN	30 MIN	45 MIN	>45 MI
CARPER					
CHAN					
CHONG					
FISHER					
KUONE					
LEE					
MIRMIRA					
MITCHED					
SHEETH					
SIMS					
USAO					

ly and will do all kinds of things they would not normally do.

What should we veterans do? We have served in our military and many of our Post members have served in combat to defend America. We should ban together and talk to the press. We should loudly remind the public in the media, including radio and television, that we have defended America in the past, so don't take out your paranoia with us. We are not your enemy!!!

We should be wearing our American Legion uniforms when we speak in public. Wear your active duty uniform, if it fits.

CIA, DIRECTOR WILLIAM BURNS BELIEVES CHINA WILL NOT INVADE TAIWAN BECAUSE SHE HAS DOUBTS IT CAN SUCCEED

The Russian attack of Ukraine reveals the difficulties to invade another nation

Director Burns believes that while Taiwan is very different than Ukraine, President Xi Jinping (XJP) knows that the Chinese military does not have recent combat experience and has directed his troops to be ready for combat by 2027. Even then, Burns senses that XJP is not confident his military can succeed, especially if America aids Taiwan.

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

TO ALL AIR FORCE PILOTS, THANK YOU FOR YOUR SERVICE

Please note that planned drones, called Collaborative Combat Aircraft, (CCAs) will not require pilots. Air Force Command, now mostly pilots, does not dear to do so before most of our pilots are retired.

Initially, the Air Force will begin with 1,000 CCAs, but the number of CCAs will increase from 1,000 to 2,000+. Pilots all have good eyes, so you should see this coming.

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

WIDOWERS ARE WARNED

Guys,

Take good care of your wife!!!

If she dies before you, statistically, you probably won't last more than one (1) year.

This is OUR last warning.

Roger

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



NUCLEAR WARHEAD INVENTORIES

Some people like to count nuclear warheads, both ours and their's. Their's refers to the nuclear warheads either, or both, the nuclear warhead inventories of both China and Russia.

In our own history, a few decades ago we had around 20,000 warheads. After Start talks with the Russians, both countries reduced their warheads count significantly. Both these two sides still have around 5,000 warheads. A few decades ago, commenting on our large inventory of nuclear warheads, Henry Kissinger stated that we have never answered the question of "sufficiency." Those who play war games, rely of superior numbers to achieve nuclear superiority, and don't seem to appreciate that it would take just a few dozen nuclear warheads to cause severe damage, and radiate any enemy in the world.

The Chinese were, until very recently, satisfied that roughly 300 nuclear warheads (according to the Bulletin of Atomic Scientists) were sufficient to deter their enemies. In the days of Mao Zedong, then Chinese Premier Chou Enlai decided that 300 nukes would be sufficient to deter a nuclear attack on China, because he rationalized that if only 10% of their warheads struck any enemy, 30 nuclear strikes would render enormous damage to any enemy nation.

At that time and even today, no nation has a post nuclear attack survival game plan. Today, the survivors of any nation struck with a few dozen nuclear warheads would just have to figure out how to survive and live with radioactivity that will be alive and radiating for decades.

Each survivor will need to seek safe shelter, clean air, clean water, and clean food. Growing food will be a challenge as clean earth and clean water are needed to grow clean food. The mental challenges to survive in a post nuclear war scenario cannot be exaggerated.

Regarding reports that open source satellite images reveal that China is building ICBM launch sites. We should realize that she has had a fixed number of launch sites for more than half a century. Why now, is she apparently increasing her long range missile launch sites?

Could it be that our American civilian and military leaders have declared that China poses an existential threat to America, and this behavior conveys to China that we must plan to destroy her, before she destroys us.

Assume that they take our threats seriously, thus just in the recent years she has been adding launch sites in the Gobi Desert and



in Xinjiang, far away from her centers of population. I believe that some, most, or all of these sites are dummy sites. I don't believe China will spend unnecessary billion\$ to increase their nuclear delivery systems. If they add hundreds launch sites, it will cause us to attack all those launch sites, which would meet their objective to force us to divert our targeting away from populated locations.

Statements that they will have more ICBM launch sites may cause our national leaders to spend more money to add more nukes. Our military industrial complex will get a lot more funding, if we don't understand the Chinese strategy.

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

WHAT DOES THE MOST COMPETENT AND EXPERIENCED CHINA EXPERT SUGGEST TO PREVENT A WAR BETWEEN THE UNITED STATES AND CHINA?

