



CATHAY DISPATCH

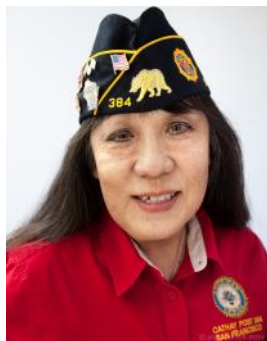
SAN FRANCISCO, CA

MAY/JUNE 2023 DOUBLE ISSUE

VOL 14 - 05/06

LAST MESSAGE FROM OUTGOING COMMANDER HELEN WONG

By Commander Helen Wong



Dear friends, support & members of Cathay Post 384:

It has been my pleasure to serve as the Commander for the past four years of Cathay Post but I have served a term of four years now, and it is time for the newly elected Commander George Tsang to take over. He has been very involved in the post from early on and has been the Post Finance Officer before being elected to the office of First Vice Commander. In his capable hands, he has been instrumental in keeping the building maintained along with our mentor, past Commander Nelson Lum. I will continue to

be involved in the post serving in a different role as the junior past commander. This comes at a time when some of you know that I have also completed 2 years as the District 8 Commander and have been termed out of that position. But I am starting to go up the leadership ladder in AMVETS, another Veterans Service organization that I have been a member of for almost 30 years, a few less than the American Legion. After years of being the District 4/5 Commander there, I filled a vacancy to take the Department 2nd Vice position, and now will be running for the Department 1st Vice so I will not be at the June meeting which ironically would have been the last meeting of my term. Then in 2024, I hope to get elected to become the 3rd female AMVETS Department Commander in California history, and the first female Asian Department Commander in the country. No matter the organization, I will continue to serve and help veterans the best that I can! Thank you for all your help in making Cathay Post the best post in the District and Area!!

*On a side note, it was our intention to get a May edition of the Cathay Dispatch out before the May meeting but that didn't happen due to technical issues. So even though some of our articles are now about events that have passed, we hope you will still enjoy reading about history. We are combining May & June issues to catch everyone up.

June 12th is the 75th Anniversary of the Enactment of the 1948 Women's Armed Services Integration Act. Some are calling it Women Veterans Day, and want it recognized as a holiday.

June 14th is the Army's Birthday & Flag Day. It has to be the most patriotic day for the Army to celebrate 248 years! We have many Army veterans in our post so "Go Army! Beat Navy!". District 8 will oversee the annual Flag Retirement Ceremony that is held at Cypress Lawn in Colma. This year it is on June 16th at 11AM. All are welcome to attend.

June 18th is Father's Day so let's show our appreciation for all the dads, granddads, great granddads out there. Take them out to the ballgame; take them fishing, take them to a barbecue, or take them on a cruise!

Anyway, until next time, take care of yourself & others.



CATHAY POST 384 AMERICAN LEGION

2022-2023 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Aaron Low
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
- Secretary:** Ron Ritter
- 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



MAY IS THE MONTH FOR POST ELECTIONS, ARMED FORCES DAY, MEMORIAL DAY REMEMBRANCES

Yes, it is that time of the year again when our Post holds the election for officers. After four years of being in the office of Commander, I have served a full term and now it is 1st Vice George Tsang's turn to take over. At least that is what I assume as no one else has been nominated to run! If you missed the past two meetings, then these are the nominees:

- Commander: George Tsang
- 1st Vice Commander: Aaron Low
- 2nd Vice Commander: CJ Reeves, David Adams
- Adjutant: Miguel Ortiz
- Secretary: Ron Ritter
- Finance Officer: Tony Lyau declined
- Chaplain: Richard Ow
- Sgt-At-Arms: Don McCoy
- Judge Advocate: Ray Wong
- Service Officer: David Wong
- Quartermaster: Philip Leung
- Delegate to American Legion
- War Memorial Commission: Helen Wong
- CAWVA: Jay Pon
- David Wong

Delegates to the National Convention were also put on the list: George Tsang, Nelson Lum, David Wong, Roger Dong, Helen Wong, Tony Lyau, and Chuck Paskerian.

Be sure to check the Bylaws for qualifications before nominating a member for an office. Also, you must be current with dues in order to vote on May 13.

May 20 is Armed Forces Day and is held annually on the third Saturday of May. It is a time to honor the men and women who currently serve in the armed forces in the United States. Armed Forces Day culminates the end of Armed Forces Week in which each branch of the military is honored on a separate day of that week. We honor those men and women who have died serving in the United States Armed Forces on Memorial Day.



The USS San Francisco Memorial has been commemorated for many years and is held on the Sunday before Memorial Day which is on May 28th this year. Our late member CMDR Stan Ellexson was very involved and was the MC for many years. From information found on Wikipedia, the USS San Francisco is a war memorial installed in San Francis-co's Lands End. The memorial has a plaque commemorating the approximately 100 sailors and seven Marines who died aboard the cruiser USS San Francisco. It is notable for being formed partially from the bridge of the ship itself, showing some of the extensive damage received in battle. Many of the VFW 91st Division Chinatown Post 4618 members are dual members of Cathay Post and they have continued to participate in the Commemoration Ceremony.



Photo # 80-6-12366 Japanese air attack on shipping off Guadalcanal, 12 November 1942

Later on the same day, Cathay Post and the VFW Post 4618 will hold the annual Memorial Service in honor of the Chinese American Servicemen who made the ultimate sacrifice of their lives while on active duty during WWI and WWII. The St. Mary's Square Service will be at 3PM followed by a meal for the participating members. Dedicated in 1954, the Memorial Plaque was unveiled to an enormous crowd. This photo from 1954 shows VFW Commander James Hall and Cathay Post Commander Lim P. Lee showing the plaque.



On April 15, several members of Cathay Post and dual members of VFW 4618 were in attendance at the 81st Anniversary of the Bataan Death March program held at the Presidio of San Francisco. Executive Director of the Bataan Legacy Historical Society Cecilia Gaerlan did an outstanding job

organizing the program. There were so many participants representing first responders and other organizations which included the mounted officers of the San Francisco City & County Sheriff's office, Joint Service Color Guards, San Francisco Bagpipes & Drum Corps, SFUSD JROTC Color Guards, San Francisco Fire Department Color Guards, USF ROTC Color Guards, Civil



FROM THE OFFICE OF COMMANDER HELEN WONG

...Continued from page 2

Air Patrol Cadets, and Golden Gate Young Marines Cadets among others. The flyover was by the San Francisco City & County Sheriff's Office Air Squadron. Dignitaries included the Philippine Consul General in San Francisco, the Honorable Neil Frank R. Ferrer, keynote speaker Maj. General Miles Davis, Rear Admiral Jonathan Yuen, Col. Deborah Dacumos, Mexican Deputy Consul Vicente Sanchez, AG Rob Bonta, Master of Ceremonies Brig. General Steven McLaughlin, and many more. The 21 gun salute was by the American Legion Riders Chapter 105 with participation by Cathay Post Sgt-At-Arms CJ Reeves. Photos were taken by member John Baumhackl, Red Cross volunteer Denise So.





...Continued from page 3

FILIPINO USAFFE VETERANS OF WORLD WAR II CONGRESSIONAL GOLD MEDAL PRESENTATION



1pm, April 15, 2023
Joseph Room, JFK Library
505 Santa Clara Street
Vallejo, CA 94590



Sponsored by
The American Legion
Corregidor Post 510

<https://www.facebook.com/Post510sfca/>

Later that day on April 15th, I had the honor to attend the Filipino USAFFE Veterans of World War II Congressional Gold Medal Presentation sponsored by the American Legion Corregidor Post 510 (which was renamed from the Magdalena Leones Post). It brought me back to two years ago when Cathay Post and VFW Post 4618 helped Chinese American Citizens Alliance (CACA) present medals to our Chinese American WWII Veterans and what a lot of work that was but very worthwhile when you could see how appreciative the veterans and families were receiving the medal. The members of Post 510, Adjutant Rod Dela Concepcion, Jr., 1st Vice Edward Tacdol, Ricardo Villarina worked so hard to make this ceremony happen. I am so proud of them!





