



CATHAY DISPATCH

SAN FRANCISCO, CA

MAY 2022

VOL 13 - 05

MAY IS THE MONTH OF REMEMBRANCE

By Commander Helen Wong



Looking back two years ago when the world was still in lock down due to COVID-19, and there were so many events that could not be held, to today as we finally are getting back to some sort of normalcy, we really

appreciate getting together in person again. We will be able to honor our mothers on May 8th for Mother's Day. We will be observing Asian American Pacific Islanders (AAPI) events again, May 4th in San Francisco, May 25th in Alameda (see flyer); Armed Forces Day is on May 21st. Good Turn Day with flag planting at the gravesites is on May 28th at Golden Gate National and Presidio of San Francisco National Cemeteries. There will probably be the U.S.S. San Francisco Memorial Observance at Lands End on May 29th, followed by Commemoration of the War Memorial Monument for the WWI & WWII Chinese American Service Men who made the ultimate sacrifice with their lives while serving in the military. As in the past, the program will take part at St. Mary's Square

at 3PM and will be a joint service with the VFW Chinatown Post 4618. While we have featured the monument in the past from 1951 when they first conceived the project, it is always worth mentioning again with a photo from that time and the list of names.



On May 30th, 11AM Memorial Day services will be held both at Golden Gate National and Presidio of S.F. Cemeteries. Even if you do not attend the programs in person, please take time to remember those who made the ultimate sacrifice by giving their all: All Gave Some, but Some Gave All. Also remember those who have served in the military and are no longer with us. Having just recently attended the April service/celebration of life for Vietnam Veteran Romie Basetto, a past American Legion Post 105 Commander, District 26 Commander, and a good friend of Cathay Post, it was sad to say goodbye to him as he lived such a full life and was such a giving person that it made it harder to let go. Our Post was represented by myself, Jr. Past Commander Nelson Lum, Sgt-At-Arms CJ Reeves who participated in the military honors service as a dual member of the US Volunteers, and Judge Advocate Ray Wong and his wife ALA Unit 1 member Dara Wong.



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

CATHAY DISPATCH STAFF

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

CONTACT US

1524 Powell St.
San Francisco, CA 94133
Phone: (415) 797-7384
Email: CathayPost@gmail.com
www.sfathaypost384.org

...Continued on page 2



...Continued from page 1



In keeping with the AAPI events, the Chinese American GI Project will be displaying the long awaited Chinatown to Battleground Exhibit at the War Memorial Veterans Building's Veterans Gallery, 401 Van Ness Avenue, San Francisco, from May 4 to June 12, Wednesdays through Sundays, 1-6PM. Film maker/historian Montgomery Hom has many artifacts on display from his personal collection which is the largest of Chinese American military items in the country.

Cathay Post is also very proud of 2nd Vice Commander Chuck Paskerian who was recently elected to the Korean War Memorial Foundation. His involvement in the community is widely recognized and he has kept active in all his veteran organizations. Congratulations to Comrade Paskerian!



Above: 2nd Vice Paskerian pictured at 2021 Korean War Memorial Dedication lunch with CMDR Wong, Col. Chris Starling



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>



CHINATOWN TO BATTLEGROUND

Chinese Americans in Military Service



May 1 - June 12, 2022
Wednesdays through Sunday, 1 - 6PM
Veterans Gallery SF, Veterans Building Ste. 102
401 Van Ness Avenue, San Francisco

SPONSORS



American Legion
Cathay Post 384



Chinese Historical
Society Of America



Chinese Historical
Cultural Project



Chinese American
Citizens Alliance



The Chinese American G.I. Project was created in 2019 by Montgomery Hom and Ron Chan to promote this unique portion of America's untold history. Their mission is to ensure that Chinese American military service is not forgotten, ignored or silent.

Website chsa.org/wwii-chinese-american-qi/

Facebook [facebook.com/groups/chineseamericangiproject](https://www.facebook.com/groups/chineseamericangiproject)

<https://www.facebook.com/groups/chineseamericangiproject>



MEMORIAL DAY OBSERVANCE

at

SAN FRANCISCO NATIONAL CEMETERY

1 Lincoln Blvd., Presidio of San Francisco

Join us in honoring our fallen heroes on

MONDAY ★ MAY 30th ★ 11 a.m.

Band concert begins at 10:30 a.m.

Speakers:

CDR Daniel Bernardi, Ph.D., Navy Reserve

Sgt. Maj. of the Army Michael Grinston

Also:

Air Force Band & Vocalist

Gold Star Family wreath presentation

San Francisco JROTC Color Guard ★ Bagpiper

Flyover by Coast Guard Air Station San Francisco

Emcee: Ken Wayne, Navy veteran, journalist

U.S. Department of Veterans Affairs • San Francisco National Cemetery
For more information call 650-589-7737



81st Annual
**MEMORIAL DAY
OBSERVANCE**

at

GOLDEN GATE NATIONAL CEMETERY

1300 Sneath Lane (Veterans Way), San Bruno

Join us in honoring our fallen heroes on

MONDAY, MAY 30th, 11 a.m.

Band concert begins at 10:30 a.m.