The real China expert these days is Kevin Rudd, former Premier of Australia, former Australian Ambassador to China and now President of the Asia Society, is one of the best China experts who has studied and even speaks and reads Chinese fluently, has lived in China, served as an Ambassador to China, and knows Chinese history. With the advice of his Mother, Rudd started learning how to speak Chinese Mandarin at the age of six (6).

He has also met several of China's Presidents, including current Xi Jinping. Rudd is currently the President of the Asia Society and has more than a dozen You Tube videos that are very informative, and many articles on China in international periodicals including the Economist and Foreign Affairs.

Today, there are dozens of "experts" who pontificate on China and the many situations in China, but most have never been to China, nor do they demonstrate that they understand the

leaders of China, or the Chinese government, even though they are "experts."

So what are the views of one of the few real experts on China?

He warns that the relationship between the U.S. and China has been deteriorating for years and now with the military on both sides ready to fight, "hostilities could easily lead to World War III and one which could escalate to a nuclear war."

What does this real expert recommend to avoid war?

Rudd opines that both nations must understand that their competitive efforts for economic, technical and military advancement is acceptable.

But they must not allow their competitiveness to result in conflict. Neither side will likely

surrender, so the war will just kill millions and destroy large sections of our planet. Rudd calls this construct "Managed Strategic Competition."



The problem is that we must get both parties to agree to the arrangement and the leaders today and tomorrow must accept unusual idea to choose peace, rather than domination.

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



WHY ARE WE GOING CRAZY OVER A CHINESE BALLOON OVERFLYING AMERICA (AND LOTS OF OTHER COUNTRIES)?

The one Chinese balloon that overflew the United States is now believed to a system to collect intelligence

Everyone in America is angry that any foreign nation, especially China, would dare to invade our air space. No nation would accept this activity.

Why is it that it took so long to be an issue. The balloon flew thousands of miles, including Alaska, before entering the continental United States. It was driven primarily by wind - the large intercontinental wind currents that circle the earth 24/7.

When we Americans finally learned that a Chinese balloon had entered our air space, we were all mad. How dare they do this to us? Some probably thought that we would never do such a sneaky thing.

After 2 days, it was reported in the media that these balloons were conducting video surveillance over wherever the balloon was overflying. The Chinese were spying on us!

How dare they?

In the media, we learned that daily, about a thousand balloons are released globally for scientific research, usually weather related. Some of us may be too young to recall, but shortly after China was conquered by the Chinese Communists in 1949, the U-2 surveillance platform was used by our military, and also jointly with the Taiwan military pilots, to overfly China and conducted photo reconnaissance of China for decades. China was weak at the time, so they did not complain about foreigners overflying their national air space.

Today, the U-2, more than 60 years old, is still be used for intelligence reconnaissance and electronic operations. The plan is to continue its use for another 30 years. The Soviet Union (now Russia) was the original target. The U-2 flies at 70,000 feet when approaching the target area and can drop down lower to take a

clearer photos before popping back up to 70,000 feet avoiding attack by foreign fighter jets that cannot operate at that altitude.

There was a historic time a U-2 was shot down by a Soviet long range missile. This was the Francis Gary Powers tragedy back in 1959.

Since the U-2 is still in service, the electronics and other capabilities of this system has been continuously been upgraded.

We can assume that overflying China, Russia and N. Korea and over other enemy territory is still done today.

Maybe the newest versions are drones, or soon to be drones.

We've finally learned a lesson from the 1959 Gary Powers incident.

IF YOU HAVEN'T NOTICED, THERE IS AN INTERNATIONAL RACE UNDERWAY TO ATTEMPT TO DEVELOP AND ACCUMULATE SUFFICIENT SEMICONDUCTOR TECHNOLOGY SO THAT WHOMEVER SUCCEEDS CAN RULE THE WORLD

What? How can that happen?

Most us know that semiconductor chips are important and that chips are used for many, many applications. But it may surprise many of us when we learn that semiconductor chips impact our lives virtually 24 hours a day.

Virtually all modern electronic products use semi-conductors. We don't even think about. But, from our cell phones, lap top and desktop computers, to our kitchens where our refrigerators, stoves and micro-waves reside, to outdoor lighting on billboards, and of course, the dynamic displays at our sports arenas. Less exciting, but also of great value are LED lights which are used indoors and outdoors.