...Continued from page 4

There are so many things happening in the month of May, too numerous to list but at least don't forget to honor Mother's Day on May 14th and to visit the Duty, Honor, Country, Courage Exhibit at the Veterans Building starting May 3 and displaying until June 4! And if you have time, please consider volunteering on one of the afternoons that the exhibit is open.

**DUTY,
HONOR,
COUNTRY,
COURAGE**

**ASIAN AMERICANS
IN MILITARY SERVICE**

★ ★ ★ ★ ★

TOGETHER WE SERVE

EXHIBIT
 May 3 – June 4, 1 – 6pm
 Wed – Sun, Free Admission
 Veterans Gallery SF
 Veterans Building
 401 Van Ness Ave.
 San Francisco

**Facebook.com/groups/
ChineseAmericanGIProject**

American Asians have proudly worn the uniform of the United States Armed Forces. We celebrate their little known stories of courage, loyalty and sacrifice during Asian American History Month.

This exhibit honors the service of Chinese, Filipino, Japanese, Korean & Vietnamese American servicemen & women from the American Civil War to Afghanistan.

PRESENTERS
 ★ CHINESE AMERICAN GI PROJECT ★ AMERICAN LEGION CATHAY POST 384 ★ VETERANS GALLERY SF ★ BATAAN LEGACY HISTORICAL SOCIETY ★ CHINESE HISTORICAL SOCIETY OF AMERICA ★ NATIONAL JAPANESE AMERICAN HISTORICAL SOCIETY ★ FRIENDS & FAMILY OF NISEI VETERANS ★ KOREAN WAR MEMORIAL FOUNDATION ★ MUSEUM OF THE REPUBLIC OF VIETNAM



Honor, Remember & Support **MEMORIAL DAY**

USS SAN FRANCISCO CEREMONY

Sunday, May 28 at 12 noon (11:30am Arrival)
Lands End

RSVP: ca38foundation@gmail.com

Sunday, May 28 at 3pm
St. Mary's Square (SF Chinatown)

American Legion, Cathay Post #384 & VFW Chinatown Post #4618

Monday, May 29 at 11am (Band 10:30am)
San Francisco National Cemetery (Presidio)
presidio@presidiotrust.gov

Monday, May 29 at 11am
Golden Gate National Cemetery
1300 Sneath Lane, San Bruno, CA

Veterans of Foreign Wars Community Service Project



7TH ANNUAL

8th District & 26th District of The AMERICAN LEGION

FLAG RETIREMENT CEREMONY

Hosted by Cypress Lawn Memorial Park

In the Historic NOBLE CHAPEL

1362 El Camino Real,

Colma, CA

FRIDAY, JUNE 16, 2023 at 11AM

**Brief Ceremony
Cremation of Flags
Refreshments**

**Bring your worn & tattered
cotton flags to be
retired**



*Celebrating April Birthdays
Thank you for the delicious cake!*





VOLUNTEER APPRECIATION DINNER

Here are some photos of our Volunteer Appreciation Dinner held at The Old Clam House, on March 14th, 2023.

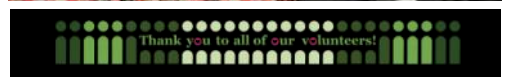




PHOTO COLLECTION

Some photos of dinners and Post events attended during the last month. Thanks to the members and support members that participated in the WW1 and WW2 joint ceremony with the VFW and the SF National Cemetery in the Presidio.

Coming up will be the Flag Retirement Ceremony at Cypress Lawn on June 16th. Flag Raising at the Chinese Consolidated Benevolent Association on July 4th and of course, our 92nd Anniversary and Awards Dinner at Far East Café on July 22nd.

See you all at the June meeting!





**92nd Anniversary
Installation & Awards
Banquet**

**Saturday, July 22, 2023
Cocktails – 5:30 p.m.
Dinner – 6:30 p.m.**

**Far East Café
631 Grant Avenue
San Francisco, CA 94108**

**\$75 per person
\$700 per table**

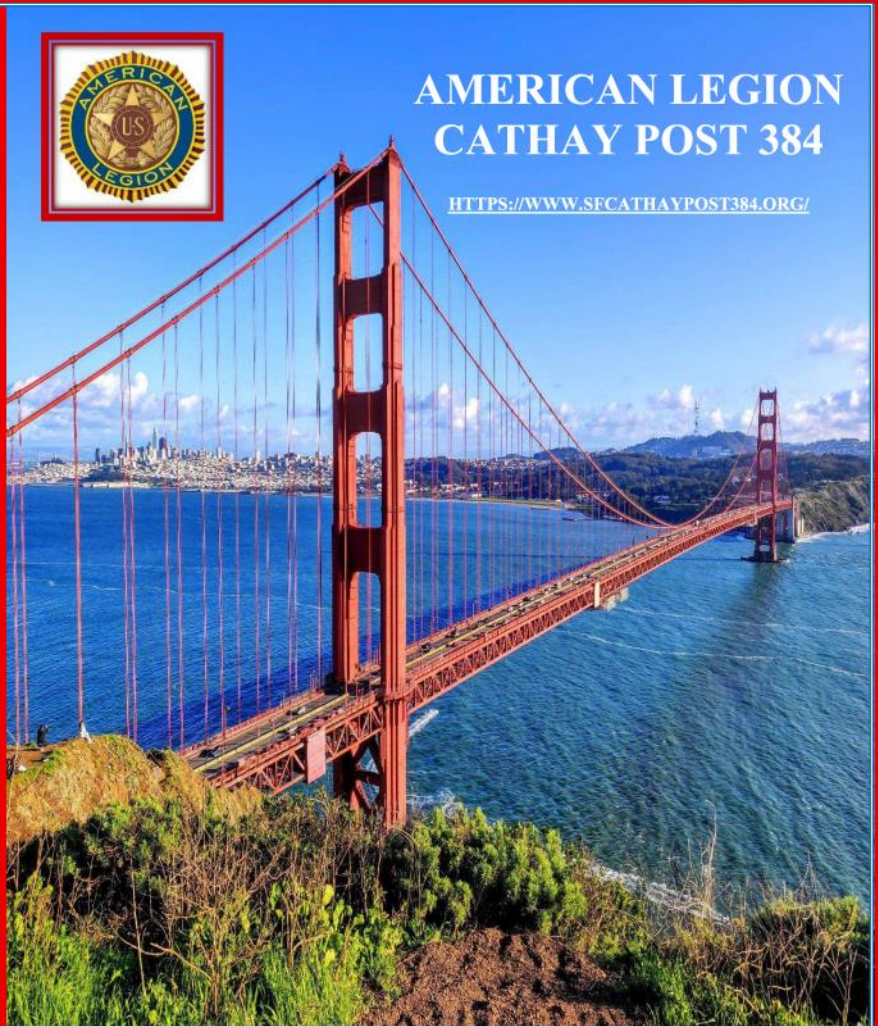
RSVP by July 8, 2023

**George Tsang (415) 608-6312
Nelson Lum (415) 205-0120
Helen Wong (650) 576-7875**



**AMERICAN LEGION
CATHAY POST 384**

[HTTPS://WWW.SFCATHAYPOST384.ORG/](https://www.sfcathaypost384.org/)





CATHAY POST SPRING EVENTS



Above: Brigade formation

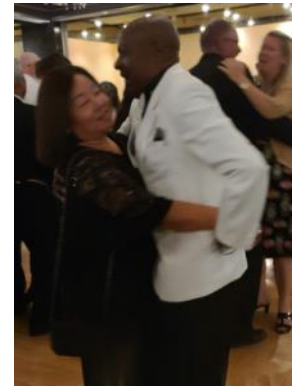
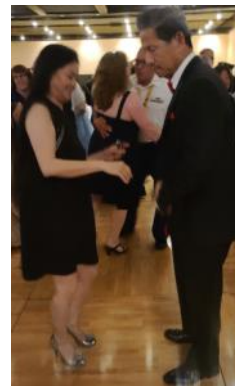


Below: The awards before presentation



On April 22, 2023, I had the privilege of presenting 12 medals to the JROTC cadets on behalf of the American Legion/Cathay Post. The event was the 76th Annual San Francisco Unified School District JROTC Spring Competition Invitational and Championship was held at Lincoln High School.

