



# CATHAY DISPATCH

SAN FRANCISCO, CA

JULY 2022

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## JULY IS THE MONTH FOR CELEBRATION!

By Commander Helen Wong

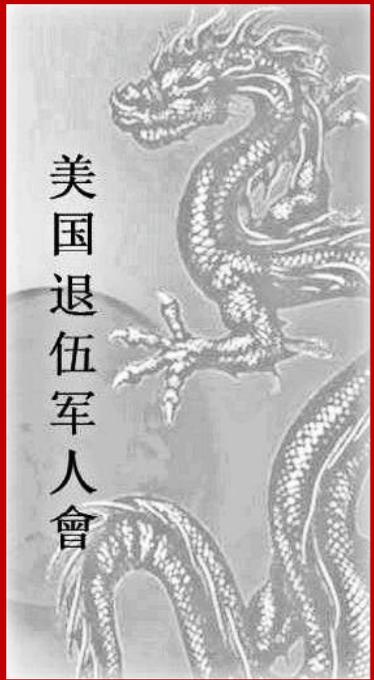


With the birth of our Nation at 246 years, it deserves to celebrate a birthday for the whole month, not just on the 4th of July! If you can remember that it consists of 50 states, a federal district, five major unincorporated territories, 326

Indian reservations, and nine minor islands, that is a lot of country to cover and much too much to recognize in one day. Most of us observed Independence Day by going to parades, barbecues, visiting friends or families, or watching fireworks on Monday evening either in person or on tv, or attending the Flag Raising Ceremony at the Chinese Consolidated Benevolent Association which has been a Cathay Post annual tradition.

How did fireworks become a tradition for celebrating the 4th of July? Most of us know fireworks were invented in China a long time ago but how did it get around the world? According to a July 3, 2017 article by Olivia B. Waxman, the earliest forms of pyrotechnics go back 2,000 years during the Han Dynasty in 200 B.C. People were said to roast bamboo stalks until they exploded. "Baozhu" is a Mandarin word for firecracker that translates to "exploding bamboo". At some point between 600 A.D. and 900 A.D., Chinese alchemists started filling the bamboo with gunpowder made from saltpeter, and added steel dust or cast iron shavings to make them sparkle. These firecrackers were often used during New Year Festivals and weddings to scare off evil spirits. The opening of the Silk Road brought trade to Europe in the 13th century and fireworks became a part of official celebrations. During the summer of 1776 during the first months of the Revolutionary War, one of the Founding Fathers, John Adams predicted that July

2nd would be the most memorable day in the history of America and would be celebrated by succeeding generations. While he was off by a few days, the first organized celebration was held on July 4, 1777 in Philadelphia. While it was reported that other cities celebrated Independence Day with fireworks, Boston was the first to designate July 4 an official holiday in 1783. Now, with fireworks a well-established tradition, Americans spend somewhere around \$1 billion each July 4th, most of it is imported



### CATHAY POST 384 AMERICAN LEGION 2022-2023 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Charles Paskerian
- 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

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from China.

If celebrating Independence Day isn't enough for you, then there are more holidays and observances to choose from in July-some of which are silly or fun. Some of the more notable days are: July 5-National Graham Cracker Day; July 6-International Kissing Day; July 9-National Sugar Cookie Day (& Cathay Post Meeting Day); July 10-Teddy Bear Picnic Day; July 11-Marine Corps Creation Day & Cheer Up the Lonely Day; July 16-National Corn Fritter Day (& Cathay Post Installation & Awards Dinner); July 20-National Moon Day; July 21-National Junk Food Day; July 25-National Hot Fudge Sundae Day; July 28-National Hamburger Day; and how about July 30 -International Day of Friendship? Or this one which sounds delicious July 31-August 4-Maine Lobster Festival? Enjoy!