The most advance chips can pack a billion transistors and are used in the military in all our modern weapons. Still wondering why we are in a race to dominate the semiconductor industry?

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TSMC does not make chips, it's called a FAB,

because it assembles the most dense chips in the world from parts made by several hundred companies that make integral parts for TSMC's products. Most of these companies are now spread out over Asia, with major components made in Singapore, Japan, and South Korea.

We have been a slow to realize the importance of semiconductors, so now we are trying not just to catch up, it is now our national goal, to catch up and dominate the chip world. That is going to be a real challenge. It is unrealistic for us to quickly become a TSMC and also replicate the many subcomponent manufacturers in the world.

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Consider the current situation with Australia, South Korea and Japan, all three have serious national security problems with China, but strong trading continues in all these countries. Perhaps they think it solid trade is better than combat.

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Stay tuned, this story is just beginning.



THIS IS A WARNING FROM THE FBI WEBSITE:

"The counterintelligence and economic espionage efforts emanating from the government of China," it says, "are a grave threat to the economic well-being and democratic values of the United States. Confronting this threat is the FBI's top counterintelligence priority."

Author James Bamford is on a roll. Previously he has published several exposés that have really revealed the incompetence and failures of our NSA, CIA and FBI. He must be on several agencies "hit list." His books have revealed how some of our enemies have exploited our security sloppiness and also poor handling of our covert human intelligence sources.

If I were an intelligence collection manager, I would be most jealous of his sources within our intelligence community whom Bamford has convinced to reveal very sensitive intelligence programs and sources. If we can assume that the information he has gathered for his books is accurate, his methods are astounding, and extremely damaging to our major intelligence and counter-intelligence organizations.

In "Spyfail," Bamford initially discusses the 2001 incident in the Taiwan Strait, where one of our Navy EP-3 surveillance planes was forced to make an emergency landing on a Chinese island with equipment and materials on board totally intact.

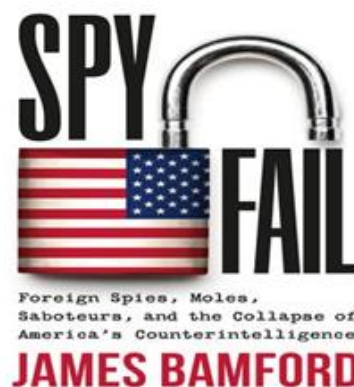
The EP-3 was loaded with classified electronic surveillance equipment, and also loaded with Top Secret/Special Access documents that revealed their mission and all the collection targeting data for many then current, and also future, NSA missions. Such being the case, the Chinese, doubtless examined and learned a lot about our equipment, that would enable them

to learn and copy what was likely state-of-the-art equipment. If true, that would have allowed the Chinese to upgrade their electronic collection capabilities.

Then Bamford weaves a complicated history of David and Alex Ma, who were both born in China and joined the FBI and CIA with initial low level jobs in translation, then over time due to their language skills and learned experience, moved into human clandestine operations. With a few years of experience, both decided turn on America and work for their original homeland. They were deeply involved with clandestine agents and operations in China, and were a very pleasant surprise to the Chinese security services. For more a decade, the whole network of CIA recruited spies in China were killed or imprisoned.

How did that happen? David Ma who had move up into being an FBI counterintelligence agent was largely responsible. His brother Alex, working in the CIA passed classified documents to China security, which were damaging, but his exposure of our Chinese spies in China were catastrophically damaging.

David Ma was undetected for decades, before his arrest in 2020. How could any agent be doing harm for so long go undetected? Wasn't he ever tested, and/or polygraphed? He was traveling regularly, including into China. Why was there was no suspicion for years, as one



after another, asset was neutralized? How does one field agent know get access to the names of all the CIA spies working in China? This violates the most basic of security precautions.

For all the explosive details, go on the web and get your copy of "SPYFAIL," It's 484 pages and loaded with earthshaking details of treachery.

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

WITH TALK ABOUT POTENTIAL NUCLEAR WAR BETWEEN THE U.S. AND CHINA, ON FEBRUARY 27, 2023 THE WORLD HEALTH ORGANIZATION (WHO) PUBLISHED A LIST OF MEDICINES FOR HUMANS TO DEAL WITH RADIATION

With talk about potential nuclear war between the U.S. and China, on February 27, 2023 the World Health Organization (WHO) published a list of medicines for humans to deal with radiation.