Speakers:

Dave C. Prakash, M.D., U.S. Air Force veteran

COL Deborah Dacumos, U.S. Army (retired)

Also:

San Andreas Brass Band ★ Bagpiper ★

San Mateo County Sheriff's Office Color Guard ★

Gold Star Family wreath presentation ★ Vocalists ★

31st Regiment, U.S. Volunteers rifle salute ★

Fly over by U.S. Coast Guard Air Station San Francisco ★

Emcee: Capt. Hank Scherf, U.S. Navy (retired) ★

Presented by the Avenue of Flags Committee

U.S. Department of Veterans Affairs • Golden Gate National Cemetery
For more information call 650-589-7737



THE COLONEL GEORGE ISHIKATA MEMORIAL JROTC AWARDS CEREMONY & DRILL COMPETITION

SATURDAY APRIL 23, 2022

The sun was shining on a beautiful day that the American Legion Cathay Post 384, attended, presented, and provided 14 medals for San Francisco JROTC High School Students. In attendance was Jr. Past Commander Nelson Lum, Commander Helen Wong (presenting for AMVETS), 2nd Vice Chuck Paskerian and his wife ALA Unit 1 member Diane, Sgt-At-Arms CJ Reeves, and comrade Don Gorwky. Other dual members pre-

sent were JA Ray Wong and Nestor Tom (presenting for VFW). Seven medals were for Athletics, and seven were for Scholastic Achievement. In addition the Post will provide 2 \$1,000 Scholarships to deserving students which will be determined later.

There were many other rewards for these great kids as more organizations than usual provided medals.



Lt. Colonel Bullard and his staff did an outstanding job with its impressive ceremonies, highlighted by the performance of the Drum and Bugle Corps of the following high schools: Balboa, Burton, Lincoln, Lowell, Washington, Mission, and Galileo.

The exuberant crowd exceeded 260 with friends and family and organizations who presented medals. It was a pleasure and fun to be there. Suggest you all come next year, and wear your Legion hat.

The pictures below are self explanatory.

Enjoy.





POST EVERLASTING

We are saddened by the passing of our dear friend and colleague, Stan Ellexson. He was celebrated at the last Naval Order Luncheon on April 4th.

Stan was a regular at these luncheons, and led the Pledge of Allegiance at these events. I sat beside him at our Naval Order Luncheon for many years.

Most of you will also recall that he was our Cathay Post 384 Judge Advocate. Stan was well know for his long years of work with the Cowell Division of the Sea Cadets and was the honored "Sailor of the Year" two years ago at the USS San Francisco Ceremony.

He was also known for his restaurant in Richmond, called "Big Stan's."

Goodbye, Stan, May you now have peace.





PROMOTED TO POST EVERLASTING

Recently, I had the honor to perform final military honors to a true Legionnaire and Comrade – Commander Romie Bassetto. As a card-carrying member of the United States Volunteers (USV), I was dressed to the nines in my Army Dress Blues. I was assisted by COL Tom Weissmiller, who was the Officer in Charge (OIC). I was the lead NCO in Charge (NCOIC) of the detail. Since the Commander, COL Leo McArdle was Emceeing the Ceremony, he was unable to participate in the formal honors. Due to the decline in membership of the USV, we are ever grateful for the support and assistance from the American Legion Riders (ALR) from Post 105. After the church service, the funeral cortege headed down the street – the Headquarters of American Legion's Post 105 in Redwood City. This is the hub in which CDR Romie Bassetto operated. He served over five (5) tours as Post Commander. Add to that, two (2) tours as District Commander of their area District 26. He will long be remembered for orchestrating the brand spanning new building complex, complete with living units for Veterans, which will soon be the new Headquarters for Post 105 in Redwood City. The final military honors began with a procession. I solemnly carried in Comrade Romie's remains contained within a cherry wood box, designed as an urn. As is customary, the final military honors continued straightaway with the firing of three (3)

volleys and the playing of TAPS on the bugle. Thanks again in part to the ALR and the Patriot Guard for covering these details. After presenting the flag to the Next of Kin (NOK) on behalf of the President and a grateful nation, we then present the three (3) spent rounds on behalf of the Honor Guard – in this case the USV. The rounds represent our Comrade's unwavering dedication and service to the nation, focusing on the military's core values of Duty, Honor and Country. At the same time, the USV Commander's challenge coin is also presented. Post 105 Commander then presented his challenge coin. Rounding out the presentations is the Post 105 ALR. They present their challenge coin and a Certificate of Appreciation. OIC COL Weissmiller had the distinct honor and privilege to honor his good friend by presenting the flag to Romie's daughter Shana. After presenting the burial flag, we had the triple honor of presenting three (3) additional American flags to Romie's grandchildren. It was a simple, short and solemn service. Romie's brother, John, tried holding back the tears as he spoke about the person Romie. Current Post 105 Commander George Smith spoke about the legacy left by Legionnaire Romie. The grandchildren presented their grandfather a photo memorial in the form of a DVD, which played like a zoetrope, alternating between dated black and white pictures and snazzy, modern pic-



tures in full color. As we were enjoying our catered lunch of various sandwiches and pasta, the DVD looped from beginning to end. Our post has a long-standing history with Romie and with Post 105. The Post or District Commander usually attends our National Commander's Dinner. Also, our posts also co-host the flag retirement ceremonies at Cypress Lawn. Even with Legion Boys' State transportation, our posts are inextricably linked and have been for many years. As such, we grew to know Romie. We enjoyed our joint ventures with Romie. We will miss his company and his comedy. In attendance from our post, there was Commander Helen Wong, Jr. Past Commander Nelson Lum and Judge Advocate Ray Wong. Dara Wong was there to document with her photography and is a member of Unit 1 of the Legion Auxiliary. Together as a unified post, we sat at the head corner table. Together we paid our final respects to a great Comrade and Legionnaire. Together we broke bread. Together we bade our old friend Romie adieu with a final farewell salute, as he was promoted to Post Everlasting. Never to be forgotten. So long, soldier.





