



AMERICAN LEGION CATHAY POST 384

CATHAY DISPATCH

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FROM AUGUST ANNIVERSARIES & BIRTHDAYS TO SEPTEMBER PATRIOT DAY & SUPER 74TH AIRFORCE BIRTHDAY!

By Commander Helen Wong

For the members who missed the Cathay Post 384's 90th Anniversary Installation & Awards Banquet, we have photos of that historic occasion taken by the iconic photographer Frank Jang. It was a wonderful evening with Mistress of Ceremony Maria Medina, Lion Dancers, Miss Asian Globals, fire & police attendees, and Community Hero Larry Yee accepting his award from old classmate 1st Vice Commander George Tsang. JROTC cadet scholarship awardees or their parents and their instructors, LTC Doug Bullard and Col George Ishikata were present. Department Commander Autrey James and Adjutant Barbara Lombrano were on hand for the Installation. Tony Chuy from NYC's Lt. B.R. Kimlau Post 1291 made the trip all the way from the East Coast. Ron Chan and Monty Hom from the Chinese American G.I. Project came with staff who worked on the short video of our 90 years of Cathay Post history. Singer Flora Hui once again charmed everyone with her songs. Our members showed up in force and did an outstanding job making the evening go smoothly. Chee Yee brought his ticket drawing drum; Adjutant Miguel Ortiz and Lily Wong with help from our Miss Asian Global young ladies did a great job with the 50/50 drawing.



CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

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

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FROM THE OFFICE OF COMMANDER HELEN WONG

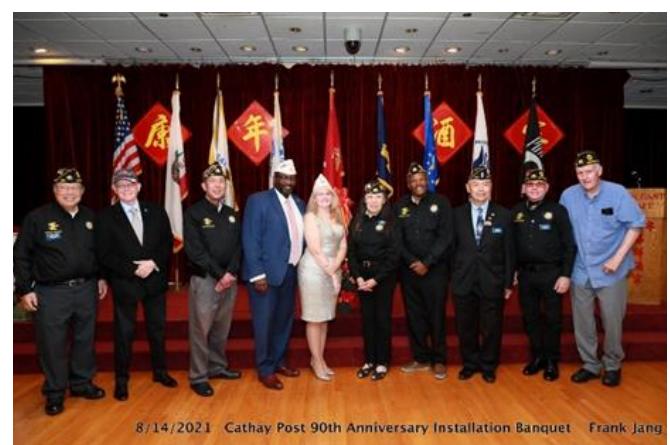
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FROM THE OFFICE OF COMMANDER HELEN WONG

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FROM THE OFFICE OF COMMANDER HELEN WONG

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FROM THE OFFICE OF COMMANDER HELEN WONG

FORTUNE COOKIES FROM THE GOLDEN GATE FORTUNE COOKIE CO.

This is a local company in Ross Alley which is the oldest fortune cookie factory in San Francisco, and they made special fortunes celebrating the Cathay Post 90th Anniversary. Kevin Chan delivered in no time at all and is really a wonderful person to go to. Klay Thompson of the Golden State Warriors is such a fan that his mural is on the wall!



HAPPY BIRTHDAY CJ!



SEPTEMBER 9/11 PATRIOTS DAY

September 11, 2021 marks the 20th anniversary of the four coordinated terrorist attacks carried out by al-Qaeda. Terrorists hijacked four planes and deliberately crashed two of the planes into New York City's World Trade Center, a third one into the Pentagon, and the fourth plane's passengers on Flight 93 fought back and the plane crashed into an empty field. There is now a 9/11 Memorial & Museum located at the World Trade Center site. Our September meeting is on 9/11 and as a way to remember that day, the American Legion Department of California has urged all Posts to be involved with a community project. Our Post has decided to contribute to Wildfire Relief this year.





CATHAY POST PARTNERS WITH THE CHINESE AMERICAN GI PROJECT



The Chinese American GI Project is dedicated to ensure that Chinese American Veterans are no longer silent, ignored or forgotten. For nearly two years, the Chinese American GI Project has partnered with Cathay for special projects. This includes producing the Post's [90th Anniversary Celebration Video](#), narrated by Helen Wong, Commander. Additionally, Cathay Post participated in two webinars, the [75th Anniversary WWII Chinese American GI Honor Event](#), and the Veteran's Day tribute, [Warriors In Our Midst - A Chinese American Veterans Day Retrospective](#), which highlights Chinese American veterans who served in WWII to Afghanistan.

Cathay Post also sponsored a tribute in Montgomery Hom's new book, "Fighting On All Fronts". It is an intimate portrait of Chinese Americans serving in WWII. Nearly 200 Veteran stories, plus accurate, rare historical data of Chinese Americans are presented in this 238 page, full color illustrated book. [See sample pages, video and book reviews](#). Price is \$35, plus shipping and handling. Order your copy of "Fighting On All Fronts" [here](#).

FIGHTING ON ALL FRONTS
★ PROFILES OF WORLD WAR II CHINESE AMERICANS ★
FROM THE GOLDEN STATE



BY MONTGOMERY HOM



Please contact Montgomery Hom, Founder, and Ron Chan, Co-Founder, of the Chinese American GI Project at honorourvets.info@gmail.com to share your Veteran story. You can share your story from any conflict, any branch of service so we may preserve it for the next generation. See examples of Veteran tributes and remembrances on our [Profiles of Service](#), and [Facebook](#) pages.

Above: Montgomery Hom (left), Ron Chan (right)



COMRADE CARL ALLEN PAYNE



By Nelson Lum

Comrade Carl Allen Payne transferred to Post Everlasting on August 7, 2021. That marked the end of a legacy that began from July 27, 1940 at Elizabeth, Pennsylvania. Both of Carl's parents worked hard to provide for the family, their hard working ethics were conveyed to Carl during his early childhood. Upon entering high school, Carl took up drumming as his hobby. The Marine Corps awaited him when he graduated from high school. Carl served his country even though the country tolerated open racial discrimination. Being a Marine made him a sharp dresser for the rest of his life. When he returned from Japan and was discharged at Treasure Island, he felt in love with the Bay and made the City his home.