It is very alarming that the World Health Organization has sent a memo that lists medicines for dealing with nuclear radiation, presumably caused by nuclear war. Of course, it is Who's responsibility to provide this type of data for all citizens.

But, the timing of this message when there is concern that China and America may be at war is more than a little alarming. There would not

be need for medicines to deal with radioactivity, unless there was a real danger for nuclear radiation presumed to be caused by nuclear war.

Did our President see this warning memo? If he did, it has not be noted in the press.

Sending this type of alarming memo out when a war with China is not imminent is very bad judgment. Causing unnecessary panic is the mission of the World Health Organization, especially if it is not coordinated with national authorities.

But we don't know who in "WHO" is responsi-



ble for this extremely bad decision!

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



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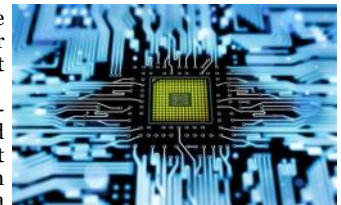
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Read more: See **SEMICONDUCTOR** at this link: <https://www.sfcathaypost384.org/rc.html>

IMPORTANT NOTE AND WARNING TO ALL AIR FORCE PILOTS AND GROUND CREWS

Recent serious health issues (cancer) with our Air Force pilots and ground crews have revealed a higher than average risk of cancer for these veterans.

Pilots and ground crews who were exposed to aircraft fuel have a higher rate of cancer. This was a change from earlier studies that did not show a correlation, but the latest data has changed that conclusion.

A year long study of almost 900,000 service members who flew, or worked on aircraft between 1992 and 2017 revealed that air crew members had an 87% higher rate of melanoma and a 39% higher rate of thyroid cancer. Among males, there was a 16% higher rate of prostate cancer and with females, there was a 16% higher rate for breast cancer.

Additional bad news, ground crews had a 19% higher rate of brain and nervous system cancers, a 15% higher rate of thyroid cancer and a 9% higher rate for kidney or renal cancers, while females had a 7% higher rate for breast cancer. The overall rate for cancers of all types was 3% higher.

There was some good news as well. Perhaps a little surprising, but air crews and ground crews had lower rates of bladder and colon cancers.

Data was compared with data from the general U.S. population with adjustments for age, sex and race.

The study did not include data from the Veterans Administration which means data for the

study did not include veterans who got sick after the left the military health care system. Every veteran who served on air crews and ground crews should be advised their doctors of their past exposure to aircraft fuel fumes.



Thanks to post member, Air Force Colonel Joe Chan for this report.



FRIENDS, THIS IS EXTREMELY SERIOUS

Plastic is everywhere, and that is now a real big problem. It is so Omnipresent, that we can't live without it, and that's a real problem because once Plastic is introduced, it doesn't go away and accumulates wherever Man has introduced it. And it does not decompose. Once we make plastic an ingredient in , it does not go away, and we must live with it forever.

And we are all guilty of dumping plastic products. Who doesn't throw away something made with plastic? Many things we throw away are partially plastic, but we don't know it. Any clothing that we wear that is stretchy, is partially plastic.

And we will all be very sorry we have trashed so many things made with plastic. A lot of plastic waste ends up in landfills, but that just buries plastic - forever. Buried plastic exists even when we bury plastic. But that is not the real big problem with plastic waste.

Today the primary reservoir for disposed plastic is our oceans. Plastic waste has been accu-

mulating for decades in our oceans, and it is now another threatening situation that, in fact, threatens Mankind.

How much plastic waste is in our oceans? Our best guesstimate is that there is: More than 170 trillion tons of plastic particles in our oceans, and increasing daily. After plastic is dumped into the ocean, it begins to fragment into small particles.

Okay, so what? Well, the plastic waste items we dump into the sea threatens all sea life in the sea, and destroys coral reefs, and the small particles are eaten by small fish, which are subsequently eaten by larger fish. Of course, the plastic then is embedded in the larger fish. Our fisherman catch these fish stuffed with plastic, and intern, Man eats fish stuffed with micro plastics and this exposes everyone who eats fish polluted with microplastics to potential health hazards. The actual harm done to the human body is still under investigation. However, we do know that microplastics disrupt the function of

hormones in the body, and potentially can cause many different negative effects.

It is not a great idea to eat fish stuffed with microplastics.

It must also be noted that fish is an important part of human diets. Some groups of Man depend more on a diet, including fish, than others. The loss of this vital part of our food chain is a threat to a big part of Mankind. The good news is that there are several organizations that are attempting to remove plastic from the oceans. They have a formidable task and we wish them luck.