On Saturday, May 20, 2023, Past Commander Nelson Lum, Board of Director Jeanpierre, and myself (with our dates/spouse) attended the Armed Forces Day Ball at the Double Tree Hotel Ballroom in Sacramento. The event was a fundraiser to support Operation Comfort Warrior by the American Legion. We enjoyed toasts, dinner and dancing with a live band that drew lots of attendees to the dance floor. A great time was had by all!



Above Left: Junior Past Commander Lum and date. **Above right:** Board of Director Jeanpierre and date



Above: Junior Past Commander Lum, 2nd Vice Commander Low, and Board of director Jeanpierre with dates.



Above: Cathay Post Officers and Junior Past Commander (and dates) with California Department Commander Jere Romano

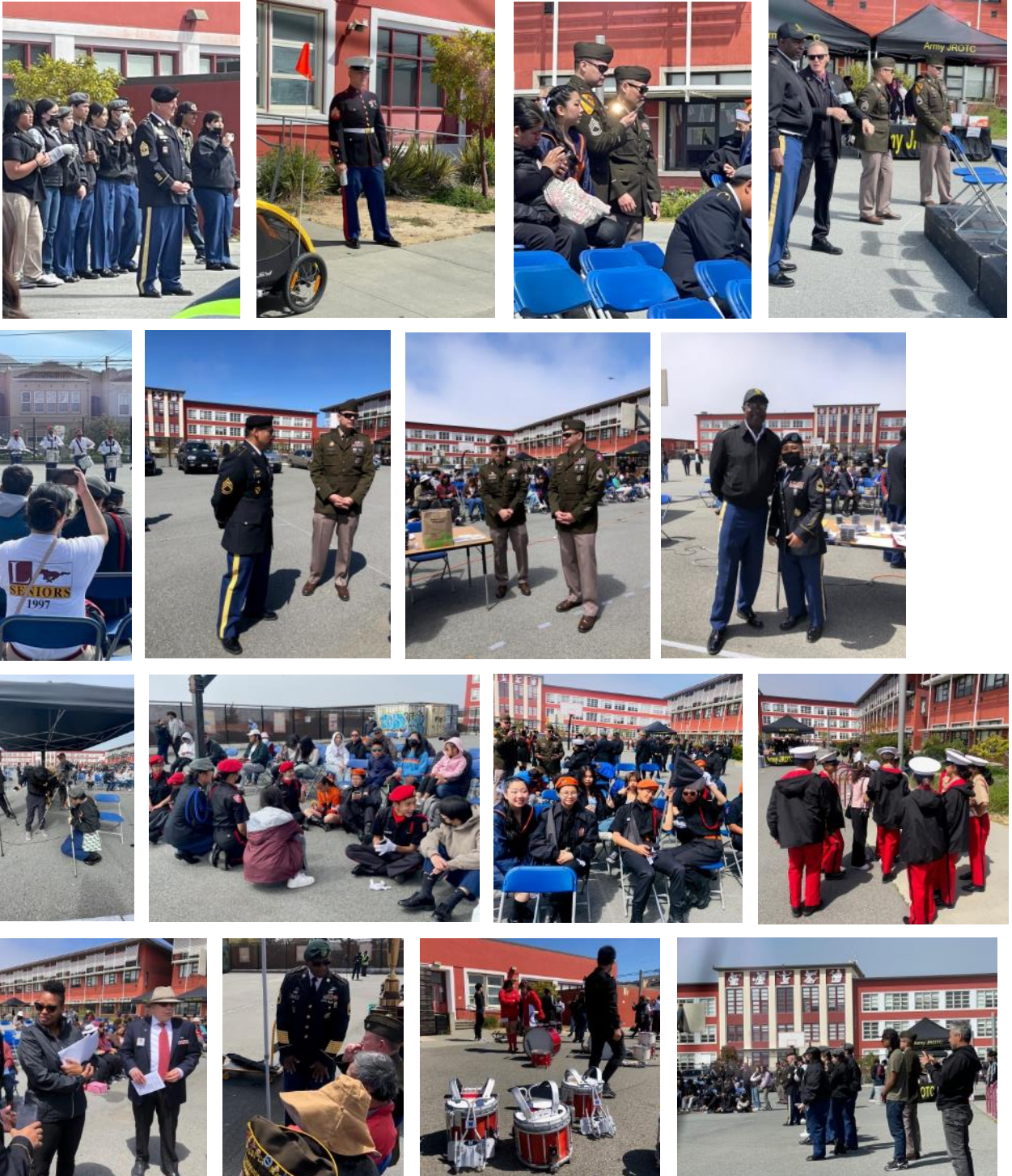


Above: The Band



SFUSD JROTC SPRING COMPETITION SAT. APRIL 22, 2023

Special photo album credit to Chuck Paskerian—Thank you Chuck!





Memorial Day for the War Dead

Yehuda Amichai - 1924-2000

*Memorial Day for the war dead. Add now
the grief of all your losses to their grief,
even of a woman that has left you. Mix
sorrow with sorrow, like time-saving history,
which stacks holiday and sacrifice and mourning
on one day for easy, convenient memory.*

*Oh, sweet world soaked, like bread,
in sweet milk for the terrible toothless God.
"Behind all this some great happiness is hiding."
No use to weep inside and to scream outside.
Behind all this perhaps some great happiness is hiding.*

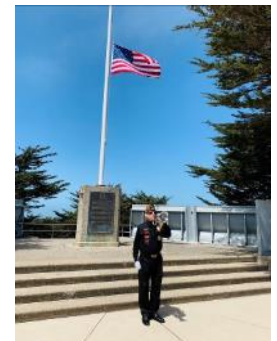
*Memorial Day. Bitter salt is dressed up
as a little girl with flowers.
The streets are cordoned off with ropes,
for the marching together of the living and the dead.
Children with a grief not their own march slowly,
like stepping over broken glass.*

*The flautist's mouth will stay like that for many days.
A dead soldier swims above little heads
with the swimming movements of the dead,
with the ancient error the dead have
about the place of the living water.*

*A flag loses contact with reality and flies off.
A shopwindow is decorated with
dresses of beautiful women, in blue and white.
And everything in three languages:
Hebrew, Arabic, and Death.*

*A great and royal animal is dying
all through the night under the jasmine
tree with a constant stare at the world.*

*A man whose son died in the war walks in the street
like a woman with a dead embryo in her womb.
"Behind all this some great happiness is hiding."*





POEMS FOR REMEMBRANCE AND FOR OUR FALLEN COMRADES

The Ultimate Sacrifice

By Kelly Roper

*The ultimate sacrifice is to lay down your life
For God, family, and country.
Countless soldiers have charged into battle,
Knowing they wouldn't return to their loved
ones
And might never be laid to rest in their native
soil.
Yet they took the risk, fought hard to the end,
And hoped their efforts would turn the tide
toward victory.
They made the ultimate sacrifice for their fellow
soldiers,
For their country, for you, and for me.
May God bless them eternally.*