He attended City College of San Francisco and applied for jobs at the U.S. Postal Services and the San Francisco Muni. Carl told me he received his Muni hiring notice on the same day that he was about to accept a job with the Postal Services. Muni was fortunate to have hired Carl for he was an exemplar employee for the next 29 years. He was assigned mostly to operating the Cable Cars. In order to promote tourism, the Muni management and City officials embarked upon a Cable Car Bell ringing contest to be held annually. Carl entered the contest but was beaten out by other bell ringers. Not one to back away from anything, he began putting forth earnest efforts to practice and to acquire the unique skills necessary to turn the bell ringing into an art form. In the following year, Carl excelled in the contest and took first place. He went on to win this contest for the next nine years, and became the ambassador of the City where he was invited to appear on nationally broadcasted shows.

As a Cable Car Operator, Carl witnessed many things, and saw that many tourists were victimized by thieves who would pick their pockets or purses. When Carl saw a potential thief board his Cable Car, he would give warnings to his riders to be mindful of their belongings to the delight of the riders. I first met Carl when he would yell out loudly of the descriptions of the thieves as his Cable

Car passed by my patrol car. Those descriptions helped with the arrest of numerous thieves. I later heard Carl had retired after 29 years with Muni only to find out that he had entered the police academy at the young age of 50. I saw Carl at the academy when I went there to teach some classes, what I saw was a child who had realized his dream. Despite the difficulties he faced, he graduated and was later assigned to Central Station which covered the routes of the Cable Cars. He spent the next 25 years working and serving the public, retired again at the young age of 75.

Park Ranger Department was hiring, and wouldn't you know it, Carl applied and worked as a part time ranger. When I asked him why he continued to work, he told me he had to keep his fleet of Rolls Royce happy. Aside from loving his family, Carl's other main interest was his love of classic Rolls and Bentleys. Every one of those beauties were refurbished with original parts and cared for with love.

American Legion Cathay Post 384 was blessed when Carl decided to join as a member, his active participation and generous support enhanced the image of our post. Whenever there was a need, Carl was always in the forefront to lend his support.

I was gratified that our post members were able to pay him his final farewell when his funeral procession passed by our post Headquarters, and heartfelt gratitude to the members of Post 105 from Redwood City who came and conducted the rifle firing salute for Comrade Carl Payne.

Now that Carl has arrived and joined with our departed comrades at Post Everlasting, we should be jealous of all the veteran angels in that post, since they are now and will forever be charmed by this new angel. There is a lot more rhythm injected in the bells of heaven by the arrival of Comrade Carl Payne. May he Rest in Eternal Peace.



FAREWELL TO OUR FRIEND AND COMRADE CARL PAYNE TO POST EVERLASTING WITH OUR FINAL POST SALUTE





HAPPY 74TH AIR FORCE



By Roger Dong

Born on September 18, 1947, the United States Air Force (USAF) is the air service branch of the United States Armed Forces. Don't lie now, some of us are older than the Air Force. It is one of the eight U.S. uniformed services. Initially formed as a part of the United States Army on 1 August 1907, the USAF was established as a separate branch of the U.S. Armed Forces in 1947 with the passing of the National Security Act of 1947. It is the second youngest branch of the U.S. Armed Forces[a] and the fourth in order of precedence. The U.S. Air Force articulates its core missions as air superiority, global integrated intelligence, surveillance and reconnaissance, rapid global mobility, global strike, and command and control.

Our United States Air Force has been involved in countless (really?) wars and conflicts that include the following list of Air Force operations:

Korean War, Lebanon Crisis, Second Taiwan Strait Crisis, the Congo Crisis, the Berlin Crisis, the Vietnam War, the Laotian Civil War, the Cuban Missile Crisis, the Dominican Civil War – Korean DMZ Conflict, the Cambodian Campaign, the Communist insurgency in Thailand, in the Cambodia – Operation Eagle Pull, the Mayaguez Operation, in Grenada – Operation Urgent Fury, the Lebanese Civil War, the Persian Gulf – Operation Earnest Will, in Libya – Operation El Dorado Canyon, in Panama – Operation Just Cause, in the Southwest Asia Conflict, in the Somali Civil War, in Haiti – Operation Uphold Democracy, in the Kosovo Campaign, in the Afghanistan Campaign, in the Global War on Terrorism, and the Iraq Campaign. That's almost countless.

Our Air Force's mission is to organize, train, and equip primarily for prompt and sustained offensive and defensive air operations. Our primary systems includes F-22s, F-35s, B1s, B2s, B-52s, C-5s, KC-135s, and Minutemen III ICBMs, but today confronted with cyber warfare our forces can be disrupted and possibly neutralized. Cyber attackers will target our Command and Control systems to disrupt. We can expect that anti-satellite systems will attempt to destroy our military satellites. Thus, we need to have a significant number of cyber-warriors to make our Air Force systems effective in wartime. But, a quick check of the June-July 2021 Air Force magazine manpower report listed only 9 billets for Cyber Operations. But there are several thousand billets under the categories of CW Ops, C2 Ops and C2 Battle Mgmt Ops. Presumably, there are many more Airmen involved with protecting our Air Operations.

One thing is certain, if there is war involving the U.S., China, and/or Russia, cyber attacks will be furious. A ferocious battle in outer space could conceivably knock out the outer space command and control of all parties, and the militaries of all parties would have very limited capabilities to fight each other. That would be too bad.

Source: https://en.m.wikipedia.org/wiki/United_States_Air_Force



FROM OFFICE OF 2ND VICE COMMANDER CHUCK PASKERIAN

Dear Comrades,

Since it is USAF month, and our Post is writing about our Legion Cathay Post Korean Vets, and, USAF Vets, and as I qualify in both categories, I thought I would bring you up to date on some of my military background.