You and I can donate to: hello@oceansharmony.org or <https://oceansharmony.org> to help the cause.

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

DEAR READERS, WELCOME TO THE 21ST CENTURY AND THE CURSE OF PASSWORDS

Anyone who uses a computer, be it a desktop, laptop, iPad or cell phone is living a life of misery. We must all use passwords to provide some protection from outsiders accessing our emails, files and financial accounts. They need to be unusual, so that others cannot guess our chosen passwords, and since we all must use at least a half dozen different passwords for different applications, the human mind cannot devise strings of characters that are possible to be recalled, but not easy for others to discover. Unfortunately, we must make passwords others cannot guess, but because we all need to use a dozen or more passwords for different applications, it is extremely difficult to not use certain patterns that we can recall so that we can continue to access different applications we must use.

Our worlds get seriously upsetting when we must regularly change passwords, and make them sufficiently different so that others who know you, or can access your use of passwords, will be able to figure out your repeat-



ed strings of symbols that help you recall your new passwords that are changed periodically for security reasons.

For many of us seniors who have problems with memory, passwords and changing passwords that are secure (that we can remember) poses anger and anxiety for most of us. We should note that it will also be a pain and headache for everyone who survives to be a senior who continues to use a cell phone, or iPad, or any type of computer. The use of a convenient notebook to record all your passwords and changes made, can make life less stressful and positive for everyone's life. Do it, if you know what's good for you.

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

IPHONE HACKERS

IF YOU (AND I) ARE USING AN I-PHONE IN PUBLIC ESPECIALLY ON PUBLIC TRANSPORTATION, CRIMINALS ARE TRYING TO WATCH OUR KEYSTROKES TO STEAL OUR PASSCODES, THEN GRAB OUR I-PHONES, AND EXIT PUBLIC TRANSPORTATION, THEN ACCESS OUR BANK ACCOUNTS. WHEN I AM ON OUR LOCAL BUS OR MASS TRANSIT TRAIN, ALMOST EVERYONE IS USING THEIR CELL PHONE.

Even though Face Recognition is secure for now, if criminals can steal your passcode, and then grab your cell phone, they can use the stolen passcode to change the pass code so that they can control your iPhone and drain your bank account (s) before you can stop them. Thieves have even tried to capture the keystrokes for passcodes by using their iPhone or other cell phone cameras. (Not easy do, especially if you block your screen so that no one can see your keystrokes.) Key Defense, i-phone users must never allow anyone to grab their phone and run. The thieves will attempt to capture your passcode, if you key in your passcode in public. If you must use your passcode in public, make sure no one is looking over your shoulder, or sitting next to you. They will scout for easy victims like seniors, or ladies. Many of the thieves are young men, so they are likely stronger



than their victims. In public transportation, it is not unusual to see i-phone users hanging on the a strap or an overhead, or side bar, and holding with one hand, the i-phone. It doesn't take a lot of strength to just grab your i-phone, and dash away. For the thief, they would like to grab the i-phone when the bus, or is stopped so that they can make a quick exit. And the victim may not have even seen the face of the thief.

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



IS IT YOUR TIME FOR HONOR FLIGHT? SIGN UP SOON

Origins of HONOR FLIGHT: In 2005 Air Force Captain Earl Morse initiated a unique and meaningful program to honor veterans of our previous wars. Eligible veterans are invited to participate in this three (3) day trip to Washington DC and be honored at Arlington National Cemetery, the Vietnam Memorial and the World War II memorials .

Since its origin in 2005, the Honor Flight has been established as a 501 (c) (3) non-profit which funds the three day event for all eligible and selected participants. Receiving substantial donations from many sources, all participants attend this event at no cost to them. Of course, donations are solicited to continue this worthy program for additional veterans who will be participating in the future.

Several years ago Post Members Charles Paskerian and Frank Wong participated in Honor Flight and after their trips, are encouraging eligible veterans, including our Cathay Post members to sign up, which a number of our members did. Many of us have been waiting several years to join Honor Flight. This May, four of our Post members including Nester Tom, James

Hong, Past President David Wong and Historian and newsletter founder Roger Dong will be flying to Washington DC to celebrate this Honor Flight event. We are all very excited and will film our trip for our Cathay Post files.