BATAAN DEATH MARCH MARKS 80 YEARS!

Commander Helen Wong and SGT@ARMS CJ Reeves attended a formal remembrance ceremony of the Bataan Death March hosted by the Philippine Consulate. It was a somber affair as we viewed the gallery exhibit. Normally, we have actively participated in both events focusing on the Bataan Death March and the Rape of Nanking. Due to the COVID-19 pandemic, these events have either been cancelled, postponed or on ZOOM. The keynote speaker was the articulate Cecilia Gaerlan. She shared with us her personal account of her dad's story. She stressed that her dad never discussed it as she was growing up. It's what he didn't say, which is the heart of the exhibit. The 99-day struggle to march to Camp O' Donnell was a death sentence. They really were DEAD MEN WALKING! Light refreshments were served along with various pastries containing UBE and GUAVA. Please check it out and learn something new.



REMEMBER BATAAN 1942-2022
80TH ANNIVERSARY OF THE FALL OF BATAAN

You are cordially invited to a visual exhibition which will pay tribute to Philippine WWII veterans and civilians who served with courage, honor, determination and distinction.

Join us to commemorate the 80TH ANNIVERSARY OF THE FALL OF BATAAN AND THE BATAAN DEATH MARCH.

MILITARY AND LAW ENFORCEMENT NIGHT
Thursday, April 28
6:00 pm – Doors open
6:30 pm – Program starts
Kalayaan Hall, The Philippine Consulate
447 Sutter Street, San Francisco

Rsvp by Tuesday, 04/26/22:
<https://rememberbataan2022.eventbrite.com>

Everything Mom

*How did you find the energy, Mom
To do all the things you did,
To be the teacher, nurse and counselor
To me, when I was a kid.*

*How did you do it all, Mom,
Be a chauffeur, cook and friend,
Yet find time to be a playmate,
I just can't comprehend.*

*I see now it was love, Mom
That made you come whenever I'd call,
Your inexhaustible love, Mom
And thank you for it all.*

*By Joanne Fuchs
Peomsource.com*



AAPI HERITAGE MONTH

On Wednesday, April 27, 2022, a special press conference was held by San Francisco Mayor Breed to launch the celebration of AAPI (Asian American and Pacific Islanders Association) month. Aside from the attendance of press representa-

tives of the Bay-area, there were representatives from various community groups. Our post was represented by Commander Helen Wong who along with me attended this ceremony. The actual kick off of the celebration will take place



on May 4, 2022 and will last for the entire month. The celebration is designed to highlight the exceptional accomplishments of AAPI groups and those high achieving individuals. Ms. Claudine Cheng, one of the original organizers of this event, was present to host the opening of the press conference. She has continually assisted with organizing this event yearly for many years. Various community groups were in attendance and dressed to showcase their cultural heritage. There will be many events planned for the month, and in particular, the "Chinatown to Battleground" exhibition which will open from May 04, 2022 to June 12, 2022 at the War Memorial Veterans Building located at 401 Van Ness Avenue. This exhibit will feature the history of Chinese Americans' accomplishments as they sacrificed and served in wars and conflicts for our country. I would encourage you all to mark your calendar and participate in as many of the celebratory events as you can.



Join San Francisco in Celebrating
Asian American & Pacific Islander Heritage Month
 Forging Community Bonds
 May 2022

Co-Sponsoring Sponsors: amazon, Virus Geeks, usbank

Heritage Council: KNOX FERNANDEZ

Heritage Patron: cruise

Heritage Partners: [Logos for various community organizations]



WHAT'S THE LATEST ON OUR NEW SPACE COMMAND?

The standup of our Space Command is truly timely. While our Air Force has been developing our Space mission for a number of years, the critical national security responsibilities of Space demands increased focus and needed resources to facilitate a robust Space Command. In the last Century, our national security, at its highest levels, required America to have a strong nuclear capability to provide a sound deterrent to any major nation that threatened us.

This past decade, while the nuclear deterrent is still valid, the greatest threat to our national security is now a digital threat. The Russians, the Chinese and we, now have that the ability to conduct strategic cyber warfare which is the single most powerful weapon for offensive and defensive military operations. Any nation that wants to threaten or

disarm another nation can achieve vital partial victory by crippling a target nation's communications systems. All long distance updating is needed to update all need communications for going from Point A to Point B accurately.

On the bright side, here are images of Space Force members in the new Space Command uniforms.



SPACE FORCE UNIFORMS

TAKE A QUICK LOOK AT THESE NEW SPACE FORCE UNIFORMS. MAYBE WE WILL SEE SOMEONE WE KNOW IN THESE UNIFORMS IN THE FUTURE.



ROBOTS ARE RELIEVING THE WORKLOAD ON OUR NURSES, AND ARE DEVELOPING MORE SKILLS TO SERVE PATIENTS BETTER

THE PANDEMIC HAS HAD A TERRIBLE IMPACT ON OUR DOCTORS, NURSES AND OTHER MEDICAL STAFFS, AND THIS FIRST GENERATION OF ROBOTS IS BEING WELL RECEIVED. THESE MECHANICAL AIDES ARE NOT A THREAT TO THE JOBS OF OUR MEDICAL STAFFS.