Trained as Flying Officer, Aircraft Observer, Intercept Missiles Controller, & Electronic Countermeasure Specialist just as the Korean War was in its early stages.



I was assigned as an Officer in Air Force Intelligence, moving from unit to unit, primarily in the Air Combat Command Units. Flew on a couple special Strategic Air Command Missions, under General Curtis LeMay.

Permanent stations were very impermanent. Spent time at Yokota Air Base, Japan, Iwakuni Air Base, Japan, other U.S. Air bases both in Pacific and U.S.

Flew with 91st Strategic Recon Squadron (Convair RB-36-D), the Peacemaker, used for high altitude recon over Manchuria + bomb damage assessment & targeting for Far East Air Forces.

Conducted FLINT (Electronic Signal Intelligence) & "Ferret" missions to probe Soviet Air Defenses.

Flew B-28, Super Fortress on recon missions in Korea, and other commands, including missions for the US Marine Corps.

Also flew with 3rd Bombardment Wing, (B-26 Invader), and flew with 3rd Air Rescue Group (B-17 Flying Fortress), equipped for air sea rescue in Korean waters.



You have all seen my WWII Flying Tiger Jacket. My Uncle Stephen Russian enlisted in the Air Transport Command, founded in 1942, after Pearl Harbor, initially independent, but U.S. sponsored to send Cargo Aircraft with supplies to the CBI Area to protect China, etc.



General Claire Chenault took over the ATC, and changed the name to the "FLYING TIGERS". My Uncle became a Staff Sergeant and was trained as a waist gunner in B-17s. He went on many bombing missions. Shot down three times. Chinese rescued him and returned him to the Tigers. He was first veteran Discharged in Massachusetts, due to his wounds and record.

During the Korean War, at one point, I was in a Unit called the "Flying Tigers". Uncle took out his Flying Tiger emblems and put them on the jacket with my Name & Rank. I proudly wore it, when possible, during the Korean War. This is the jacket you have seen.

Last duty was with a secret UFO Command, and yes, there are UFOS, but that is another story.

Final Discharge, 1963.





JOSEPH WEI CHAN COLONEL, USAF RETIRED



His maternal grandmother, father, mother, father-in-law, and mother-in-law were detained at the US Immigration Station, Angel Island, at widely varying times from 1916 to 1940 as a result of the Chinese Exclusion Act of 1882.

A native of Fort Wayne IN, Joe graduated from Indiana University and was commissioned through AFROTC in 1966. He served as a pilot, forward air controller, instructor, flight examiner, staff officer, squadron commander, air attaché, and air liaison officer. He's flown the T-41, T-37, T-38, C-141A, AT-33, OV-10, C-5, C-141B and KC-10 airplanes for a total of 4703 hours and 247 combat sorties.

After retiring from the Air Force in 1996, he was a researcher with an executive recruiting firm, a recruiter with the US Census, and a member of the Alameda County Airport Land Use Commission and the Technical Advisory Committee on Aeronautics with the CA Transportation Commission.

Joe and his spouse Eliz reside in Alameda during the spring and summer and have been volunteer docents at Angel Island State Park since 2002 and 2004, respectively. Currently "snowbirds" to Sun City, AZ during the fall and winter months, they're volunteer guides at the Musical Instrument Museum in Phoenix. They have a son in Atlanta, GA a daughter in Portland, OR, and two grandchildren.



RAYMOND ONG USAF



In 1965, I became a prime draft candidate. I didn't want the Army to determine my military career. I was bored and raised up near Beale AFB. Many of my family members served in the Air Force and encourage me to check it out. I took the test and scored high in electronics. Meanwhile, I was able to complete my AA degree and enlisted in the Air Force in 1966. After BMT, I took advanced electronics training at Keesler AFB. This was my first formal electronics training. My enlistment took me to Europe and the Middle East. After fulfilling my military obligation, I returned to SF State and studied electronic technology earning a BA degree. Later I found work in the electronics technology at BART. Thanks to the Air Force for introducing me to a great career choice.

-Raymond J. Ong

*Note: Cathay Post has 26 Air Force veteran members which include our Adjutant Miguel Ortiz, Board of Director W.T. Jeanpierre, Bob Butchart, Edmund Dea, Marshall Harwell, Larry Lau, Frank Lem, Finance Officer Tony Lyau, Korean War veteran Gene Mah, Mostafa Mostafa, John Nyquist, Bruce Toy, William Wong, among others, and our youngest veteran 2LT Kestrel Pon-an Air Force Academy graduate (pictured on right).





POST HISTORIAN ROGER S. DONG LT COLONEL, USAF RETIRED



We know someone who loves the Air Force. He served 28 years in the Air Force, retired, then came out of retirement to use his experience in the Air Force to serve another 4 years as a Defense Attaché'. Until recently, he has never talked much about his very exciting career. That person has been in Cathay Post since 2005 and was the Commander of Post 333, until he met our very famous Commander Emeritus, Bok Pon. Commander Pon invited him to visit Cathay Post just once to find out more about more about our Cathay Post which was revived by Commander Pon, after our Post was smitten by senioritis, the fate of many Legion posts. After just one visit to our Post, he joined our ranks and since 2005 has been very active. In 2009 he started our Post Newsletter, then the "Cathay Chronicle." Our Post newsletters now serve as an indelible chronicle of the history of our post with stories and photographs of all our activities/events and images of so many of our members. He became our Post Historian and was our 1st Vice Commander until he had a medical problem.

Before retiring and becoming a veteran, our Post Historian's military service was pretty unusual. He initially served 6 years with the Air Force Office of Special Investigations as a Special Agent and conducted criminal investigations and counter-narcotics operations. He was also a counter-intelligence officer. His next phase in the Air Force was as a Human Intelligence Officer. From 1978-1999, he was an Air Attaché and then a Defense Attaché in the Defense Intelligence

Agency. He says he was so lucky as his 20 years as an Attaché' he served all over Asia, including the Philippines, South Korea, Japan, Taiwan, Singapore and Hong Kong. Because he was fluent in Chinese Mandarin and Cantonese, he was officially a China Specialist.