**91<sup>st</sup> Anniversary  
Installation & Awards  
Banquet**

**Saturday, July 16, 2022**

**Cocktails – 5:30 p.m.**

**Dinner – 6:30 p.m.**

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

**\$70 per person  
\$650 per table**

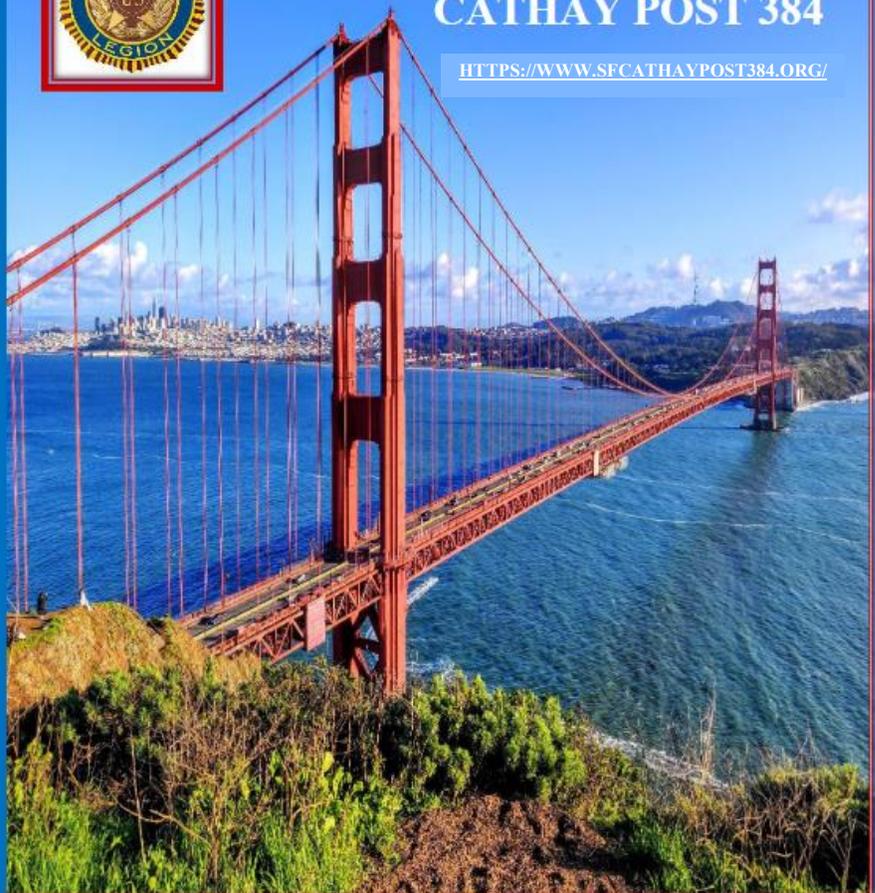
**RSVP by July 1, 2022**

**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/)





## 2022 DEPARTMENT CONVENTION EXPERIENCE

The 103rd Department Convention came and went June 23-26 in Visalia, California and Post Commander Helen Wong and Sgt-At-Arms CJ Reeves enjoyed the experience.

up for a vote again. We saw the presentation of awards and citations. Commander Gary Gee from our District 8 who is on the Law and Order Commission presented Sgt. William Pon with the Law Enforcement Officer of the Year Award.



One of most inspiring stories was of the 2022 Boys State elected Governor David Mendoza who was a delegate from Post 283. His single parent mother raised him to be

Unfortunately, 2nd Vice Chuck Paskerian was not able to attend after all. While the temperature reached 105 degrees outside, most of the time was spent indoors at the Convention Center where acknowledgment of National guests, Past Department Commanders, American Legion family dignitaries: our Western Regional National Vice Commander James Higuera, ALA Department President



Dee Ann Grahams, and Sons of the American Legion Detachment Commander James Eubanks were completed. We also heard the Convention Cities Committee recommendation for convention sites years 2024-2025-2026 to be at Visalia again versus Ontario, CA. There was also a suggestion for another Southern California site that if a contract was not signed before next year, to open





such a caring individual that it was a joy to listen to his comments.



Another inspiring young person was the 2020 Oratorical winner Kayleen Lin who came in fourth at the National Oratorical Contest. Although she was not present, they played a video of her winning speech. It was so wonderful to hear her give her thoughts on the constitution.



The morning and afternoon training sessions were informative. From District 8, Post 448 member Skyler Cooper presented his 30 minute short video “Worthy of Survival” to a filled room. It was well received and the audience had many positive comments. Our Post was the first to review his video!