Early retirements of medical staffs at all levels, is shrinking our medical staffs, especially hospital staffs in major cities that have been exhausted by the workloads required to support ICUs. Watching Covid patients die, attended only by a nurse, has serious mental strains wherever there are significant numbers of Covid deaths. Also a severe strain is extremely stressful, when colleagues succumb to the virus, and serious concerns about bring home infection to children or elders at home. Recruiting for nurses is a real challenge today, and the more robots can do to serve a patient, is truly appreciated by many nurses.

we are living in.

Most recently, the mechanical "Moxi" robot has been used in dozens of hospitals, providing relief as the computerized systems does not forget and handles many routines that are beneficial to patients with a variety of illnesses. Moxi, a nearly 6-foot-tall robot can pick up and deliver medication, supplies, lab samples, and personal items through the halls, from floor to floor. These routine services are a welcome relief to many nurses. Computer controls track and deliver medicines on time and always with water for the patient to wash down the pills.



Above: Courtesy of Diligent Robotics

will be doing a lot more to provide timely and needed services to patients wherever they are being utilized.

However, robots are no substitute of human nurses who accompany the a dying patients when families may not be allowed to be close to a dying patient. These are different times

Today, the Moxies can only perform simple, repetitive tasks, but we should be expecting that in the future, Moxie's sons and daughters

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



HAVE DRONES WILL TRAVEL ... AND TAKE OUT TARGETED TERRORISTS AND OTHERS NEAR BY

Air Force Drone Operators Must Deal with Killing Innocents

This is brand new territory. In the past our Air Force combat pilots dealt with an enemy challenger, and in confrontations, there was usually one winner, and one loser. The winner had no qualms about eliminating the worthy enemy who was not defenseless and could have been the winner. It was natural for the winner to feel proud of his success and feel little sorrow or sympathy for his opponent who could have been the victor.

Not So, for drone operators. Their targets on an attack mission are selected by a Customer determined by requirements. That Customer may be the CIA, or a Special Operations strike unit, and the target is never selected by the drone operator. The targeted enemy often is under surveillance for a period of time that ranges from days to months. Often video surveillance follows the target everywhere for extended time periods and the operator watches as the targeted individual spends time with his family and other colleagues. When the target is ripe for attack, he/she could be with his family either at home or somewhere with . In these non-military environments, innocents in proximity are also killed, including children, spouses, and/or elders. This type of destruction of innocent lives has resulted in deep sorrow/regret to the drone operator, and for many drone pilots, much sorrow, and great mental anguish.

Occasionally, the Customer has made mistakes, which resulted in the death of a wrong person,

along with the death of nearby innocents. It is not known whether anyone is accountable for bad mistakes and wrongful deaths.

Many drone pilots have left their jobs, with serious mental repercussions, including many symptoms normally associated with great stress, including PTSD. A few have committed suicide. It is not normal for anyone to drop bombs or fire rockets on a targeted who is "high" value and simultaneously kill many innocents, including children and other family members. Drone operators would also be included.

As an example, there was an Air Force Captain Kevin Larsen, who was an honors student, church goer, Eagle Scout and an Air Force ROTC cadet who wanted to be a fighter pilot and member of the Civil Air Patrol. A son most parents would be very proud of.

But after 188 drone attack missions, the Captain had severe mental problems (and a failed marriage) that led him to using drugs He was arrested and charged with illegal drug usage, and also stripped of his flight status. Facing a trial, and long term prison, Larsen fled armed with an assault rifle which he used to take his own life as the local police and Air Force investigators got close to finding him. Such a tragedy for an Air Force officer who drafted into a career that was not humanly possible to undertake without serious implications of his mind and career.



Today, in support of drone operations, more drone operators are recruited each year than pilots for the Air Force.

Realizing that this type of career has serious side effects, the Air Force has assigned human performance teams, which includes chaplains, psychologists and operational physiologists to help drone operators suffering the effects of killing innocent civilians including children, women and elders.

Unfortunately, it is hard to imagine how anyone can not be seriously mentally effected by reviewing videos that have captured the after action results of a drone attack on a targeted individual who is in proximity to innocent persons.

We are going to learn much more about the lives of our drone operators in the future. These are not stories that can be covered up from public knowledge.

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

OUR CALIFORNIA AIR NATIONAL GUARD HAS BEEN TRAINING UKRAINIAN AIR FORCE SINCE 1993

And that's one reason, they are doing so well, against a numerically superior Russian military forces.

With almost 30 years of cooperative training, our trainers opine that their war fighting skills are as good as ours, except for the older aircraft they are flying. We believe that with our excellent training, their Air Force has outperformed the Russians.

Our Air Force trainer have noted that what Ukraine lacks in numbers and technology, it makes up for in skill and teamwork. Despite flying outdated jets, Ukrainian pilots know how to work closely with ground-based air

defenses like S-300 surface-to-air missiles.

Some of our senior Air Force officers and pilots have traveled to Ukraine during the past decades, and have developed close personal relationships, and admiration for their foreign colleagues' extraordinary courage dedication to protection of their homeland despite the massive destruction of their country by Russian bombs and long range artillery. The loss of civilian lives and forced evacuation of several million Ukrainian civilians and families to all



corners of the world is so painful to view in the news.

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



THE MOST COMMON LOAN SCAMS- A WARNING ESPECIALLY FOR SENIORS

THIS REPORT IS EXTRACTED IN A MEMO FROM THE LENDING CLUB
PUBLISHED IN FEBRUARY 2022

What are the Most Common Types of Loan Scams?