His B.A. was in Chinese Studies, and his M.A. was in Chinese and Japanese Studies.

After retirement in 1994, he was invited to compete for the full time position as a Defense Attaché position in Taiwan. This was his first full time Attaché job as his previous experience were 2 week summer assignments as a Reservist. His 20 years of 2 week summer Reserve tours trained him well. As our Defense Attaché in Taiwan from 1995-1996, he served during the two years when Chinese tested ballistic missiles over and around Taiwan. His colleague had a serious medical problem and returned home, so he was the only military intelligence officer during the Chinese missile exercises. Those were busy times for our Post member and he had to write many intelligence reports as the whole world was surprised by Chinese aggressiveness. As the only military intelligence reporter on Taiwan, every report he wrote was read was of interest to Washington and throughout our embassies in Asia. Because of timing, his reports received many evaluations of very high significance.

In 1996, the Director of Central Intelligence awarded him the "Exceptional Human Intelligence Collector," award, the highest award

for human intelligence officers. During his career, he also was awarded the DIA Directors Award, and the Secretary of Defense's Defense Meritorious Service Award.

We have briefly recapped the career of our Post Historian Roger S. Dong, Lt Colonel, USAF retired. He credits his interesting career a lot to good fortune and fortuitous timing.

One more note of significance, Roger was a graduate of San Francisco State College. He was a Psychology major and also joined the 4 year Air Force ROTC program. His days in AFROTC that changed his life forever. After class registration in his junior year, he was called into the office of the Commandant of the AFROTC, who was Major Robert Branch. Branch warned Roger that with just a Bachelors in Psychology, the Air Force had no job related to his major. "Roger, you might be assigned to manage an Air Force cafeteria." That was a shell shock. Over the next weekend, he decided to add a Chinese Studies to his studies and graduated with a B.A. in Chinese Studies (and Psychology) and was the Distinguished Military Graduate as the top AFROTC graduate. With a degree in Chinese, his future in the Air Force (and his life) was changed forever. Roger said that he probably would not have served 28 years with a less exciting career.



FROM OUR SERGEANT AT ARMS CJ REEVES

WHAT A ROLLER COASTER RIDE THIS WEEK HAS BEEN!

A roller coaster ride doesn't even begin to describe the UPS and DOWNs of this week. It's been a roller coaster ride for sure, and I didn't even get to Disney World. How do we really measure a year of our life? For some, they count sunsets, report cards or number of diapers changed. Others measure it differently, like in the number of pay checks deposited or vacations taken. The bottom line is we are merely products of the ups and downs brought to us by daily living. Life happens. It brings us carrots in the form of HIGHS and it brings us disappointments in the form of LOWs. Last week was starting with such a HIGH. I had just received notice from Veterans' Voices that my poem Will-O'-The-Wisp had won the TH Norton Award: Editor's Choice Award. I wish to share it with you here.



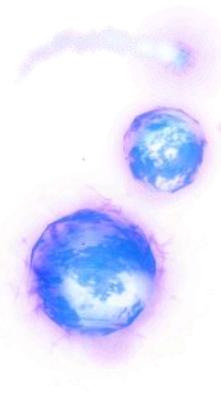
WILL-O'-THE-WISP



Little Will-o'-the-Wisp,
from where do you come?

Out of the shadows
or out of the sun?
Do you fly over rainbows
on golden wings
or measure the earth
with a silver string?

Tell me, as you stop and rest
in your busy wandering quest
Tell me, Will-o'-the-Wisp!



This is upbeat stuff, right? Guess so, but the next day I had to render final honors at not one, but two funerals. Now, we're back to the LOW. The pendulum now swings upward, as I celebrate my big 6-0! OK, grant it, this one could go either way – just kidding. Birthday dinners and gifts are good and had a great party. Add to that the 90-year Anniversary and receiving the Post Legionnaire Of The Year (PLOTY) Award, I should be flying really HIGH.



This was really good stuff right?? I was surrounded by friends at the Installation Dinner and this made everything seem perfect. Except the next day, we attended the funeral of our Comrade Carl Payne. What a sad day for all of us.

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FROM OUR SERGEANT AT ARMS CJ REEVES

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I mean we were all coming together as a cohesive group. There was plenty of support and solace to go around. Just last year, we were all at the July 4th flag-raising ceremony. Carl was there with his polished Rolls. Who can resist a classic? Carl couldn't and I can't either.



Those are the fun times. Why do they have to go? Is it the circle of life? I'm still trying to wrap my head around it. One year, Carl's saluting the flag at the July 4th ceremony.

The next year, we are saluting Comrade Carl in a final farewell and post salute.



To top it all off, that was my tenth funeral this week. It appears, the brothers doom and gloom set up shop to stay for some time. The following day, the SFVA received our first Delta variant report. The numbers are a staggering 70 here at the SFVA afflicting both patients and employees alike. Just when we thought life would go back to normal, tragedy rears its ugly head. Due to these increased numbers, the Hawaiian CGM ceremony is rescheduled for December. There goes my opportunity for some sun on the sand in September. Hawaii will just have to wait. But wait, there's more. Another funeral was scheduled for the following Saturday. Sadly, we had to say our final farewell to our loving support member Dr. Eva King. Her husband, Dr. Dale King was our Post Commander from 2007 to 2008. Their son, Sherman remains active with our post. She is remembered most for championing the practice of Acupuncture. She was a pioneer for getting it legalized in 1975. I don't want to end this article on a bad note, so I'm pleased to announce that this week ended on the upswing. I attended the Lion's Club District C-4C Dinner. Our SFVA's very own Cardiologist, Dr. Jun Valera was installed as our District Governor. I was proud to be there to represent my San Francisco Veterans Lions Club. The cherry on top was the chocolate mousse for dessert. I guess things are starting to look up again. What a week of HIGHS and LOWs it has been. Up or Down, we just have to make the most of it. It's what we do with it that counts. In the end, we are just left with debits and credits. A typical HIGH means more credits than debits. Here's hoping you have many HIGHS in life.