ELIGIBILITY: Veterans who have served at least one day during WWII, the Korean War, or Vietnam are eligible to participate in Honor Flights. Serving in a combat zone is not required. This is a three day trip (1st and 3rd day are travel days) to Washington DC to be honored at our national cemeteries. Two nights stay in a local hotel/motel are included. Senior veterans have do have priority. Money is only needed for souvenirs, if desired.

If a guardian is needed to escort the participating veteran, the cost is \$1,250 for airfare, meals and room fees.

We encourage all our members and other veterans to sign up for this very special event as all eligible veterans deserve this moving celebration.

Applications will be provided at our next Post meeting.

BUT I LOVE JUNK FOOD...

From the April 2023 Harvard Health Letter:
Quote:
Eating ultra-processed foods tied to cognitive decline...
Anyone having difficulties giving up junk food including microwave dinners, deli meat, white bread, packaged cookies, cheese puffs, and pastries is taking the risk of cognitive decline. (For some of us, it may be too late!)

Here's advice to all of us who wish to keep our memories a few more years.

A study was published on Dec 5, 2022 by JAMA Neurology that linked eating lots of junk food with cognitive decline. The study involved 11,000 dementia free individuals (ages 35 - 74). Participants filled out food questionnaires and periodically underwent cogni-

tive testing that measured memory word recognition and recall, and other thinking skills. After eight years, scientists found middle-aged people who ate the most junk food had a faster rate (up to 28%) of cognitive decline , compared with people who ate the least junk food.

This plausible, because we know that a diet rich in ultra-processed foods is associated with increased risks for many chronic diseases , including heart disease and diabetes (which have risk factors similar to those for dementia).

So try to cut back on junk food and fill your plate with healthier goodies, such as fruits and vegetables, legumes, whole grains, nuts, seeds and lean proteins.
UNQUOTE.

BETTY LEE SUNG

In January 2023 we lost another great Chinese American Heroine. Many of us don't know her, but our Historian worked with her a few years ago, and she was added to the Chinese American Heroes website. That heroine was Betty Lee Song born in 1924 in New York City.

Betty Lee Sung, her parents were immigrants who took her to China during the Depression, then escaped the invading Japanese as a teenager and struggled to make her way back to the United States. She was very active during WWII with the Voice of America and also worked at the Library of Congress translating Chinese maps for the Army during World War II. And after the war, Dr Sung founded an Asian American studies program at City College of New York, billed as the first in the eastern United States. She was the chair of



the department of Asian studies there when she retired in 1992. Her post retirement life was most interesting and noteworthy as she devoted the three years to cataloging a database of 12,000 detailed immigrant records stored in 581 boxes that she had discovered in a National Archives warehouse in Bayonne, N.J.

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

WHY DO WE FEAR CHINESE DINING ON OUR PORK?

Chinese Purchase of Smithfield Farms in 2013 is causing some people to think that Chinese ownership of our farmland facilitates their spying!

There are a number of reasons why Americans should be concerned about China's growing economic strength, but owning a pig farm which provides both the Chinese and American citizens with hot dogs and bacon should not be a reason for paranoia. Some have suggested that Chinese ownership of our farms will help China spy on us. With the pig farms, this might be known as Oink intelligence.

One issue that has not been mentioned is if the Chinese own a lot of American properties and farmland, it is less likely to bomb us. The provision of food for 1.4 billion mouths to feed in China, is a major issue for the Chinese government. We are a major provider of food products to China.

Pork is a major part of the Chinese diet. Since Smithfield farms is providing tons of pork to feed the Chinese, they will have to

think twice before bombing us. (There are no other Smithfield Farms in the rest of the world.) On a slightly more serious tone, the United States is nearly 4,000,000 square miles. China is slightly larger than us. No military in the world can conquer such large landmasses.

So, the real issue is, why don't we sell even more land and farms to China.

A relevant non-security issue is that at the Smithfield Farms now owned by the Chinese since 2013, has 400 farms in several states and hires thousands of American workers to fatten up many pigs for distribution globally.

In America their hog products are sold under the following labels, Armour, Farmland and Nathan's Famous.