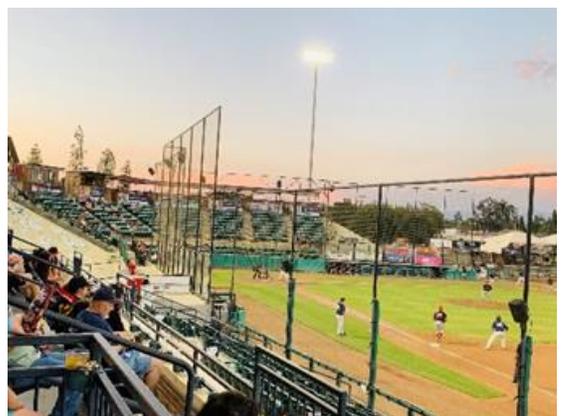
Another interesting training that was offered was on Space-A travel, given by 2 representatives from Travis Air Force Base. They went over the basics of signing



up, required travel documents, arriving at the passenger terminal, understanding the Space-A sign up list and what to expect. It was helpful to have the list of passenger terminal contact information for around the world so that you could dream about all the exotic places to travel to, all free or almost free! Go to <http://www.amc.af.mil/amctravel/> for information.

On Friday evening, many members had a nice experience attending a baseball game: the Fresno Grizzlies vs. Los Angeles Police Centurions at the Rawhide Baseball Stadium. While watching a minor league team was interesting, you can tell by all the fielding errors the players have a long way to go to reach the major league level! Remember to support American Legion baseball!!

But of course, the biggest part of attending the



convention was for election of 2022-2023 officers. Our new Area 2 Vice Commander is Jeff Driskell from Post 419 in Santa Clara. He was the past District 13 Commander.

And no big surprise that Jere Romano from the Ronald Reagan Palisades post was elected Department Commander. He has been a loyal Legionnaire and has held various positions within the Legion.



# FROM THE OFFICE OF COMMANDER HELEN WONG



There was much more that happened at the convention but these are some of the highlights. Congratulations to all newly elected officers and Commander's appointees!



## CATHAY POST WELCOMES OUR NEWEST AND YOUNGEST POST MEMBER



*Photo credit: 2nd Vice Commander Chuck Paskerian*

Junior Past Commander Nelson Lum swears in our newest Post Member, Keaton Pon, an Air Force Academy Cadet and son of Past Cathay Post Commander Jay Pon.

Welcome Keaton and best of luck at the Air Force Academy and future Air Force Career.



MESSAGE FROM THE OFFICE OF THE UNDER SECRETARY FOR HEALTH JUNE 30, 2022



If ever there were a time to reinforce America’s united thread of liberty, it is now. With a seemingly endless string of troublesome events in the news, it is easy for us to focus narrowly on our frayed differences and divisions instead of widening our gaze to the beauty of our similarities and shared experiences.

We are all Americans first, and for the last 246 years, our Nation’s flag has symbolized freedom and hope for the entire world. Are we perfect? No. Can we do better? Absolutely. For as the American poet Maya Angelou proclaims: “Do the best you can until you know better. Then, when you know better, do better.”

Amidst the American traditions of parades, fireworks, and family gatherings this Fourth of July, stands a self-evident truth: Americans believe in the power of liberty to do better. It’s what our Founding Fathers declared in 1776, and it’s why our Veterans continually answer the call.

With this in mind, let us all take time this weekend to proudly celebrate American independence with our friends, family, and loved ones. And with this in our hearts, let us pause to consider how we might do better for future generations of Americans because it is not the specific beliefs of individuals but rather the universal love of freedom that runs brightly

through the fabric of our lives.

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Steven L. Lieberman, M.D. (he/him/his) Deputy Under Secretary for Health, Performing the Delegable Duties of the Under Secretary for Health



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

UPDATE: Veterans may now call 988 and press 1 to speak to a caring and qualified responder.

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.



# CJ TO BE FIRST POST POET LAUREATE IN LEGION HISTORY!

It was CDR Wong's first order of business after being reelected to Post Commander in recent Post 384 elections. CDR Wong had a newly created appointment to fill - namely the Post Poet Laureate. She felt it prudent to appoint CJ to this new prestigious position. What is a Poet Laureate? Glad you asked. Here's what we came up with.

### BACKGROUND

A Poet Laureate (plural: Poets Laureate) is a poet officially appointed by a government or conferring institution, typically expected to compose poems for special events and occasions. Albertino Mussato of Padua and Francesco Petrarca (Petrarch) of Arezzo were the first to be crowned Poets Laureate after the classical age, respectively in 1315 and 1342. The royal office of Poet Laureate in England dates from the appointment of John Dryden in 1668.