OTUS AND OTY

Army calls him SATA
Navy says he's MATA
At the SFVA, just a regular JATA
Isn't that IRONIC
Or just RHETORIC

This year he is PLOTY
Last year he was VOTY
At the CAPO, never SMOTY
Sounds so PLUTONIC
Maybe PEDANTIC

Joe is POTUS
Jill is FLOTUS
There is no SLOTUS
It's so SATIRIC
Hint of SEMANTIC

Our first ever SGOTUS
Will he be FGOTUS
Perhaps SCOTUS
Read your COTUS
On the TOTUS or ask the VEEP

Intent here was DIDACTIC
To employ neither a TACTIC
Nor make one FRANTIC
HYPNOTIC or TRAUMATIC

OTUS – Of The United States
OTY – Of The Year
SATA – Sergeant-At-Arms
MATA – Master-At-Arms
SFVA – San Francisco Veterans Affairs Medical Center
JATA – Joe or Moe
PLOTY – Post Legionnaire Of The Year
VOTY – Volunteer Of The Year
CAPO – American Legion Cathay Post (384)
SMOTY – Support Member Of The Year
POTUS – President Of The United States
FLOTUS – First Lady Of The United States (Wife of President)
SLOTUS – Second Lady Of The United States (Wife of Vice President)
SGOTUS – Second Gentleman Of The United States (Husband of Vice President)
FGOTUS – First Gentleman Of The United States (Husband of the President)
SCOTUS – Supreme Court Of The United States
COTUS – Constitution Of The United States
TOTUS – Teleprompter Of The United States
VEEP – Vice President





FROM OUR SERGEANT AT ARMS CJ REEVES

CATHAY POST'S 90TH ANNIVERSARY INSTALLATION AND AWARDS BANQUET

'Twas a night to remember



New officers are sworn in by California Department Commander "AJ" James at the Far East Café on Grant in Chinatown on Saturday, August 14, 2021.



Members and supporters of Cathay Post showed up in droves to shower us with kudos and congratulations. The final tally was 44 tables with over 400 in attendance.



PURPLE HEART DAY AT GOLDEN GATE NATIONAL CEMETERY SATURDAY, AUGUST 7, 2021



Above: MOPH Chapter 15 Gary Higgins

Apart from the Medal of Honor, one of the most recognizable awards in the US Armed Forces is the Purple Heart. “For military merit and for wounds received in action,” reads the citation issued to over 1 million men and women who served during World War II. The Purple Heart is the oldest active military award in the United States.

The Military Order of the Purple Heart Chapter 15 with the help of the Avenue of the Flags Committee, AMVETS, US Volunteers, Legion Post 105 Riders and Patriot Guards were able to honor nearly 25 recipients with the placing of a purple heart flag where they lay with the reading of their names.

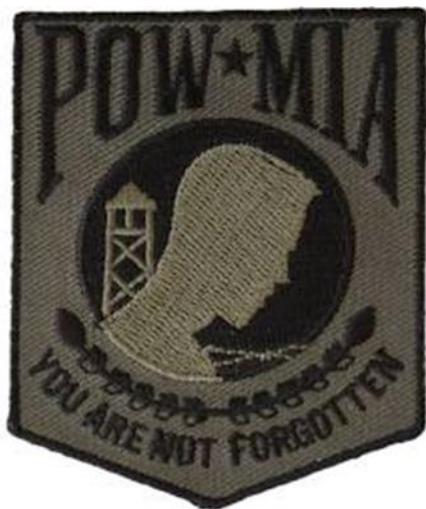


Above: MOPH Chapter 15 with bugler, Legion Rider bike, US Volunteers, Legion Riders



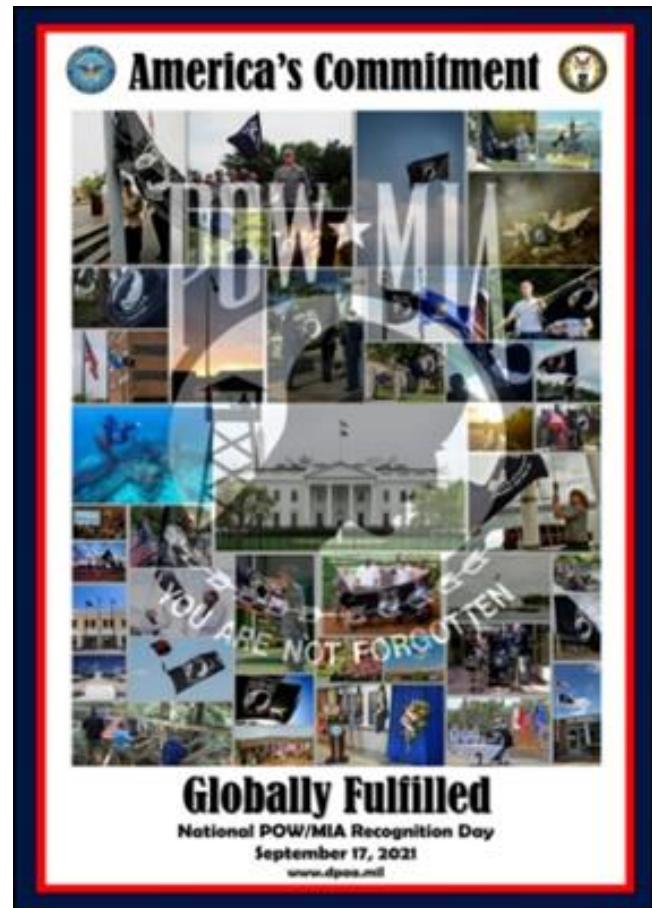
FROM OUR SERGEANT AT ARMS CJ REEVES

POW/MIA NATIONAL RECOGNITION DAY



As my fellow Comrades and Legionnaires well know, I am truly honored as the Post's SGT@ARMS to recite Resolution 288 at all American Legion sanctioned events and official meetings. Resolution 288 was adopted at the 67th National Convention held in New Orleans in 1985. We remain fervent and resolute to repatriate all service members until all come home. A truly powerful symbol, it is the only other flag authorized to fly below the Stars and Stripes.