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

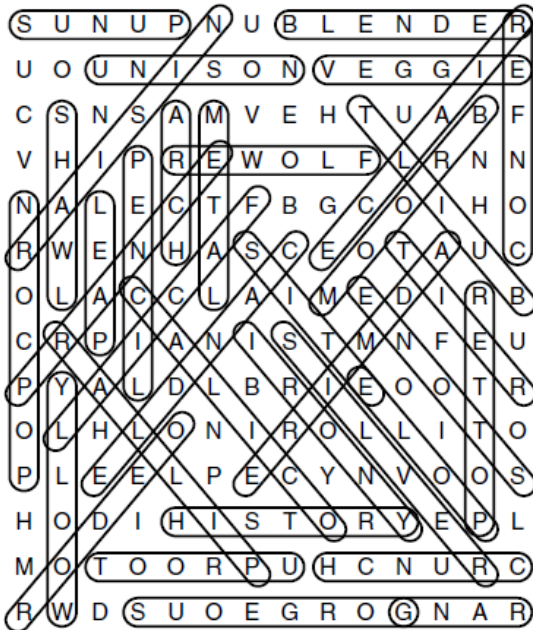


JANUARY PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

WORD SEARCH secret message:

ACCLAIMED PIANIST



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

SUDOKU SOLUTION

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

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

4 NUMBERS SOLUTION

7	33		
4	13		
+	-	×	÷

(13-4)x7-33

5	8		
5	5		
+	-	×	÷

(5/5+8)x5

JUMBLE SOLUTION

- BAGGY
- CHAFF
- STUPID
- FELONY



What the first class travelers experienced — FLIGHTS OF FANCY



WORD SEARCH: WHEEL OF FORTUNE

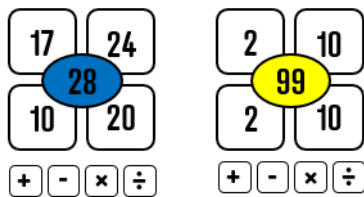
T H B R I D G E E S A F I L M
 X I S Y T X I S O R S A C O O
 U I M P E R I A L L D N N N O
 T P E L K V C O M M I T A Y C
 A R D G R S I B E D E A C A E
 B U S B A Q A F E B L N T C H
 O E C A M B U T L H H O N Q A
 S P T C W H B A S I C U U A S
 T I E C E N C I D A O I W E A
 O C T A N K F S R R N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

Solve this word search, to reveal a hidden phrase—Good Luck!

- BACCARAT
- BEZIQUE
- BLACKJACK
- BOSTON
- BRIDGE
- CANASTA
- CASINO
- COMMIT
- CRAZY
- CRIBBAGE
- ECARTE
- EUCHRE
- FAN-TAN
- GO FISH
- HEARTS
- IMPERIAL
- MONTE
- NEWMARKET
- OLD MAID
- PINOCHLE
- PIQUET
- PITCH
- POKER
- QUADRILLE
- QUINCE
- ROUNCE
- RUMMY
- SIXTY-SIX
- SPADES
- SPOILFIVE
- WHIST

4NUMBERS

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



CAN YOU SUDOKU?

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

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

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

JUMBLE

- STEAE
- KNALF
- SMIFLY
- SPOGLE



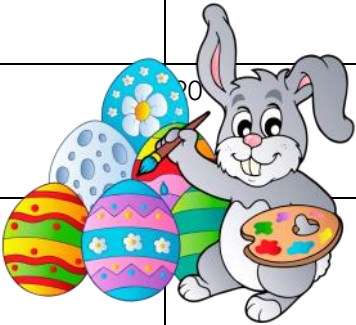


Answer here: " "

WORK SPACE

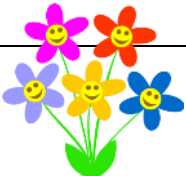




APRIL

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

MAY



SUN	MON	TUE	WED	THU	FRI	SAT
	1 SILVER STAR SERVICE BANNER DAY LOYALTY DAY	3	4 NATIONAL DAY OF PRAYER	5	MAY 6-12: NTL NURSES WEEK	
7	8 VE DAY	9 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	10 EXECUTIVE BOARD MEETING 7:00 PM	11	CHILDREN OF FALLEN PATRIOTS DAY	13 POST MEETING 11:00 AM
14 MOTHER'S DAY	15 PEACE OFFICERS MEMORIAL DAY	MAY 13-20: ARMED FORCES WEEK		18	19 MILITARY SPOUSE APPRECIATION DAY	20 ARMED FORCES DAY
21	22 MARITIME DAY	23	24 	25	26	27 MEDAL OF HONOR DAY
28 	29	30	31 MEMORIAL DAY	MONTH OF THE MILITARY CARE GIVER NATIONAL MILITARY APPRECIATION MONTH		