The great state of California established a state Poet Laureate under Governor Hiram Warren Johnson and appointed Ina Donna Coolbirth on June 30, 1915 - exactly 107 years from today. One of her poems was a Memorial Poem, written for the Grand Army of the Republic on Decoration Day in San Francisco in 1881. Decoration Day has since been changed and is now called Memorial Day. Juan Felipe Herrera was appointed by Governor Jerry Brown in March 2012. California's current Poet Laureate is Dana Gioia, who has served as "poetry's public servant" since his appointment in December 2015. San Francisco's first Poet Laureate, Lawrence Ferlinghetti, was selected in 1998. The city's current Poet Laureate is Kim Shuck.

In ancient Greece, the laurel was used to form a crown or wreath of honor for poets and heroes. The custom derives from the ancient myth of Daphne and Apollo (Daphne signifying "laurel" in Greek) and was revived in Padua for Albertino Mussato, followed by Petrarch's own crowning ceremony in the audience hall of the medieval senatorial palazzo on the Campidoglio on April 8, 1341. Since the office of Poet Laureate has become widely adopted, the term "laureate" has come to signify recognition for preeminence or superlative achievement. A royal degree in rhetoric, Poet Laureate was awarded at European uni-



versities in the Middle Ages. Therefore, the term may refer to the holder of such a degree, which recognized skill in rhetoric, grammar and language - in short, a linguaphile. It's only fitting and proper that CJ be appointed to this prestigious position as he has been our expert resident linguaphile for some time now.

### DUTIES

The Poet Laureate of the American Legion Cathay Post 384 may be required to fulfil the following -

- A) Compose and perform a poem for a special event, a ceremony or anniversary
- B) Promote poetry in the Post by reading poetry at monthly meetings
- C) Engage in a community-oriented poetry project with local or national reach
- D) Advise the Post Commander on matters of creative arts and letters
- E) Participate as a Judge on local poet-ry panels
- F) Celebrate poetry reading at all levels
- G) Submit poetry for publication
- H) Archive poetry pertaining to the Post for posterity
- I) Document all letters of poetry pertaining to the Post for posterity
- J) Initiate a Post Poetry Day or Week to focus on reading and writing poetry

- K) Execute any additional duties as prescribed by the Post Commander
- L) Serve at the leisure of the Post Commander

### BENEFITS

Over the past 35 years, more than 200 studies have investigated the mental and physical health benefits of expressive writing. Researchers have recently studied exactly how it is that poetry affects us. They have found that it triggers our emotions, strengthens our brains, and gives us space for self-reflection. Everyone can benefit from writing poetry because it:

- A) Improves cognitive function
- B) Helps heal emotional pain
- C) Leads us to greater self-awareness
- D) Provides a gift of inspiration or education to others
- E) Helps for developmental learning and developing skills
- F) Provides therapy for both the writer and the reader
- G) Helps you understand people and the significance of words

### CONCLUSION

Poetry can provide comfort and boost mood during periods of stress, trauma and grief. Its powerful combination of words, metaphor and meter help us better express ourselves and make sense of the world and our place in it. Poetry is so important because it helps us understand and appreciate the world around us. Poetry's strength lies in its ability to shed a "sideways" light on the world, so the truth sneaks up on you. No question about it. Poetry teaches us how to live. Poetry is a celebration of life. This one-of-a-kind appointment within the American Legion family certainly sets the bar for our Post and for other posts to emulate. We will be the envy of posts everywhere. Please join me with a huge congratulations to CJ on this new appointment and welcoming him as our first Post Poet Laureate. Bravo Zulu to you CJ! This is truly an historical moment.



## REPORT ON OUR UC BERKELEY ROTC AWARDS CEREMONY

On May 6, 2022, Ray Wong, Historian Roger Dong, CJ Reeves participated in the annual UC Berkeley ROTC awards ceremony at the UCB campus. Cathay Post had allocated \$6000 for 12 awards of \$500 to exceptional ROTC cadets selected by the Air Force, Army and Navy ROTC active duty staff.



*Above: Raymond Wong presents to Navy ROTC Cadet*



*Above: Historian presents to Air Force Cadet*

We awarded 8 scholarships to 8 Air Force and Navy cadets, and did need not present any Army cadet scholarships, or awards, as the Army had conducted their own separate event and did not provide any names for our Post awards. That saved \$2,000 for our Post funds to be used in other important events.

Our grateful Thanks to Air Force Major Michael Kraft for coordinating our efforts with their Air Force ROTC cadets and to Marine Gunny Sergeant Harry Perkins for working with their Navy ROTC cadets.