Friday, September 17, 2021 is the date this year. On a federal level, National POW/MIA Day was established in 1979 through a proclamation signed by President Jimmy Carter. A national ceremony at the Pentagon is held every National POW/MIA Recognition Day. It features members from every branch of military service and participation from high-ranking officials. This year's event features the theme, "America's Commitment, Globally Fulfilled" and is represented by the following poster for 2021.





THE VALUE OF OPEN SOURCE INTELLIGENCE (OSINT)

After the January 6, 2021 Assault on our Capital Building, a powerful new force emerged that served to collect data to support law enforcement

The January 6, 2021 assault on our Capital building was covered on national television which provided a broad view of some portions of the national event. This being the age of cell phones and amateur photographers and video amateurs, hundreds of images, still and video, were captured, mostly for personal recording. Others believed they were capturing bits and parts of a major historical event.

The plethora of images from multiple angles captured by curious citizens, provided an extremely detailed history of the activities on that ominous day. Those images included the killer(s) and victims killed by firearms, and others, including serious harm. The homicide of Capitol Police officers, were filmed for posterity. This recent development of open source data collection is known as Crowdsourcing. It is not a new phenomena, but has turned into a hot phenomena, as camera technology, especially cell phone cameras with high quality lenses are recording crimes in progress. Many people can now capture images/videos in high definition that are useful to

the government.

The video recording of crime in progress was the domain of the police and government agencies, including intelligence and counter-intelligence agencies. When criminal acts are captured as the crime occurs, criminals cannot deny their presence at the scene of a crime. Often the criminal act is caught on film. That's marvelous!

The ubiquitous cell phone has change history and today, the public is provided access, to all types of events from birthday parties to criminal activities ranging from robberies to homicides (and many other events, including police brutality.) These moments in history, captured on camera, sometime in real time, can send either a policeman or criminal to jail.

This 21st Century phenomenon, is having earthshaking impact on modern history. For instance:

Hundreds of videos were filmed by hundreds of cell phones. Were it not for these thousands of videos and photos, most of the

insurgents would have never been identified and prosecuted. According to the FBI, they received 12,000 pages of digital evidence to identify and investigate more than 550 rioters active on January 6, 2021. Facial recognition technology was very useful in identifying many of the culprits.

As Congress investigates the January 6, 2021 event, those who chose to deny that anything unusual took place when our Capital was assaulted will have little credibility and their motives questioned.

Without the credible evidence captured in digital format, deniers of the event would be able to cast a shadow of doubt that those who attacked our Capital were just tourists visiting and welcomed by the Capital police. Without all those cameras, hundreds of insurrectionists would have never been identified and prosecuted for attacking our democracy.

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

MEET OUR NEW AIR FORCE SECRETARY MR. FRANK KENDALL

Frank Kendall was a West Point graduate and served ten years in the Army. He has a Kendall earned a master's degree in aerospace engineering from The California Institute of Technology and a law degree from Georgetown University Law Center as well as an MBA from C.W. Post Campus of Long Island University.

He was a director of the tactical warfare program in the Pentagon before moving to become assistant deputy undersecretary for Strategic Defense Systems.

Kendall has a record in previous active duty and policy jobs and his philosophy that is appropriate for leading the

Department of the Air Force.

According to Air Force Magazine, his priorities will mirror precisely those articulated by Secretary of Defense (Lloyd) Austin as they apply to the Department of the Air Force – taking care of our people, mission performance and building teams. Kendall committed to continue the U.S. Space Force's growth and evolution.

With his confirmation Kendall will work for the first time, directly within the Department of the Air Force. He is very familiar with the mission, the Department of the Defense and national security.



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



WHY HAVE SOME COUNTRIES BEEN MORE SUCCESSFUL THAN OTHERS DEALING WITH COVID?

A COVID variant is surging in America with over 100,000 infections per day in early August 2021.

Why is this happening?

An expert suggests that "Tight" societies are much more effective than "Loose" societies.

The COVID-19 pandemic has killed more than three million people worldwide, but the fatality rate is very uneven across the globe. Some countries/states/provinces responded to the first outbreaks with swift and decisive action, imposing sweeping lockdowns, shutting borders, implementing rigorous contact tracing, and enforcing social distancing and mask mandates.

Other countries did not impose similar conditions and had very different results. The variation in outcomes is striking. Comparing Taiwan and Florida, both have populations of about 20 million, yet as of May 2021, Taiwan had suffered just 23 COVID-19 deaths, whereas Florida had recorded over 36,000 deaths. Why the huge difference?

Some countries/states/provinces have well-developed threat reflexes that evolved over many years of dealing with chronic diseases, invasions, natural disasters, and other dangers. The ability of people to follow rules in a crisis has served some countries well during the pandemic, e.g. Taiwan. Places that have faced few such threats, such as Florida, failed to develop these reflexes—and dropped the ball when it came to responding to the menacing new virus, and resulted in thousands of deaths, instead of a few. Many Floridians continue to resist rules for social distancing and mask wearing.

Countries/states/cities that closely observe and uphold social norms can be considered to be "tight." People in those societies don't tolerate deviance and generally follow the rules. "Loose" countries/states/cities celebrate individual creativity and freedom. Many citizens in "Loose" countries do not like to be told what to do. "Loose" countries are lax in maintaining rules and customs, and are tolerant of new ideas and ways of being.