The Quiet Welcome Home

By Kelly Roper

*Some soldiers return home to
The music of marching bands,
Folks excitedly waving flags,
And extremely heartfelt hugs.
Other soldiers return home
In a solemn, flag-draped box
Met by proud-yet-quiet loved ones
Bravely holding back tears.
For those who receive the quiet welcome,
Let's offer up our gratitude and prayers,
And never forget the cost of lives lost
And lives forever changed.*

A Field of Crosses

By Kelly Roper

*A field of crosses
Marks the silent resting place
Of the brave who served.*

A Fallen Soldier's Prayer Poem

By Kelly Roper

*The battle is over for me,
My mission to fight is finished,
And my time on earth is over.
Guide me home to you, Lord,
But watch over my brothers and sisters
Still in the heat of battle.
Protect them, Lord, body and soul,
And if it pleases Your will,
Deliver them safely to their loved ones,
Until it's their time to join You in Heaven.*



Dulce et Decorum Est

Wilfred Owen - 1893-1918

*Bent double, like old beggars under sacks,
Knock-kneed, coughing like hags, we cursed through
sludge,
Till on the haunting flares we turned our backs
And towards our distant rest began to trudge.
Men marched asleep. Many had lost their boots
But limped on, blood shod. All went lame; all blind;
Drunk with fatigue; deaf even to the hoots
Of tired, outstripped Five-Nines that dropped behind.*

*Gas! Gas! Quick, boys! —An ecstasy of fumbling,
Fitting the clumsy helmets just in time;
But someone still was yelling out and stumbling
And flound'ring like a man in fire or lime...
Dim, through the misty panes and thick green light,
As under a green sea, I saw him drowning.*

*In all my dreams, before my helpless sight,
He plunges at me, guttering, choking, drowning.
If in some smothering dreams you too could pace
Behind the wagon that we flung him in,
And watch the white eyes writhing in his face,
His hanging face, like a devil's sick of sin;
If you could hear, at every jolt, the blood
Come gargling from the froth-corrupted lungs,
Obscene as cancer, bitter as the cud
Of vile, incurable sores on innocent tongues,—
My friend, you would not tell with such high zest
To children ardent for some desperate glory,
The old Lie: Dulce et decorum est
Pro patria mori.*





CHIEF OF THE GENERAL STAFF, GENERAL MARK MILLEY SAYS COOL IT, IN REGARD TO "BRINK OF WAR," WITH CHINA

In the first week in April 2023, our Chairman of the Joint Chief of Staff, General Mark Milley, stated that all the heated rhetoric must tone down. "We are not at the 'brink of war,' with China, and Taiwan is not so easy to conquer."

"For the Chinese to conduct an amphibious and airborne operation to seize that island—to actually seize it?—That's a really difficult operation. But Xi put the challenge out there, and we'll see where it goes."

Fears of a China-Russia alliance are also premature, Milley indicated. "We want to have a geostrategic approach that does not drive Russia and China into each other's arms to form an actual military alliance," he said. "There's some indications that this conversation is ongoing. But that's a whole lot different than actual alliances and military lines."

In the meantime, Milley said, "I think it's incumbent upon us, the United States, to make sure that we have an incredibly powerful military that is capable," that China knows it, and that China believes the U.S. will use it

if necessary.

Instead of how the China threat is discussed today, he said, "I'd prefer to go back to what Teddy Roosevelt said, which is, you know, 'speak softly, carry a big stick' sort of thing. So: Have our military really, really strong [and] lower the rhetoric a little bit with the temperature."

Milley likes to cite history, and on China he argues that Marxism and determinism points to a foreboding future. "My understanding and my analysis of China is that at least their military, and perhaps others, have come to some sort of conclusion that war with the United States is inevitable. I think that's a very dangerous thing."

"I don't believe war is inevitable. I don't think

it's imminent. But I do think that we need to be very, very pragmatic and cautious going forward. And we will reduce the likelihood of war if we remain really, really strong, relative to China, and China knows that we have the will to use it, if necessary."

"I just think that it needs to be a little bit more realistic and a little bit less, perhaps, emotional, I suppose. But also on the China side...I just think, for us, the United States, approach this with some steely-eyed, cold-eyed realism. Get the military up to the level of dominance relevant to China, in all the domains. And if they know that, and they know we have a will to use it, then you're probably gonna deter them more from the start."



THREATS TO DEMOCRACY?

Everyone Wants to Influence our Elections.

When we can no longer trust the results of our elections, because of foreign social media. We are attacked at the heart of our Democracy.

We have all heard about Russians, Chinese and North Koreans using social media to manipulate the minds of Americans, but now we hear that even our Allies (Israel) are using social media to support specific candidates who will support their nation.

When foreign nations can effectively promote specific candidates, the validity of our elections is jeopardized and our democracy is seriously endangered.

How long will we tolerate any foreign country, friendly or otherwise, to use social media to influence our elections?

How do we stop this?!

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

CHINA WANTS TO TALK

On May 25, 2023 it was reported that Commerce Secretary Gina Raimondo and her Chinese counterpart, Wang Wentao were going to meet in Washington to talk for the first time. While nothing substantial is likely to happen at their level of contact, we hope that it is the beginning of a thaw in the tense and dangerous relationship between the world's super powers.

Earlier, in May 10-11, Sullivan and Wang Yi, China's top foreign-affairs official, met in Vienna and discussed ways to restore high-level exchanges.

More important will be the potential meeting between President Biden and Chinese President Xi Jinping in November.

Both sides appear to want stability and less stress in their relationship, but each side has its own demanding objectives.

China wants sanctions removed from their Defense Minister, and the U.S. wants China to reduce its military pressure on Taiwan, and a greater effort to convince Russia to resolve the Ukraine

situation peacefully. They are also very concerned about sanctions designed to disrupt the flow of technologies related to microchip development.

Both sides realize that conflict over Taiwan will be most dangerous and if not handled properly, could mean WWII.

Both sides realize, but will not openly admit that a China-US conflict would damage both sides economically, and would have powerful political consequences because neither side is strong enough to win such a war, so the political leaders on both sides will have to pay a high price for entering a very expensive war with no victory.

Both countries are 4,000 square miles and neither side has the military capacity to conquer, occupy and control a foe that large. The likely result of a China-US conflict will be many dead and no victory. Neither side wants that conclusion. (This is the opinion of our Historian and China specialist.)

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



WHAT ARE WE TO DO WHEN WE RUN OUT OF CURRENT ENERGY SOURCES?

Yes, we will need a solution to running out of oil, LNG and coal.

With oil, LNG and coal forecasted to be exhausted in about 40 years, life on earth will be severely impacted if these sources of energy are not be replaced, so that Mankind can continue living on this planet.

But recently at the National Ignition Facility, a fusion experiment succeeded, with powerful lasers which generated more energy than was used in the experiment. This is the first step in generating nuclear power that theoretically can be used to provide power for Mankind. However, it will take many more experiments to scale up this technology for powering civilization.

In December 2022, scientists at Lawrence Livermore National Laboratory's National Ignition Facility made history by successfully producing a nuclear fusion reaction resulting in a net energy gain, a breakthrough hailed by US officials as a "landmark achievement" and a "milestone for the future of clean energy."

However, this is just the first step in harnessing nuclear power and replacing tradition energy sources for powering all the energy needs for Mankind.

US Energy Secretary Jennifer Granholm noted that the nuclear fusion experiment conducted by US scientists replicated "certain conditions that are only found in the stars and sun." She added that the successful experiment allows us to replicate for the first time certain conditions that are only found in the stars and sun. This milestone moves us one significant step closer to the possibility of zero-carbon abundant fusion energy powering our society.

Fusion would be essentially an emissions-free source of power, and it would help reduce the need for power plants burning coal and natural gas, which pump billions of tons of planet-warming carbon dioxide into the atmosphere each year.