All 8 recipients of our Post scholarships and awards sent in letters of appreciation and our historian responded to each correspondent.



*Above: UCB Air Force ROTC Staff, our Historian, and three Air Force ROTC scholarship recipients*



## CHINESE DECLARATION AT MEETING BETWEEN CHINESE AND AMERICAN SENIOR MILITARY OFFICIALS

U.S. Defense Minister Lloyd Austin met with China's Defence Minister Wei Fenghe his Chinese counterpart in Singapore, and Defense Minister Wei made the declaration that "If Taiwan declares independence, that would result in war. And Taiwan would be smashed to smithereens."

This was not a new revelation as China has consistently stated that it would take military action if Taiwan ever declared independence. China talks very firmly and boldly when the issue of independence is suggested in Taiwan. In the past, the talk has been louder than any bites. Leaders in Taiwan have not been threatening independence in

recent years.

Despite the Chinese' tough talk, the overall meeting between the two very senior officials, was described as smooth and useful.

Austin voiced his concerns about the aggressive Chinese military actions in the Taiwan Strait, but reiterated our One China policy urging the Chinese to not behave in a manner that would destabilize the situation.

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



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## ONE MORE REASON WHY CHINA WON'T ATTACK TAIWAN

Last month our article "The Story of Modern China," our Post Historian concluded his report as follows"

"The major reason to doubt that China will militarily invade Taiwan and fight with the U.S. is that the number 1 priority for the Chinese leaders is to fulfill the China Dream, and the key component of the China Dream is for China to become the world's most powerful economy in 2049. A war with America, win, or lose, will destroy the China Dream and thus IMO China will do much to avoid a war with America."

The writer wants to add one more comment to his previous report:

There is one other major reason why China is not likely to go to war with the United States. In 2021 the United States imported \$830 billion in Chinese goods. There is no other nation, or group of nations that can replace

this huge amount of trade. Since the the achievement of their economy is so essential for China to become the most powerful economy in the world by 2049, the Chinese senior decision makers in their Standing Committee of the Politburo are highly unlikely to jeopardize this huge source of income for the economy.

The author of this article is Roger S. Dong, Lt Col, USAF, retired who has been a China specialist for the Air Force and Dept of Defense from 1967-1999. He is one of the most highly decorated intelligence officers in our nation. In retirement he continues to study and report on modern China and publishes many articles for newsletters in the American Legion and also the Association of Former Intelligence Officers. He also lectures on China in public venues.





## MANY PEOPLE ARE CONCERNED ABOUT CHINA AND CHINESE TARIFFS

*But few know how Americans benefits from our tariffs on Chinese imported goods*

To begin discussion we need to understand why many people think we must tax Chinese imported goods.

First, most of us believe that the Chinese have stolen millions of our jobs.

Second, we have been led to believe that they have stolen a lot of our technology.

Regarding stolen jobs, that myth is a really big hoax. There are no headhunters from China stealing our factory workers. Not one instance has been reported or noted. But it is a fact that millions of jobs have been lost, and the work done by millions of Americans have evaporated. What has really happened?

### **What has really happened is this.**

Our American businessmen are very good capitalists. When they learned that the hourly wages in China were \$2-3 dollars per hour. They immediately realized how profitable it would be for our businesses to manufacture our goods in China at fraction of the cost here in America. Some people were sharp enough to determine the quality of the work, but most just saw the savings from moving jobs to China. Not just the wage differential, but reducing personnel, reduced a lot of other costs, including retirement funding, eliminating overtime costs, no maternal or family leave issues, no lawsuits, no lunch rooms, personal lockers, and even huge gains in revenue if there is factory space that can be sold. HR departments and staffing can also be a benefit. A good capitalist will see great opportunities for both cost savings, and revenue benefits. The competent capitalists will take a special step that production from China meets quality standards. The scandal regarding poor quality toys made in China were eliminated once quality training and quality checks and controls were implemented.

### **What about the tariffs (taxes)?**



We need to know that the Chinese government has not paid a single dollar in taxes to the U.S. Government for her imported goods to the United States. When Chinese goods arrive at a major port, the receiver of the goods (usually a company) pays the tariff. That increases the cost of goods for the recipient and raises the price of the goods when they are sold. Thus whomever is the purchaser of the Chinese made goods, is in fact, paying for the taxes which increases the cost of goods and then is passed to the consumer. Therefore, higher tariffs means a higher prices to the consumer. That's us. Higher tariffs has not reduced the amount of imported Chinese goods. In 2021, we imported about \$838 billion in Chinese (including Hong Kong) made goods. Taxed at 25% means the Federal government received \$209 billion in taxes from importers that purchased all the Chinese goods.