Researchers tracked and ranked "tightness" and "looseness" across 33 countries in a paper published in Science in 2011. Individuals were questioned about their perceptions of the strength of their country's social norms, in-

cluding whether people in their country had many social norms that they were supposed to abide by, whether their compatriots strongly disapproved of others who acted in inappropriate ways, whether they had the freedom to choose how they wanted to act, and whether people in their country almost always complied with social norms. Global perceptions were analyzed to assess the variation in tightness and looseness in many locations. Societies are not monoliths, of course, and there are some variations in many location. But tightness and looseness generally exist on a continuum. Austria, Germany, Japan, Norway, Singapore, South Korea, and Turkey are generally "tight," while Brazil, Greece, the Netherlands, New Zealand, Spain, and the United States are generally "loose."

Tight cultures have experienced frequent natural disasters, a greater exposure to diseases, greater resource scarcity, higher population density, and suffered territorial invasions. Groups exposed to frequent dangers need to be strict to coordinate to survive. Groups that have experienced fewer threats are more permissive. E.g. The United States, is separated by oceans from other continents, has excellent natural resources, and with friendly neighbors, and has endured no invasions, or any major natural disasters.

Of course, when considering all situations, there are a few exceptions, but there is a pattern that is very consistent and global. As we noted, there are always exceptions. In August 2021, Russia, a "tight" country is having its third wave. There are many skeptics in Russia regarding the capabilities of their indigenous vaccines. If this attitude does not change, the virus will have a long tenure in this country.

Tightening up at times of threat is an important social behavior that helps groups plan, coordinate and survive. This principle describes of two problems plaguing societies today—populism and the pandemic. Populist authoritarian leaders hijack, amplify, and manipulate threats, and then promise to return their countries to the old tight order.

During a pandemic, societies that have ignored threat signals have had tragic consequences. When we can't curtail any one virus within months, it will mutate, as we now know, and the new mutants can be more infectious, more powerful and deadly.

Scientists report that there are going to be more viruses in the future. What have we learned so that we can contain the future virus threat quickly and effectively?

Scientists advise that there are going to be more viral attacks. We do not know when, but the presence of many viruses found in many parts of the world means that it is just a matter of time before we are greeted by another varmint. Our current viral crisis is a dress rehearsal for the next, and the next, viral attack.

All governments must be prepared to explain the risks to their citizens in a lucid and consistent manner. Warfare and terrorism, threaten in a very clear and visible manner. Virus are too small for the human eye to detect, so many people will ignore that threat. They must be reminded that during our COVID-19 crisis, that millions were infected and many thousands died. We do not want a repeat of that 2020-2021 episode when we had so much death, infections with long term health consequences and serious impact on jobs and our economy. Therefore, American must tighten up, listen to the scientists, so that we can stop the virus from spreading during the tightening up period (90 days?) in order to carefully loosen up to return to normal times. Careful data collection needs to be conducted to identify any sudden hotspots that will require tightening up again to stop infections. These type of viruses only want warm bodies, and doesn't care whether it's victims, are young or old, male or female, or any particular race. We must acknowledge science and the facts and act accordingly.

Sources: SEE COVID at this link:

<https://www.sfcathaypost384.org/rc.html>



FOCUS ON HEALTH

IF YOU HAVEN'T VISITED THE PRIMARY CARE DOCTOR, OR YOUR DENTIST, OR YOUR EYE DOCTOR THE PAST YEAR (12 MONTHS), IT'S TIME FOR YOUR CHECK-UP

Even if you were not touched by Covid 19, your lifestyle has changed, your mental health has been threatened, you are now older (try to deny that :-)) and if you are normal, you and many of us, may have gained a few pounds (more like 10-20 lbs).

So everyone has been impacted by the pandemic, and you and I, need to check with our doctors to see how much our health has been affected.

All of us need to be checked out from head to toe and our many organs from our heart to our brains, need to be examined and ascertain how much has changed.

Before I forget, we all need to check-in with our dentist as well. Even if you only have a single new cavity, your teeth need to be cleaned. And schedule your follow-up cleaning too, the older we are, the more frequent we must have a dental hygienist render some excitement using a scraper to remove the deep invasions of bacteria. Do it soon, so you don't have to see an expensive periodontist.

One more thing, it's time to check in with your eye doctor. They have a good list of issues to check up and it should include having your eyes dilated. If you must drive yourself, you may need extra dark



sunglasses if you are driving yourself home in bright sunlight.

TRYING TO BE SMARTER?

Brain Supplements - many of us indulge - but are they effective?

Every night during most people's dinner, we are fed unproven boasts about pills that will protect our brains and improve our memories. Sadly, there is little evidence that these supplements really work and help. The FDA has not confirmed the efficacy of any product that claims to help us remember better, or keeps our minds young.

There are also claims that certain vitamins can help our minds and our memories. Here are general statements about the usefulness of specific vitamins. We should all be cautious and no expect any miracles. This information is quoted from the article referenced at the end of this report.

Quote:

B Vitamins

B vitamins like B6, B12, and B9 (folic acid) all play a role in brain health. But unless you're low on them or pregnant (folic acid is a must to prevent birth defects), a supplement is unlikely to help. If you're at high risk for Alz-

heimer's, ask your doctor. Some research shows that people at high risk might benefit from B supplements. But most others should stick with food sources like leafy greens.

Caffeine

Caffeine pills and powders aren't a good idea, because of the risks if you overdose. But you can enjoy coffee guilt-free, as long as it doesn't worsen your sleep or make you jittery. Some might be good for your brain. It's a stimulant that helps perk you up, plus it promotes energy by blocking brain receptors for a chemical called adenosine.

L-theanine

A natural amino acid, L-theanine seems to have potential for improving mental performance, especially when combined with caffeine. That said, most studies have been small, such one in 2019 that included 30 people. Until there's more research, a safe bet is to drink green tea: It naturally contains both L-theanine and caffeine, as well as anti-



oxidants that may help your mental and physical well-being in other ways.

Omega-3s

The traditional Mediterranean diet, which includes omega 3-rich-fish, is linked to a lower risk of dementia. But can omega-3 supplements help? So far, large studies (including one sponsored by the National Institutes of Health) haven't proved that.