Most of the experts agree that it will take a few decades to develop the capability to provide the means to generate the energy to provide

national and global power to replace oil, LNG and coal, but we need to make this a top priority goal to achieve success.

Dr. Tammy Ma, who leads an effort in the INF at Livermore to study the possibilities, told our historian that "Without a doubt, it will be a monumental undertaking." Additional significant funding is needed to upgrade the equipment at the INF and increase the nuclear scientists to meet this challenge and achieve results as quickly as possible.

Our Historian is taking on the effort to find additional funding so that we can achieve success needed for the highest priority project for American and Mankind.

Source: See **SOURCES** at this link: <https://www.sfathaypost384.org/rc.html>

RECRUITMENT IS A CRISIS FOR THE AIR FORCE AND THE MILITARY THAT WILL ALSO IMPACT THE AMERICA LEGION AND ALL VETERANS' ORGANIZATIONS

According to Maj Gen Edward W. Thomas, chief of the Air Force Recruitment Service, the biggest problem with recruitment today is "simply finding people interested in joining the military." This is true of recruitment is for all of our military services. If recruitment remains an issue, that will affect the number of veterans will have in the future, and that will further shrink the pool of veterans to join all our veterans' organizations, including our American Legion.

For the near term, retention in the Air Force is not currently a problem, but there is a definite need to get more people.

How short are we? In 2022, for the active duty Air Force, including the Guard and the Reserve, we were short about 2000 recruits, and for 2023, it is projected to be around 5,000 people short - just for the active duty. Why are we short recruits? One reason is that there is rampant negative misperceptions about military service.

What is being done to increase recruitment?

In March 2023, the AF established the Enlisted College Loan Repayment program that can reimburse up to \$65,000 for student loans.

To combat the psychological reasons for military service, there must be an emphasis on the sense of purpose, comradere, and personal growth that define the service experience. The recruitment program must also serve our community, doing the things that matter, and doing things that help our family, and our nation.

To what extent these efforts will increase recruitment remains unknown, but if not successful and recruitment continues to be a problem, not just for the Air Force, but all military services, the combined effect of the aging of our current veterans and shrinkage of our Air Force, and the military services, spells severe threat to the American Legion and all other veterans organizations

Source: See **RECRUITMENT** at this link: <https://www.sfathaypost384.org/rc.html>

FROM THE AIR AND SPACE FORCES MAGAZINE, MAY 16, 2023

The Washington, D.C.-based Environmental Working Group issued a report charging that, although the costs for cleaning up what are known as "forever chemicals" are soaring, what is being done? The Pentagon funding for removing contaminants from both active and former military bases continues to be insufficient to remove all the poisoned turf.

Locally, the former Navy base at Alameda, CA has been waiting several decades for the long planned Columbarium can be built. Several hundred families have urns with the ashes of the relatives waiting for the burial facility to be built. The city of Alameda does not the funds to cleanup the mess. Even a few of our Post members have been planning to use the Columbarium. Looks like we better seriously consider other options.

Source: See **CLEAN UP** at this link: <https://www.sfathaypost384.org/rc.html>



DO YOU HAVE YOUR MILITARY ID?

This useful identification document is soon to be extinct.

The useful ID cards many of us have held in our wallets for years is about to go extinct. But we do not need to destroy them until August 31, 2023.

Our military IDs have allowed us to use them to get on a military base to use the Commissaries, Base Exchanges, base gas stations and/or even a bite at the Enlisted or Officer's clubs. (even booze at the booze store).

For those who are retired from the military, we can use our retirement SF-50s to register our driver's license and meet Read ID Act standards with the garrison visitors centers. To use the base golf course, each location will be handled on a case by case basis depending on the installation commander.

Who's great idea was this?

For much more details, click on the primary source for this article.

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

HAS GUN VIOLENCE CHANGED OUR LIVES?

Some would deny that guns have influence our lives, their denial reflects their ignorance. Many would never give up their guns claiming that the 2nd Amendment protects their right to bear arms. They deny that the 2nd Amendment was written in the 1800s when Americans needed an armed militia, as we did not have intelligence capabilities to tell us when the Redcoats would be returning. Today, such a capability is not necessary, nor is it necessary for 20 million people to own an AR-15, assault rifle, now mostly used to kill Americans, including school staff and our children. And hospital staff.

Also unacknowledged is the reality that the promotion of private gun ownership is not really initiated by the National Rifle Association (which does support the 2nd Amendment), but it is the gun manufacturers who promote gun ownership, especially the AR-15 for reasons directly related to profits. An AR-15 generates \$1,000 profit, while other less lethal guns generate just \$250 profit from each sale. For reasons of profit, gun manufacturers and gun sellers love the profits from the AR-15 business. Some of us would side with them too, if we were making big money from AR-15 sales.

But especially for those of us with family members (for most of us - mainly grandchildren) in school today, we dread that mass shootings that are a threat to our family members going to school. None of us had this threat when we were in school. And in

most schools today, they have lockdown drills they practice just in case a school is threatened by a shooter. The need to practice hiding when a shooter is reported at a school, is having a very negative effect, especially with the youngest students, although, even older students threatened by the potential of a mass shooter in their school, has severe mental impact on young people, it's more severe with the younger children. Mass shootings (involving more than 4 victims) are also occurring in other public places, including hospitals, churches and shopping centers. And these deplorable events are causing mental stress and mental breakdowns in many, many locations. People are having stress symptoms not unlike many of our veterans who suffer PTSD.

Folks, this is a national catastrophe and everyone will be affected, if only indirectly. The real problem is that we have more guns than people in America. And it has evolved to the situation where many innocent people, for logical and sensible reasons, feel the need to arm ourselves for truly self-defense reasons. This, ironically means, that we will only add more firearms to our world which already has an excess of firearms.

Unfortunately, the drastic reduction of firearms is the solution, but one answer that many people resist and they will die to maintain the right to bear arms (own firearms).

WANNA GO TO HARVARD? THE ODDS JUST GOT BETTER

A number of Chinese (and probably other Asians) have complained for years that Harvard discriminates against us, and many deserving Chinese/Asian applicants have not been accepted into Harvard because of race discrimination. The most recent reports reflect that this past semester, from a pool of 56,937 applicants, 1,942 students were accepted. For this class of 2027, 29.9% were Asian American students, an increase of 2.1% from the previous year. Now that things are looking up, all of us Harvard hopefuls should get prepared to submit our applications soon for the class of 2028.

For us Asian seniors, the odds may be a little different. No one has sued Harvard for discriminating against seniors, who might be Asian. Not a bad idea if it helps seniors get into Harvard.

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

HOW WILL THE DEFAULT ON OUR NATIONAL DEBT AFFECT OUR CITIZENS?

If possible, it is always important to have some extra cash to deal with emergencies, as borrowing money will likely cost more when the nation's finances are in disarray - like a default on our national debt.

If our nation does default on our national debt, these are real potential shortfalls.

Mortgage rates will rise. Interest rates on loans and credit cards will increase.

Non-essential federal workers may be furloughed

Companies that depend of federal funding, may lay off non-essential workers

Social Security payments and Medicare payments may be delayed.

In the past, payments were issued quickly when Congress increased our debt limits. Politicians do want to face upset voters who may decide to vote them out.

Let's all hope that this year our national politicians will agree to take steps to avoid the debt trap and the pain that many will suffer - if appropriate action is not taken in a timely manner.

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

FIRST THE GOOD NEWS, THEN ...

As many of us are benefitting from the 8.7% increase in our social security checks in 2023, in 2024 the cost of living adjustment looks to be less than 3%.

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



WHO IS RAY DALIO?

Ray Dalio is a billionaire who cares. Ray Dalio, networth: \$17,000,000,000 warns that income inequality in America will lead to internal conflict and domestic instability.