A loan scam refers to any fraudulent activity in which a company posing as a lender successfully collects your personal information but fails to deliver the loan you applied for. To know what to look out for, here are the 6 most common loan scams and the tactics scammers use to prey on unsuspecting consumers:

- Advance-fee loan scams
- Phishing scams
- Government imposter scams
- Fake check scams
- Debt settlement scams
- Donation or charity scams

1. Advance-fee loan scams

In an advance-fee loan scam, the scammer will contact you to offer you a low-interest loan in exchange for upfront fees. These fees are often worded with legitimate terms like "application fee," origination fee," or "processing fee." After the scammer piques your interest, they'll ask you to pay those fees with a specific form of non-traditional pay-

ment—like an Apple gift card or prepaid debit card.

If you say you can't make an upfront payment, the scammer will offer to add it to your loan amount and then create a fake electronic transfer to your bank for the total amount. This is a particularly insidious tactic because legitimate lenders will sometimes offer to roll your fee into the cost of the loan if you can't pay them upfront.

Red flags of an advance-fee loan scam:

Asking for money upfront: Ignore any ad, email, or cold caller guaranteeing you a quick loan in exchange for a fee paid in advance, and never give them your credit card or bank account numbers. Legitimate lenders will charge you a fee after your loan has been approved, not before.

No credit check: Most Legitimate lenders will not approve a personal loan without first reviewing the borrower's credit report and credit score. Scammers often target individuals or businesses with bad credit or debt problems, and entice them with loan offers that legitimate financial institutions can't

provide. If they don't ask for your credit report, they may not be a real institution.

The offer is too good to be true: Fraudsters often claim they have special connections or can find loans other companies can't. If the loan credit limit is higher or the interest rate is lower than anything else you've seen, be on high alert—especially if you have poor credit. If it sounds too good to be true it usually is.

Pressure to make a decision immediately: Scammers will often pressure you to make a decision immediately, even if you haven't seen an official offer. Legitimate lenders will never push you to sign for a loan before you've had a chance to review the rates and terms.

2. Phishing scams

Phishing is an email tactic scammers use to gain access to sensitive information, like your usernames, passwords, and financial data. Phishers use "social engineering"—a means of exploiting people through emotional manipulation—to fool you into providing your per-

Continued on page 16...SEE SCAMS

BE VERY CAREFUL WHEN USING ELECTRIC BLANKETS!

For those of us who use an electric blanket, we must know that they can be very dangerous if we do not take precautions. If you have an old electric blanket, and even if yours is not too old, they must be properly maintained and inspected.

Don't throw your electric blanket into your washer and dryer. Electric blanket wiring is not intended to be abused in these appliances. Electric blankets operate between 200 and 400 watts of power. That's enough to fry us if the wires are bare, so one of the first things we should all do, is inspect your electric blanket and make sure the wiring is not frayed which means exposed wires.

Electric blankets are an electric appliance, just like

anything else we have in our homes that is plugged in to an electric socket. If we mishandle any plugged electric appliance, we can get burned, or start a fire. You don't want to be in your bed if your electric blanket catches fire. So if you continue using an electric blanket, warm it up in advance before you get in bed, then unplug it. I heat mine up to the max for 20-30 minutes, check if it out to see if it has warmed up, then unplug it.

If you leave your blanket plugged all night, you are taking risk that it could catch fire. Also exposure to active electricity all night has direct health hazards. Worse case, it could catch fire. That will wake you up fast, and in the middle of the night, fighting fires in your bed is something you



don't want to do. Also, exposure to electricity traveling through your blanket all night can cause dry skin, cancer and miscarriages.

So if we haven't scared you away from your electric blanket, LOL. I would not allow my children or grandchildren to use electric blankets, but that's your call. LOL.

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

AIR FORCE ASSOCIATION (AFA) CHANGES NAME TO THE AIR & SPACE FORCES ASSOCIATION

After 76 years, the Air Force Association is changing its name to the Air & Space Forces Association to better match its mission supporting and advocating for both Airmen and Guardians. "AFA has always been fully committed to supporting both the Air Force and Space Force as the most indispensable elements of our joint force," said AFA President Lt. Gen. Bruce Wright, USAF (Ret.). "Even now, as the Space Force grows, expands, and builds its own, unique warfighting culture, air and space remain inextricably linked. The Airmen and Guardians who are the masters of those domains nevertheless remain tightly integrated and mutually dependent within a single Department of the Air Force. So it is with our Association."

Source: Air Force Magazine <AirForceMagazine@afa.org> April 8, 2022, By Amy Hudson



PUTIN HAS THREATENED TO USE NUCLEAR WEAPONS



IF HE DOES PLAN TO NUKE UKRAINE, HE WOULD SURELY HAVE TO PULL OUT RUSSIAN TROOPS FROM THE TARGET AREA. THIS RUSSIAN MILITARY MOVEMENT MUST BE MONITORED CLOSELY.

Vladimir has reportedly put Russian nuclear systems on alert. Is this another Putin bluff? No one knows, but we cannot just ignore his bluff, we need to convince him that not only is nuclear war is a no-win situation for him, and that he and Russia will, at a minimum, pay a high price to just initiating WWII with a single tactical nuclear weapon.

Regardless, we should be very worried and really scared. Any potential for a nuclear war, if not quickly contained with a ceasefire agreement, could result in the end of life, as we know it on Earth. Ants, rats and roaches might be the only survivors with nuclear radiation spreads over our oceans and land masses.

Putin's nuclear threat is open and everyone has heard his terrifying words, that's what he wanted to do.

So, how should we react to this dangerous situation without encouraging Putin to fulfill his threat?

There are now a range of options publicly reported in the press. They range from one of our former NATO Supreme Commander to National Security officials with past presidents.