When we consider that tariffs apparently do not slow down the flow of goods imported from China, tariffs also do not save any manufacturing jobs, but creates many jobs for port workers, truck drivers and millions of laborers at thousands of retail businesses that sell goods that are either partially, or totally, made in China. Components from China are imbedded in many goods and products sold in America (as well as nations throughout the world).

People who suggest that we can decouple from China ignore the reality that millions of Chinese components are embedded into everything from light bulbs to automobiles.

## R U READY?

*A major Russian Cyber attack has been forecasted. If it happens, it will be very disruptive, and people who are not prepared, are likely to suffer immensely.*

What can you do to be ready to deal with life threatening changes that will seriously impact the lives of the many who are unprepared? What can we expect if a major cyber attack does happen? A major cyber attack from the Russians, or any other significant entity, will impact four major targets: energy, water and electrical infrastructure, and financial institutions, cloud-data companies and telecommunications firms. A successful, or partially successful attack may cause major disruptions to normal life in our country that may last hours, days, or weeks. What should we do, to prepare for that major disruption of life?

- Stock up on non-perishable foods (don't forget a working can opener) and one gallon of fresh water per person, per day. Get a windup emergency radio, a portable power station and USB ports to keep your cell phone functioning.
- Save 2 weeks of cash in small bills (1, 5 and 10 dollar bills) as the places you need to spend money may not have change. ATMs may not be available when you need them, thus we all need an emergency funds.
- Back-up your essential personal information, including passwords to your banks and other financial institutions. Be sure to store important papers, photos and important personal documents a portable hard drive, in the cloud, and in memory sticks. Maintain at least 2 weeks of necessary medications available.
- Hackers globally will likely exploit our vulnerable time to scam you with phishing emails, so don't give them any help to enrich their pockeetbooks. Seniors will likely be a

*...Continued on page 13—See CYBER*



## SLEEP IS REALLY IMPORTANT

*We have written in the past about the importance of sleep. We are being redundant because we want all our readers to understand that everyone needs to get a good night's rest, or face very serious health threats, including heart attacks.*

Prior to the Pandemic, CDC estimated that 35-50% of Americans did not sleep enough. Now Post Pandemic, it is assumed that more than 50% of us do not sleep enough. To repeat, insufficient sleep has severe life threatening consequences. And you don't have to be a senior to face these threats to many people, globally, not just here at home.

Insufficient sleep, according to CDC and many health organizations leads to obesity, high blood pressure, diabetes, and several other threats to our health, but the scariest threat is that it is a one major cause of heart attacks.

What should we do to get enough sleep. No one wants a heart attack!

Get enough sleep. Most adults need at least 7 hours of sleep each night.

### How much sleep do I need?

The CDC says that most adults need at least 7 hours of sleep each night. However, more than 1 in 3 American adults say they don't get the recommended amount of sleep.<sup>2</sup> While this may be fine for a day or two, not getting enough sleep over time can lead to serious health problems—and make certain health problems worse.

### What health conditions are linked to a lack of sleep?

Adults who sleep less than 7 hours each night are more likely to say they have had health problems, including heart attack, asthma, and depression. Some of these health problems raise the risk for heart disease, heart attack, and stroke. These health problems include:

High blood pressure. During normal sleep, your blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer period of time. High blood pressure is one of the leading risks for heart disease

and stroke. About 75 million Americans—1 in 3 adults—have high blood pressure.

Type 2 diabetes. Diabetes is a disease that causes sugar to build up in your blood, a condition that can damage your blood vessels. Some studies show that getting enough good sleep may help people improve blood sugar control.

Obesity. Lack of sleep can lead to unhealthy weight gain. This is especially true for children and adolescents, who need more sleep than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

### What sleep conditions can hurt my heart health?

Over time, sleep problems can hurt your heart health.

Sleep apnea happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure.

Sleep apnea affects how much oxygen your body gets while you sleep and increases the risk for many health problems, including high blood pressure, heart attack, and stroke. It is more common among Blacks, Hispanics, and Native Americans than among whites.