Ray Dalio states that nearly 8 million Americans have joined the ranks of the poor since June/2020. according to researchers from the University of Chicago and University of Notre Dame. More than 27 million adults were in households that "sometimes or often" experienced a lack of enough food to eat within the last seven days, according to a Census survey.

"I've studied the last 500 years of history and cycles and these things repeat over and over again," Dalio said. "Large wealth gaps with large values gaps at the same time as there's a lot of debt and there's an economic downturn produces conflict and vulnerability."

A staggering 885,000 Americans filed for first-time unemployment benefits according to the most recent weekly report. Major companies including Coca-Cola, Disney (DIS) and Post-It maker 3M have announced mass layoffs. Nearly 13 million adults, or 9.1%, are not current on their rent or mortgage payments, or have slight or no confidence they will be able to pay next month's housing bills on time, according to Census data.

Dalio, who started Bridgewater Associates in 1975 and now serves as the hedge fund's co-chairman, urged political leaders to find middle ground to address the nation's unsustainable inequality problems.



"In order to bring the country together and not have a form of civil war...there has to be the bringing of the country together -- but in a smart way," Dalio said.

Recognizing the huge income disparities he has often expressed support for raising taxes on the rich. The gap is huge and must be addressed.

We will have to have revolutionary changes to adjust existing disparities.

Historian comment: We need a few more billionaires to follow Ray Dalio's lead. He knows what a Plutocracy is and why we must eliminate this economic distortion.

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

OUR HEROES IN THE NEWS



One Chinese American Hero, Patrick Soon-Shiong was in the news a few years ago for acquiring the Los Angeles Times and San Diego Union-Tribune news publishing empires. For those wondering why a successful physician and philanthropist, would purchase these two publishing companies - here is Soon-Shiong's explanation. In his youth, he worked at a news print station and distributed copies for young men to make final home deliveries. This infected him with the love of hard copy - and shunted internet screen deliveries. Most important, he wanted to produce a product of honesty and integrity, not fake news. Our Historian hopes that all our readers concur with his objectives and wish him all the best.

It should be noted that Soon-Shiong donated \$100,000,000 to the Los Angeles hospital system. That's what a billionaire can do, although not all billionaires do this. Be sure to check his story on Wikipedia. He has been so successful, reportedly worth more than \$11 billion, and has many, so many, achievements and contributions to count. We salute you Patrick Soon-Shiong.

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

FUTURE CHINESE AMERICAN HERO – CLOVIS HUNG

Let us meet young Clovis Hung, who is just 12 years old and graduated from Fullerton College with five (5) associate degrees, and he plans to earn his sixth (6) degree in a few months. Some of us only have one (1). The only issue facing this future Chinese American Hero is that there are now very high expectations.

One thing we must inform you. Clovis started college when he was only 9 years old. He must have gone from diapers then immediately to college. They call this special admissions. (This was never offered to me - for the right reasons.)

You might assume that Clovis is a nerd, but his life includes many normal activities you (and I) were involved with. He plays basketball five (5) days a week and also video games, and is a Boy Scout. He loves pets and travel.

Clovis thanks his professors and classmates who were a great encouragement and support.

He is already planning careers in aerospace, engineering, piloting or pediatrics. (Bet he might become a Space Force member!) Remember the name now, Clovis Hung. It won't be too long before we hear much more about his exciting future and accomplishments.



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



WORLD WAR II ARMY TECHNICAL SERGEANT RUBY K. TAPE, AN UNKNOWN CHINESE AMERICAN VETERAN

This is the story of Ruby Tape a Chinese American woman from Marysville, CA who was a special military heroine. Ruby was born in 1898 and lived through two world wars .

At age 44, she decided to join the Army and met with a local Army recruiter, but was rejected. Determined to serve her country, but she ignored the rebuff, and reported directly to her local Army station, took the physical examination and testing, and passed with flying colors. The Ruby Tape story is another example of the story of exceptional Chinese American whose service to our Country is missing in history.

US Army TSgt Ruby Kim Tape's story is unique, but she is also unusual, because of her family relationship to Chinese immigrants Mary and Joseph Tape. The Tapes had a son Frank who married Ruby Kim, a smart, energetic and patriotic Chinese girl from Marysville, CA. Tape is not common name for anyone Chinese, but is just a sloppy, phonetic transliteration of the Chinese surname pronounced and in the Mandarin dialect.

Ruby's mother-in-law was the historic Mary Tape, who fought the San Francisco Board of Education in 1884, demanding that her daughter Mamie Tape be allowed to go attend public school. Those days, the doors of the San Francisco public schools were closed to all minorities, especially Chinese. The master plan was to deny citizenship to Chinese, severely limit their immigration to America, and shut the door tight to women and families. Even non-Chinese women marrying a Chinese man were threatened with lost of their American citizenship. Over time natural attrition was suppose to solve the "Chinese" problem. When young Mamie was not allowed to attend her Spring Valley public school, her Mother Mary declared "Foul" and sued Ms. Jane Hurley, the Principal, of the school. Mary Tape won the law suit in Superior Court and

the decision was upheld by the California State Supreme Court, citing equal protection clause of the 14th Amendment, state law, and acknowledged that Chinese paid school taxes. The 1885 "Tape vs Hurley" case is a landmark court decision.

Back to the Ruby Tape saga, Ruby had an illustrious career in the Women's Army Corps (WAC). At the time of her joining the WAC, 150,000 women were recruited to handle administrative, communications, and clerical work for the Army freeing men for combat operations. Many Chinese women also wanted to serve, but most worked in defense industries. These women were the first women to join the Army who were not nurses. She served in intelligence and was promoted from private to technical sergeant, most unusual for a Chinese soldier at the time. She was smart, mature and a very loyal American. Assigned to the Military Intelligence Training Center at Camp Richie, Maryland, she supported the training of interrogators, translators, order of battle, photo interpretation, and counter-intelligence operations.



Stay tuned, this story is just beginning.

MORE ON ASIAN PACIFIC SERVICEWOMEN



U. S. Army Photograph
Air WACs

In the past year, we have heard great stories about Asian American women serving in our military. Our focus has been on Chinese American servicewomen, including our Commander Helen Wong the famous Maggie Gee from WWII, but just recently, the "Women in Military Service For America Memorial Foundation" published a great article honoring Asian Pacific women who served in many capacities that few of us had any knowledge. Prepared by Judith Bellafaire, Ph.D and Curator of this foundation, this article is quoted below and is very much worth reading.

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

WHAT IS THIS?



Here is a hint:



Even if you are not sure, or you may be 50% sure. It's something that might be on your mind frequently, but something we don't want to think about.

These are images of the San Andreas Fault. If you live in California, you may be living very close to this earthquake fault line. And when people forget about this Fault, it can come back stronger than the last time it woke us up.



A IMPORTANT MESSAGE FROM OUR HISTORIAN TO DRIVERS AND CAR PASSENGERS

Recently, our Historian had an automobile accident and avoided serious injury because of air bags. Most people have not had collisions in automobiles where the air bags were needed to be inflated. Because our Historian did have major collision which quickly implemented air bags, he was really shakened, but walked away from the accident with just a minor bump.

This was his first accident, involving air bags, after driving for more than 60 years. Hopefully very few of our Post members will be involved in an accident that will deploy air bags. If there are other passengers in a vehicle, like your family members, air bags will also protect them, or anyone else riding with you.

With our historian, the air bags protected him from collision with his steering wheel. Severe chest injuries could have happened. He is very, very glad the air bags were so effective, because they worked in a split second. So this is a reminder to all drivers and passengers in any automobile. Be sure everyone always uses seat belts, someone should always

check your seat bags lights to insure that seat belts are working.