There is a range of opinions on the likelihood of a nuclear war, and also the type of responses we might anticipate, if Putin actually does initiate a nuclear attack.

We should be carefully monitoring the movements of Russian troops in Ukraine. We can presume that when Putin makes that dreadful decision against Ukraine, he will move his troops as far away as possible from the target area. If he doesn't, the nuclear casualties of

Russian troops may be the straw that breaks the camel's back. We know that there are a large number of Russians who are against the special military mission to Ukraine, but the unnecessary deaths of Russian troops killed or harmed by a Russian nuclear weapon launched at the direction of Putin, might just be the end of Putin's presidency.

There is a range of suggestions for the proper response to Putin, if he dares to use nuclear weapons, even just a small tactical system.

Former NATO Supreme Commander General Wesley Clark, "If Putin uses a tactical nuclear weapon against Ukraine forces, it's just another weapon. We provide more assistance. If he uses it against a city, we still respond with more assistance. We would also bring against him more condemnation and sanctions. If he strikes a NATO country, then we have to respond militarily. But still without using a nuclear weapon. Only if there are a series of nuclear strikes would I recommend a nuclear response."

Jon Wolfsthal, former senior director for arms control and non-proliferation on the Obama administration's National Security Council said, "We should not say precisely what a response to nuke use should be, but make clear it would change the entire nature of the conflict. ... It would be much different from chemical weapons use. Chemical weapons are horrible, but limited. Nukes are exponentially different." He also noted that "As for whether we use nukes, I think the answer is no. Ukraine is not NATO. In the event of a first use, we step up military support even more and make clear any use of nukes against NATO would mean a massive expansion of the conflict."

Former U.S. Ambassador to NATO Douglas Lute, a former U.S. Army lieutenant general, echoed the importance of communicating clearly the consequences of any such attack now. Lute says, "As for advance notice, we should make clear that the response would include unprecedented military, economic, cyber, and diplomatic measures, but not be more precise."

Former U.S. Ambassador to NATO Ivo Daalder goes further, saying that if WMDs are used by Russia, "NATO should be willing to intervene directly and defend Ukraine. Dr. Kori Schake, who directs defense and foreign policy studies at the American Enterprise Institute and who has served in significant Defense Department, NSC, and State Department posts advised, "What the U.S. should threaten in advance, and actually do if the Russians are preparing to use nuclear or chemical weapons in Ukraine is to (a) make clear that doing so would trigger direct U.S. military retaliation against Russia, and that retaliation would be directed at the Russian leadership and any policy officials or military officers the transmit or carry out the order." The good news is that no one is suggesting we fight fire with fire, and respond with any type of nuclear weapon if Putin does use any type of nuclear weapon. But our counter threat should be strong conventional military attack on Russian soil which should convince Putin that he and Russia will pay a very high price for his escalation. A strong attack on mother Russia should convince many, many Russians that Putin's folly in Ukraine must stop. Let's hope it doesn't come to this zenith in suspense.

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

WHERE DOES YOUR (AND MY) RECYCLED WASTE GO?



All the sorted stuff you and I separate into those grey, blue and green garbage containers does not go somewhere to be recycled into something useful or less harmful.

Where your recycling actually goes – Grace Hauck, USA TODAY, April 22, 2022

Just 9% of all plastic waste ever created has been recycled, researchers estimate.

Last year, the U.S. exported 74,000 shipping containers of plastic waste to low-income countries, researcher Jan Dell said.

For decades, China was the primary destination for global plastic waste. Now more countries in Latin America are emerging as hotspots.

That plastic takeout container you toss in a recycling bin? Odds are you're actually doing little for the environment.

The packaging could end up in a landfill in the U.S. or be shipped abroad and burned. The tiny plastic particles may ultimately show up in your blood, the rain and air.

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



MY MOTHER TOLD ME A LONG TIME AGO THAT "GINGER" IS REALLY GOOD FOR ME

SHE DIDN'T EXACTLY EXPLAIN HER STATEMENT, BUT SHE REALLY BELIEVED IT AND WANTED ME TO BELIEVE HER.

Now that I am all grown up, I really want to know if Ginger is really good for me.

What does the science tell us?

There are many benefits that have been enjoyed by millions of people globally, medicine has not been able to prove that all humans can enjoy the benefits now realized by many people globally. So while the benefits of Ginger are generally known to be positive for many people, our incomplete understanding of why Ginger is effective for many health issues, it does not enjoy absolute endorsement by Western medicine. In Asia, Ginger is well accepted as a medical solution for many common ailments.

Over-all, Western medicine accepts that Ginger is great natural solution for relieving nau-

sea and bloating, to protecting you from cellular damage due to its high antioxidant content. It also has potent anti-inflammatory properties that may help to relieve arthritis and respiratory problems.

The multiple benefits of Ginger are listed as follows:

By fighting germs very effective at halting growth of bacteria like E.coli and shigella, and they may also keep viruses like RSV at bay. Keeps our mouths healthy and retards the growth of bacteria in the mouth, which are the same bacterial that causes periodontal disease, a serious gum infection which is a problem for most people.

Ginger calms nausea by breaking up and getting rid of built-up gas in your intestines. It



might also help settle seasickness or nausea caused by chemotherapy.

Ginger can relieve sore muscles and may tame soreness over time. In some studies, people with muscle aches from exercise who took ginger had less pain the next day than those who didn't.

Because of its anti-inflammatory feature, it

Continued on page 16...SEE GINGER

I'M FULLY VACCINATED, WHEN CAN I EXPECT TO LIVE A NORMAL LIFE AGAIN?