Insomnia refers to trouble falling sleep, staying asleep, or both. As many as 1 in 2 adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia.<sup>8</sup> Insomnia is linked to high blood pressure and heart disease. Over time, poor sleep can also lead to unhealthy habits that can hurt your heart, including higher stress levels, less motivation to be physically active, and unhealthy food choices.

For better sleep, get enough natural



light, especially earlier in the day. Try going for a morning or lunchtime walk.

### What can I do to get better sleep?

Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.

Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.

Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.

Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.

Don't eat or drink within a few hours of bedtime; avoid alcohol and foods high in fat or sugar in particular.

Keep your bedroom cool, dark, and quiet.

**Meditation** can be very helpful to help with sleeping problems. How does meditation help people sleep better?

Stress is one major reason so many people have trouble sleeping.

*Continued on page 13...See SLEEP*



...Continued from page 12

Stress causes anxiety and tension, making it hard to fall asleep. In some cases, stress can simply worsen existing sleep issues.

Meditation may help you sleep better. As a relaxation technique, it can quiet the mind and body while enhancing inner peace. When done before bedtime, meditation may help reduce insomnia and sleep troubles by promoting overall calmness.

When you meditate, a variety of physiological changes occur. These changes initiate sleep by influencing specific processes in your body.

According to the researchers, meditation likely helps in several ways. Sleep problems often stem from stress and worry, but meditation improves your relaxation response. It also improves control of the autonomic nervous system, which reduces how easily you're awakened.

#### **Meditation may also:**

- increase melatonin (the sleep hormone)
- increase serotonin (precursor of melatonin)
- reduce heart rate
- decrease blood pressure
- activate parts of the brain that control sleep

Your body experiences similar changes in the early stages of sleep. As a result,

meditation can promote sleep by initiating these changes.

#### **How to meditate**

Meditation is a simple practice that can be done anywhere, anytime. You don't need special tools or equipment. In fact, the only thing you need is a few minutes.

However, establishing a meditation routine takes practice. By making time for meditation, you'll be more likely to enjoy its benefits.

#### **Here are the basic steps of meditation:**

Find a quiet area. Sit or lie down, depending on what feels most comfortable. Lying down is preferable at bedtime.

Close your eyes and breathe slowly. Inhale and exhale deeply. Focus on your breathing.

If a thought pops up, let it go and refocus on your breathing.

As you try meditation for sleep, be patient with yourself. A meditation practice is just that — a practice. Start by meditating for 3 to 5 minutes before bed. Over time, slowly increase the time to 15 to 20 minutes. It'll take time to learn how to quiet your mind.

Let's look at specific meditation techniques that tend to work well for sleep and how to do each one.

#### **Mindfulness meditation**

Mindfulness meditation involves focusing on the present. It's done by increasing your awareness of your consciousness, breathing, and body.

If you notice a thought or emotion, simply observe it, then let it pass without judging yourself.

#### **How to do mindfulness meditation**

Remove all distractions from your room, including your cell phone. Lie down in a comfortable position.

Focus on your breathing. Inhale for 10 counts, then hold your breath for 10 counts. Exhale for 10 counts. Repeat five times.

Inhale and tense your body. Pause, relax, and exhale. Repeat five times.

Notice your breath and body. If a body part feels tight, consciously relax it.

When a thought comes up, slowly return your focus to just your breathing.

Hope these helps us get all the sleep we all need to survive and live healthier lives.

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

...Continued from page 11

major target for scammers. Help protect your family senior members who use computers to protect them from scammers.

- Keeping your families together if at all possible. If family members are spread out, arrange for a single location to gather after 2 4 hours.
- Maintain multiple lines of communications, including landline phones which may not be as vulnerable as cell phones and other wireless equipment.

- A simple device that can be very valuable can be a small notebook, to maintain all your passwords, the addresses of all you family and key friends, and other important data you use everyday, which may be even more important under a cyber attack.
- There may be other important issues of unique importance to any individual or family. Think about these matters now so that you can be prepared.
- Regarding our cars, always keep the

gas tanks in your cars at least half full so that you can re-locate to a better location.

It is not possible to list everything, everyone needs to do in case of a major disruption to our lives, so think ahead and plan ahead. We can hope that it won't happen, but what would you do it does happen. Best of luck to everyone.