Here is an additional related safety note from member Joe Chan, who advised that every vehicle needs to have a sharp device to break open windows, if you are in an accident and need to exit your vehicle through any window. A sharp device is also needed if air bags are engaged and you are jammed into your seat and need to puncture the air bags to get out of your car. A sharp knife is also needed if your seat belts are jammed.

How many of us have such tools in our glove compartments to help us after a serious car accident? Perhaps some of us are prepared, but for those who do not have such essential tools in our cars, our Historian will provide a single tool at our June meeting, that will be of service for all members who need such a device. A donation of \$20 is encouraged for our Post treasury.

CHINESE CITIZEN WORKING FOR APPLE CHARGED WITH THEFT OR ATTEMPTED THEFT OF HIGH VALUE APPLE SELF-DRIVING TECHNOLOGY

Weibao Wang, a Chinese citizen employed with Apple Computer, fled back to China as soon as federal authorities searched his home. Authorities discovered that Wang's computer stored Apple proprietary and confidential data on current and developing self-driving technology. This is not a national security issue, but the commercial value of this technology is in billions of dollars. Apple does not appear to have security clearance system to identify their foreign national employees who should be denied access to their most sensitive technologies.

Self Driving technology will be of great value to many seniors who must continue to drive, and to the many seniors who will discontinue driving as their ability to drive safely becomes an issue. Some of us will not be able to pass driver's tests and will be forced to stop driving.

In other technology theft news, the Justice and Commerce departments have been busy enforcing the restriction of exporting sensitive technologies, both military and civilian to Russia. The technologies range from battle-field equipment and advanced electronics used for quantum cryptography and nuclear-weapons testing, but also includes Boeing

aircraft parts used in Russian commercial aircraft.

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

OUR YOUTH ARE DYING YOUNGER AND YOUNGER. WHAT?

Covid has been just one reason. In these changing times there are several even more cogent causes. Drugs, gun violence, car accidents and suicides are the latest villains. The survivors are not getting off scott free. The accumulated mental impact of so many threats in their lives - to no one's surprise - is stress, anxiety and mental breakdowns long before they become seniors.

These mental breakdowns sounds similar to Post Traumatic Stress Syndrome (PTSD) suffered by our military veterans.

WHAT'S IN OUR WALLETS? WHAT DO WE NEED IN OUR WALLET?

Of Course - Real money, a Picture ID, Healthcare card, photo ID, or driver's license, business card, transportation pass (BART), and credit cards

These days when most of us still use credit cards, the need to carry a wallet with a lot of money is risky and unnecessary. Most of time when we are shopping, whether just for food, or clothing, one or more credit cards can now be used.

Other than real cash, digital images of credit cards, photos of our driver's license, healthcare cards, military ID, transportation passes, DMV registration, Proof of auto insurance, are already in use, digital images of these items, should be kept in our cell phones. Added note for security, do not leave any document in your car's glove compartment with your address.

The day is almost here that anyone with a cell phone, may only need a super thin wallet to carry a minimal amount of cash (\$20-\$50).

So, get ready, and get used to, only carrying around a few bucks in a very thin wallet. You won't even need a thin wallet, if you don't want to carry any cash at all.

In the future, as well as now, guard your cell phone like your life depended on it. Losing your cell phone will cause anyone a lot of pain!

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



PLANNING TO RENT A CAR SOON? BE READY FOR A CHALLENGING EXPERIENCE!

Our Historian had to rent a car recently and found that experience a night mare and scary, Why, because the car he rent had a dashboard that looked very different than his last car. Suspect that for some of us seniors, adjusting to a very different dashboard, and other controls located at new locations, will be very stressful.

Anyone who plans to rent a car soon, needs to know that once you rent your car, you must learn quickly. You should test out all the familiar and new controls before you drive out of the rental car location. You will find that the controls you have been using, may look different and also is engaged differently. But there is some good news, the dash board screen is larger and the look back camera gives a much larger view that the older car you, and I, used to drive. Before you leave the rental car dealer, take advantage of those brief minutes to ask as many questions you want answered before you drive off.

For many new cars, there are no longer are keys to start and shut down your rented car. Many new cars only require the driver to push a button while stepping on the brake to start the car. You will need to get familiar with this process quick-

ly. Some new cars are very quiet, so when you stop and get out of the rented car, be sure you have turned off the motor. Most of us are used to removing a key when we stop and exit. This is not longer required, so it is easy to get out of your car and not realize your motor is still running. That happened to me once with my rental.

If you haven't found the button that opens up your gas cover, you must know that before you drive off. No point in going to fill up the tank, if you don't know where the open gas cap button is. That button, if you can find it in 30 minutes, is essential if you drive the vehicle for more than a few days.

You also need to know that you will not get a copy of the Users Manual, which is being retained for the eventual sale of the car to a buyer. Appears that a fresh copy of the Users Manual is retained for the future owner of the car you have rented.

The only documentation in the glove compartment was a four page accident reporting form. Wonder how often this form is used by car renters?

A strong recommendation is to rent a car that is the same brand you have been driving. If you are a Chevrolet driver, renting any other brand will pose a greater challenge to you.

You will only get one set of keys, don't lose it. Replacement keys cost at least \$400 each.

It will take at least of few days of driving for anyone renting a car these days, to become familiar with the new dashboard and safe operation of the control buttons.

Our Historian drives a major Japanese car vendor, and rented a car made by the same vendor, and did find many control buttons in the same location, but many of the worked a little differently. He needed to drive for several days to get comfortable with the new dashboard and controls.

This is another welcome to the new world phenomenon. The new normal is again different than the old normal.

PRESIDENT BIDEN URGES HEALTHIER SCHOOL MENUS, INCLUDING A BAN ON CHOCOLATE MILK

The Dairy Industry, not surprisingly, opposes the proposal advising that eliminating chocolate and other flavored milk, will lead to children drinking less milk. They were partially right, when given a choice of flavored milk, like chocolate milk, most children preferred the sweet choice.

But when there is only regular milk, most children will drink regular milk.

Nutritionalists and scientists do agree that providing sugary milk and other sweetened drinks to young people initiates childhood obesity which easily becomes a long term issue with significant health issues, including diabetes, and other diet related diseases. Severe obesity has many potential health hazards, not limited to: high blood pressure, high and low cholesterol, heart disease, stroke and

gallbladder disease.

Unfortunately, most of us have early in our lives been addicted to sweets because so much food we normally ingest has a sugar additive.

Starting a healthy diet with limited sugar additives is great advice which everyone should heed. We must also insure that our offspring are similarly trained and bred. Good luck, it is not easy to do and requires a daily discipline.

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

IF ANYONE HAS BEEN AVOIDING THE RECOMMENDED SHINGLES SHOT, HERE'S A DARN GOOD REASON TO FORGET YOUR HESITANCY AND GET YOUR SHINGLES SHOT

This is quoted from the Harvard Men's Health Watch, newsletter Vol 24, Number 3, page 15

Quote

"In a new study, researchers reviewed the health records of more than a million people ages 66 and older who never had a stroke and who had been vaccinated for shingles. Study participants then compared with a non-vaccinated group. Researchers found those who were vaccinated for shingles were 10% to 20% less likely to have a stroke."

Unquote.

If this is relevant to any of us, we are warned.



OK, WE KNOW WE HAVE A NUMBER OF DAILY WALKERS IN OUR POST. HERE'S A SUGGESTED BEST WAY TO GET THE MOST OUT OF OUR DAILY WALKING EFFORT

This advice is provided from the May 2023 Harvard Health Newsletter. Title of the article is "Get more out of your daily walk."

Quote:

"Walking everyday is great for general health. Brisk walking helps lower LDL, bad cholesterol, control blood pressure, strengthen muscles, burns calories and improve our mood. Daily walking helps prevent heart disease, stroke and diabetes.