Even though a person is fully vaccinated, and the risk of serious consequences is minimized when vaccinated, anyone can still get infected. New variants are surfacing, and being vaccinated, may not protect us from a new variant.

For seniors with underlying medical conditions, or are immunocompromised, masking and social distancing are strongly advised by medical experts. Several variants of the Corona Virus are present in many parts of the world, including America, so we must all continue to be cautious and continue with safe practices (masking and safe distancing). Regarding anyone who was fully

vaccinated but still was infected, and now is asymptomatic, if you are healthy, you are not likely to get sick again for 3-6 months. These people, because they were fully vaccinated should have a stronger immune profile before they were infected.

However, post-infection immunity is variable. We all have immune systems that are different, and no one knows how strong, or weak, our individual immune systems are.

The infection derived immunity is good news, but we do not know how long that new immunity will last.

Answering the question, when will life return to normal. The short answer is we do not know. Only time will tell. Please Stay Safe until further notice.

SOURCE: "Covid 19 Questions," Time, March 14-24, 2022, p 20.

WHEN'S THE BEST TIME TO TAKE OMEGA 3 PILLS?

Tell the Truth now, you (and I) probably many veterans are taking over the counter supplements to add omega 3 fatty acids to deal with aging joints and other problems with our joints. But what you (and I) have not told about is the fact that there are optimum times and situations to take your omega 3 pills.

The answer is simple. We should all be taking our omega -3 fatty acids when you are eating a meal high in healthy fats. This helps the absorption of the omega-3 so that our bodies will benefit from the supplement.

Of course, before anyone decides to take any supplement, coordination with your doctor is the wisest thing to do. Your doctor knows medicines better than their patients, and can also provide advice which will take into consideration, your



other supplements and medications.

Don't start taking any supplement without your doctor's knowledge. Even though many of us are taking all kinds of pills that are not known to our doctor's, you and I, should not be doing so- at our own risk.

Sources: See OMEGA 3 at this link: <https://www.sfcathayapost384.org/rc.html>



SCAMS

Continued from page 13...

sonal information. In some cases, this can mean tricking you into opening an email attachment that installs malware on your computer.

Emails sent by scammers are usually tailored to look like they're from a legitimate source. They often use alarming language to get your attention—like a threat that your accounts will be frozen if you don't respond ASAP. Once the scammer has gained access to your data, they can easily steal your money or your identity before you even realize what's happened.

Red flags of a phishing scam:

Unexpected email attachments: Never open an email attachment from an unknown sender, even if it looks like it's legit or from a trusted contact. Phishers are getting better at impersonating entities like banks, credit card companies, and social networks, which means it's easier than ever to fool even the savviest of targets. If you have security software installed on your computer, it should catch a lot of would-be malware, but don't rely on it as your sole line of defense.

Poor grammar and structure: In an age of fast-paced communication, it's not unusual to spot the occasional typo or misplaced comma in an email from a legitimate lender. However, most businesses have a process for reviewing email content before it's sent out into the world, so multiple errors should be an immediate warning sign. Phishing emails often "sound" strange and contain misspellings, missing tenses, transposed words, and generalities.

Familiar email address: Phishing scammers know you're more likely to open and trust the content within an email if it looks like it was sent by a company or person you know. They do this by subtly adjusting the domain name

of the sender's email address. For example, if the correct email is robert.smith@paypal.com, a phishing email may come through as robert.smith@pay-pal.com. The subtle addition of the hyphen could be the only clue that it's a scam. One way to catch a fake email is to hover over the link to see the destination address. If it looks unfamiliar or shows a destination that's different from the domain, report it or delete it.

3. Government imposter scams

Government imposters often call or email you claiming to represent a federal or state government agency. They'll insist that you need to provide personal data or money immediately or face serious repercussions. During the height of the pandemic, government scams expanded to include offers for vaccinations, fake COVID cures, and expedited stimulus checks.

Red flags of a government imposter scam:

Means of contact: Neither the IRS, or law enforcement will ever contact you by email, text, or social media with information about money matters. When you do receive emails from the government, they'll always come from a ".gov" extension. If you have any doubts, use a web browser to search for the email address. Official government email addresses will likely show up in search results; scam emails will not.

4. Fake check scams

In a fake check scam, a person or business contacts you and asks you to deposit a check, cashier's check, or money order into your account and then wire the money back to them for payment. If you agree, the check they sent you will eventually bounce, and by the time you realize it, the fraudster will be long gone with the money you sent them.

Red flags and variations of a fake check scam:

Job offers: The scammer will claim to offer you a job and send you a counterfeit check to deposit. Under the guise of the job's responsibilities, they'll give you instructions to return or send some of the money in a particular form, such as a wire transfer or gift card. When the check inevitably bounces, you'll be out the money that you sent, plus any bank fees resulting from the bad check.

Lotteries or sweepstakes: The scammer will send you a fake cashier's check for an alleged foreign lottery win, then ask you to immediately wire them money to cover taxes or fees.

Overpayment: The scammer will pretend to want to buy something that you're selling online. They will then "accidentally" send you a check for more than the cost of the item, and ask you to return the difference. Ultimately, you can wind up losing the money and the item you're selling.

5. Donation or Charity Scams

One of the most unfortunate types of fraud comes from opportunistic scam artists who pretend to represent charities during difficult times. Donation or charity scams are very similar to phishing and advance-fee loan scams in that scammers will often pretend to be legitimate organizations. And now, with the prevalence of crowdsourcing and newly created legitimate charities, it can be more difficult than ever to determine what is and isn't legitimate. Take the time to research any person or organization asking you to donate money.