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



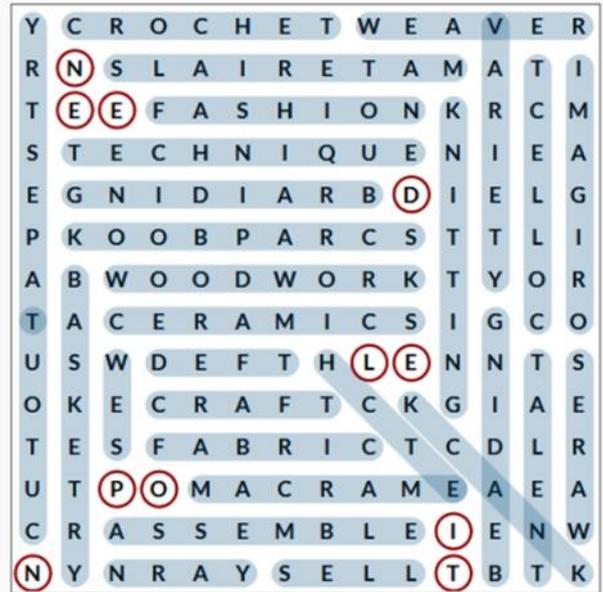
# SOLUTIONS TO JUNE'S PUZZLES

Did you solve everything?

## WORD SEARCH SOLUTION

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

- |          |           |           |
|----------|-----------|-----------|
| ASSEMBLE | FABRIC    | TAPESTRY  |
| BASKETRY | FASHION   | TECHNIQUE |
| BEADING  | KNACK     | VARIETY   |
| BRAIDING | KNITTING  | WARES     |
| CERAMICS | MACRAME   | WEAVER    |
| COLLECT  | MATERIALS | WOOD WORK |
| CRAFT    | ORIGAMI   | YARN      |
| CROCHET  | SCRAPBOOK |           |
| CUTOUT   | SELL      |           |
| DEFT     | SEW       |           |
| ETCH     | TALENT    |           |



## SUDOKU SOLUTION

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

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



## WORD SEARCH

*Lots of knots! Summer is here and it's time to get out there on the water!  
Find all the words to reveal a 10 letter hidden message.*

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

- |               |            |
|---------------|------------|
| ABEAM         | PORTHOLE   |
| BILGE         | PROPELLER  |
| BULKHEAD      | SAILOR     |
| CABIN CRUISER | SHIP       |
| DRAFT         | STARBOARD  |
| FISHING BOAT  | TENDER     |
| HOUSEBOAT     | TIDE       |
| HYDROFOIL     | TOPSAIL    |
| HYDROPLANE    | WATERCRAFT |
| JIB           | WATERLINE  |
| JUNK          | WHEELHOUSE |
| LANYARD       | WINDJAMMER |
| LINES         |            |
| MAINMAST      |            |
| MARINER       |            |
| MIZZENMAST    |            |
| MOTORBOAT     |            |
| NAVY          |            |
| OVERBOARD     |            |
| PEDAL BOAT    |            |
| POLICE BOAT   |            |

### CAN YOU SUDOKU?

*SURE YOU CAN! How do I play Sudoku?*

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

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

#### WORK SPACE

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



# JULY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	6 EXECUTIVE BOARD MEETING 7:00 PM	7	8	9 POST MEETING 11:00 AM
INDEPENDENCE DAY Flag Raising at CCBA HQ (C-6) at 843 Stockton Street		12	13	14	15	16 91ST ANNIVERSARY INSTALLATION & AWARDS BANQUET
17	18	19	20	21	22	23
24	25 NATIONAL HIRE A VETERAN DAY	26	27 NATIONAL KOREAN WAR VETERANS ARMISTICE DAY	28 NATIONAL BUFFALO SOLDIERS DAY	29 ARMY CHAPLAIN CORPS ANNIVERSARY	30
31						

# AUGUST 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1 AIR FORCE DAY	2 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	3	4 COAST GUARD DAY	5	6
7 PURPLE HEART DAY	8	9	10 AGENT ORANGE AWARENESS DAY EXECUTIVE BOARD MEETING 7:00 PM	11	12	13 POST MEETING 11:00 AM
14 NAVAJO CODE TALKERS DAY	15	16 NATIONAL AIRBORNE DAY		18	19	20
21	22	23	24	25	26	27
28	29 MARINE CORPS RESERVE BIRTHDAY	30	31	AUGUST IS: ANTITERRORISM AWARENESS MONTH		