For some seniors, balance is a problem that needs a solution. We all know that any senior who falls, can be injured severely, and even cause death. Here is what we can do, to improve our balance. During our walks we should take about 10 steps walking heel to toe. The narrower our line of walk, means we are working on our balance. During our walk, we should also take side steps. We should also turn our slowly turn our heads left, then right, a few times. Such actions challenge our brains and improves balance.

Use some weights to exert force on your bones to make them stronger. Use a weighted vest or weights on your ankles, initially with light weights (5 lbs) and add a few lbs after a few weeks up to 10 lbs. Note, if anyone suffers any pain, or soreness, do not use added weights.

Don't forget to use your arms, they help the blood flow all over your body, so that adds to the stimulation of your muscles and gives your heart and brains more oxygen and stimulation. Alternate swinging up and down, and raising your arms above your head.

As you progress, you may be ready for high-intensity training (HIIT) that adds strenuous routines that will make you stronger, but always check with your doctor first to see it is safe for you to add strenuous exercises to your walking routine.

And, I want to add that during your walks that we should constantly be deep breathing. It is very important to deep breathe to constantly provide oxygen to all 4 billion capillaries in our lungs, which is excellent for our brains and heart.

Deep breathing does not require any equipment, just the discipline to deep breathe as often as possible. Check with your doctor. Deep breathing cannot hurt anyone. We do caution that if there places where the air is contaminated, do not deep breathe. When you are near a lot of moving cars around, do not deep breathe.

Let's all do more walking. It's good for everyone. However, when you start feeling any pain

or soreness, it is time to take a break, and check in with your primary care doctor." UnQuote.

Walk your way to better health in less than 30 minutes a day!

Dear Reader

Walking may be one of the most powerful "medicines" available.

It can help lower your risk of heart disease, cancer, and diabetes, lower blood pressure and cholesterol levels, and even keep your memory sharp.

The simple activity of walking has so many powerful health benefits, the experts at Harvard Medical School created *Walking for Health*. This special report takes you step-by-step from why walking may be the most perfect exercise, to how to get started on a walking program, to specific walking workouts.

This Special Health Report includes:

- ✓ 5 walking workouts
- ✓ Warm-up exercises
- ✓ Post-walk stretches
- ✓ Strength-training moves for walkers
- ✓ Tips for staying motivated
- ✓ Special Section: "Walking for weight loss"
- ✓ And more!

Send for this report now and discover:

- Why a short post-meal walk is a great way to lower blood glucose levels
- How to walk downhill without hurting your knees
- The walking mistake that can strain your upper back and neck
- 5 simple ways to turn your walk into a heart-pumping workout
- Why all-cotton socks may give you blisters (choose the type on page 18 instead)
- The 2-in-1 walking workout that strengthens your upper body while you walk
- And so much more!

Plus, you'll get 5 great walking workouts and a special section on walking for weight loss that show you:

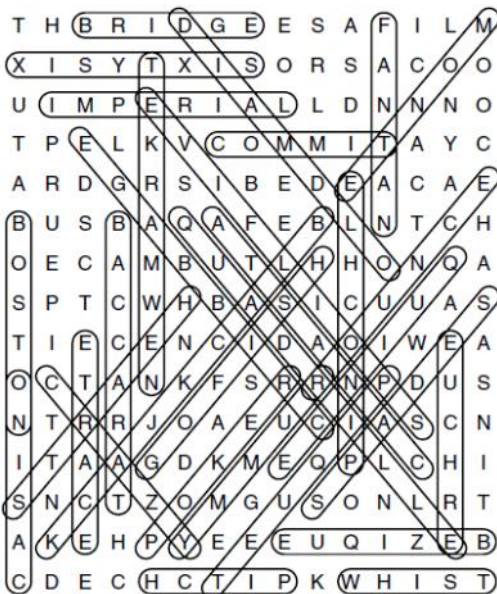


APRIL PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

WORD SEARCH secret message:

The sailors could not play cards because the captain was standing on the deck.



- 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

SUDOKU SOLUTION

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

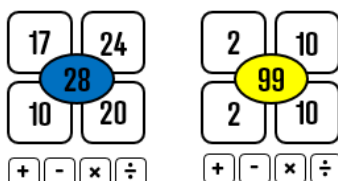
5	3	6	1	2	4	9	7	8
2	9	7	5	8	6	4	3	1
1	8	4	9	3	7	5	2	6
7	1	2	3	5	8	6	9	4
3	6	5	7	4	9	1	8	2
8	4	9	2	6	1	7	5	3
9	7	3	6	1	2	8	4	5
4	5	1	8	9	3	2	6	7
6	2	8	4	7	5	3	1	9

JUMBLE SOLUTION

- TEASE
- FLANK
- FLIMSY
- GOSPEL



4 NUMBERS SOLUTION



$(17-10) \times (24-20)$ $(10 \times 10) - (2/2)$

How the shoemakers described themselves — "SOLE" MATES



WORD SEARCH

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!

- BARK
- HEMLOCK
- SPRUCE
- BIRCH
- JUNIPER
- SUNLIGHT
- BRANCHES
- LIMBS
- TRUNK
- BUDS
- MAGNOLIA
- TWIGS
- DECIDUOUS
- MAJESTIC
- WATER
- ELM
- MAPLE
- WILLOW
- EVERGREEN
- OAK
- WOOD
- FIR
- PARK
- YARD
- FLOWERS
- PINE
- FOLIAGE
- PLANT
- FOREST
- POPLAR
- FRUIT
- ROOTS
- GIANT sequoia
- SEEDS
- GROWTH
- SOIL
- HEIGHT
- SPECIES

CAN YOU SUDOKU?

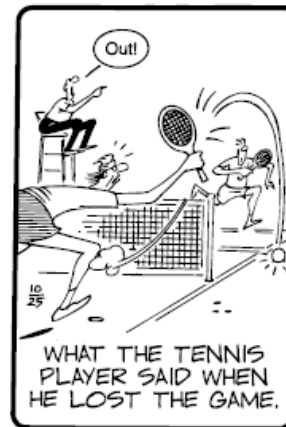
SURE YOU CAN! How do I play Sudoku? Sudoku is a logic game so you just need to use your brain to play it! The goal is to fill the grid, so that each row, each column and each region of 3x3 boxes contains all the numbers from 1 to 9. Good Luck!

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

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

WORK SPACE

JUMBLE



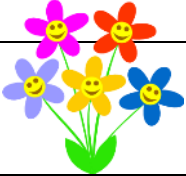


- LUBLY
- RUFOL
- TALOZE
- RUMMUR

Answer here: “ ”






MAY



SUN	MON	TUE	WED	THU	FRI	SAT
	1 SILVER STAR SERVICE BANNER DAY LOYALTY DAY		3	4 NATIONAL DAY OF PRAYER	5	6
					MAY 6-12: NTL NURSES WEEK	
7 	8 VE DAY	9 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	10 EXECUTIVE BOARD MEETING 7:00 PM	11	12	13 POST MEETING 11:00 AM
14 MOTHER'S DAY	15 PEACE OFFICERS MEMORIAL DAY	16	17	18	19 MILITARY SPOUSE APPRECIATION DAY	20 ARMED FORCES DAY
		MAY 13-20: ARMED FORCES WEEK				
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		

JUNE



SUN	MON	TUE	WED	THU	FRI	SAT
	PTSD AWARENESS MONTH			1	2	3
4	5	6 D DAY ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 EXECUTIVE BOARD MEETING 7:00 PM	8	9 	10 POST MEETING 11:00 AM
11	12 WOMEN VETERANS DAY	13	14 ARMY BIRTHDAY FLAG DAY	15	16	17
18 FATHERS DAY	19	20	21 	22	23 COAST GUARD AUXILIARY BIRTHDAY	24
25	26 	27 PTSD AWARENESS DAY	28	29	30	