Now that we are all warned, let's not get taken to the cleaners. Note there are other schemes to steal our money, so always check out any person and/or organization that sounds fishy, or too good to be true.

GINGER

Continued from page 15...

reduces swelling. This may be especially helpful for treating symptoms of both rheumatoid arthritis and osteoarthritis. You might get relief from pain and swelling either by taking ginger by mouth or by using a ginger compress or patch on your skin.

This is a real winner, it tends to curb the growth of cancer cells. Studies are showing that bioactive molecules in ginger may slow down the growth of some cancers like colorectal, gastric, ovarian, liver, skin, breast, and prostate cancer. We need more research to verify this anti-cancer capability.

Ginger appears to help the body to use insulin

better. Further studies are needed to see if ginger really helps lower blood sugar levels. For the 100 million diabetics in America, Ginger may be God sent.

This is not my problem, but for the majority of the human race. Ginger powder may help with menstrual cramps. In studies, women who took 1,500 milligrams of ginger powder once a day for 3 days during their cycle felt less pain than women who didn't.

Ginger may help you battle your "bad" or LDL cholesterol levels. In a recent study, taking 5 grams of ginger a day for 3 months lowered people's LDL cholesterol an average of 30 points.

Ginger is loaded with antioxidants, which are compounds that prevent stress and damage to your body's DNA. They may help your body

fight off many chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy aging.

If you have ever had indigestion, Ginger must be your solution. For those with dyspepsia, ginger could bring some relief. Ginger before meals may make your system empty faster, leaving less time for food to sit and cause problems.

I think most of us should be considering the use of ginger because it appears to have many needed features that benefit most people. wherever they are being utilized.

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



SOLUTIONS TO APRIL'S'S PUZZLES

Did you solve everything?

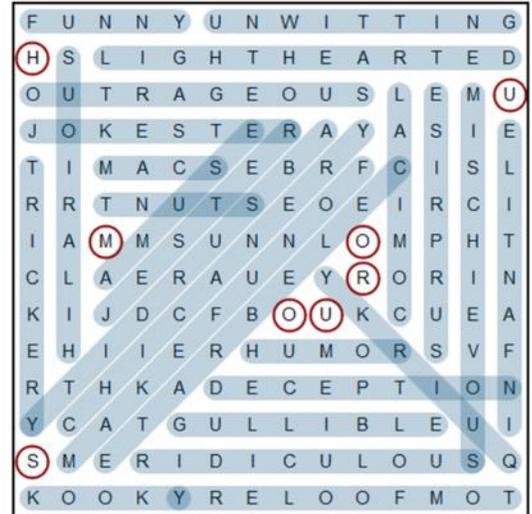
WORD SEARCH SOLUTION

Were you able to find all the words?
Hidden word: HUMOROUS

ABSURDITY
AMUSE
CELEBRATE
CHICANERY
COMICAL
DECEPTION
FUNNY
GULLIBLE
HILARIOUS
HUMOR
INFANTILE
JESTER

JOKESTER
KOOKY
LIGHTEARTED
MAKE FUN OF
MISCHIEVOUS
OUTRAGEOUS
QUIRKY
RIDICULOUS
SCAM
STUNT
SURPRISE
TOMFOOLERY

TRICKERY
UNWITTING



CRYPTOGRAM SOLUTION

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

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



WORD SEARCH

May is here and it's time to start the garden! Will you plant flowers, peppers, vegetables, or a combination of them all? Find all the words to reveal a 10 letter hidden message.

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

- ACIDIC
- ALKALINE
- BAREROOT
- BIODEGRADABLE
- CROP
- DEAD HEADING
- FULL SUN
- GREENHOUSE
- HARDINESS ZONE
- HARDY
- HORTICULTURE
- HUMUS
- IRRIGATION
- LOAM
- NITRATE
- PITCH FORK
- POLLINATION
- RAISED BED
- SHOVEL
- SOIL
- TEMPERATURE
- THINNING
- WATER
- YELLOW JACKETS



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!

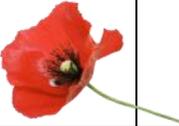
WORK SPACE

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

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



MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1 SILVER STAR SERVICE BANNER DAY LOYALTY DAY	2	3 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	4	5 NATIONAL DAY OF PRAYER	6 MILITARY SPOUSE APPRECIATION DAY	7
8 MOTHER'S DAY VE DAY	9	10	11 BOARD OF DIRECTORS MEETING 7:00 PM	12	13 CHILDREN OF FALLEN PATRIOTS DAY	14  POST MEETING 11:00 AM
15 PEACE OFFICERS MEMORIAL DAY	16	17 	18	19 	20	21 ARMED FORCES DAY
22 MARITIME DAY	23	24	25	26	27	28
1ST WEEK OF MAY—PUBLIC SERVICE RECOGNITION WEEK 1ST WEEK OF MAY - NATIONAL CORRECTION OFFICERS WEEK MAY 6 THRU MAY 12- NATIONAL NURSES WEEK						
29	30 MEMORIAL DAY		MAY IS: MONTH OF THE MILITARY CARE GIVER NATIONAL MILITARY APPRECIATION MONTH			



ARMED FORCES DAY Third Saturday in May
The day to appreciate Americans currently serving in uniform.

VETERANS DAY November 11
The day to honor Americans who once served in uniform.

MEMORIAL DAY Last Monday in May
The day to remember Americans who never got to take the uniform off.