Continued on page 23...



DON'T FALL FOR THIS!

I did not know that every 10 minutes a senior falls and every 20 minutes a senior falls and dies in the U.S. Most of the time when a senior falls, they (we) are injured seriously, but will survive until the next fall.

Also very pertinent, 80% of senior falls in bathrooms result in the need for emergency medical attention. Slippery falls in a home is due to slippery surfaces. The bathroom is the major location with slippery and wet floors where we seniors fall and hurt ourselves.

So what should we do about it. If we could stop getting old, that would be the best solution, but we can't do that. So here are some tips to make a bathroom less dangerous to seniors. (That's a lot of us in the American Legion.)

1. Taking a shower can be very dangerous. Getting in and out of a shower is the great-

est risk. To prevent falls in a shower, the first thing to do is make sure you have a non-slip bathmat. Bath towels must never be used as a bathmat. Next install grab bars in the shower and around your tub. They must be attached to the stud walls, not just the dry wall. Make sure grab bars are horizontal, not at an angle, because angle bars are not as easy to grip in a sudden fall. Make sure your interior bath mats are rubber and have effective suction cups, or adhesive non-slip decals on the tub or shower floor.

If a person has leg strength or balance is poor, use a shower or bathtub seat with a rigid back and seat and rubber tipped legs.



A flexible hand-held shower wand makes washing while sitting safer and easier.

2. Make your toilet Safe. The second most dangerous risk to seniors is a 14-16 inch high toilet seat. Note that most toilet seats are exactly this size, so we seniors must do

Continued on page 24...

Continued from page 22...

One possible exception: People with the APOE4 gene mutation, which is tied to Alzheimer's, might benefit if they start taking the supplements early enough, a 2017 review shows.

Vitamin E

This antioxidant combats free radicals, including those that may damage brain cells. But large studies aimed at finding out whether vitamin E supplements can protect against dementia haven't yielded great results, though at least one study found that they

Continued on page 23...

Continued from page 22...

might slow the worsening of Alzheimer's in people who already have it. For now, experts say most healthy people should stick with food sources like nuts, seeds, and vegetable oils.

Ginkgo Biloba

Although it's a staple in traditional Chinese medicine, modern research has found that ginkgo supplements probably won't protect your memory. Although some studies have suggested there might be benefits, the most well-designed trials -- notably the Ginkgo Evaluation Memory study that included 3,000 older adults -- showed that ginkgo

doesn't prevent or slow dementia.

Ginseng

Often used along with ginkgo, ginseng is another popular supplement that hails from Asia. As with ginkgo, some studies have suggested that ginseng might be a potent brain booster. But the evidence didn't hold up when scientists homed in on the best-quality research: A review of several trials concluded there's "no convincing evidence" that ginseng will protect your mental skills.

Curcumin

Found in turmeric (an ingredient in curry powder), curcumin has been hailed for its antioxidant powers. Does it help explain why Alzheimer's rates are lower in India? A UCLA study found that people who took curcumin fared better on memory tests and had less buildup of abnormal proteins in their brains. But this study only included 40 people, and other research hasn't found this result, so more studies are needed.

CDP-choline

In Europe, CDP-choline isn't sold as a dietary supplement. Instead, it's a prescription drug. According to researchers who reviewed 14 studies, there's decent evidence that it can benefit memory in elderly people who already have memory problems. But whether it can prevent them in healthy people isn't

clear. Ask your doctor if you're thinking of trying it.

What About Combos?

Many memory supplements aren't sold as single ingredients. Though some ingredients might work well together, combined supplements are harder to study and could be risky. Supplements may cause side effects, and the risk rises with the number you take. Mixing them with prescription drugs can be risky, too. Review all the drugs and supplements you're taking (or considering) with your doctor or pharmacist, so they can tell you what's safe.

Food First

While certain supplements might help in some cases, most healthy people don't need pills to stay sharp. Eating a diet that's rich in vegetables, berries, whole grains, and fish (key parts of the so-called MIND diet) is a way to support brain health as you age. Staying physically active, getting enough sleep, taking care of any medical conditions you have, keeping up your social connections, and challenging your mind by being a life-long learner can make a big difference, too. And it's good for the rest of your body!

Sources: SEE BRAIN at this link:

<https://www.sfcathaypost384.org/rc.html>



THE NATIONAL DEFENSE AUTHORIZATION ACT (NDAA) OF 2021

At our June 2021 Cathay Post meeting, our attendees were briefed on some changes provided to many of our veterans who served in Vietnam, Thailand, or Korea who may have been exposed to herbicides. The Veterans Administration (VA) is now authorizing payments to veterans who have served in these theaters who have had certain health issues and served in these locations anywhere from 1962- 1975. Veterans who have previously been denied benefits should resubmit their claims.

Approximately 34,000 veterans may now be



eligible for benefits, as additional health issues related to bladder cancer, Parkinson's disease and hyper-thyroidism are now eligible. If you are eligible and do not receive a

letter from the VA, you should contact your local VA office.

Attached is the latest VA Federal Benefits catalogue (2019). For Burial and Memorial benefits see pages 63-70.

Source:
https://www.va.gov/opa/publications/benefits_book/2019_Federal_Benefits_for_Veterans_Dependents_and_survivors.pdf

Continued from page 23...

this. Add an adjustable portable seat to your toilet. It may feel a little strange the first time, but you will get use to it fast. Make sure your portable seat is secured with clamps or brackets. For added security, safety rails that wrap around the toilet so that you can be secure settling in and/or getting up.

3. The bathroom floor should not be slippery. Many bathrooms have ceramic tiles, they are a danger when wet for everybody. Replace with non-slip tiles, or slip resistant tiles.

4. Don't use rugs in the bathroom. Use rubber bathmats. Don't wear socks or slippers in the bathroom unless they have non-slip soles.

5. Regardless of your situation, seniors who live alone, or sometimes are alone - a medical alert system is very important. Make sure you do some research and ask among your friends which brands of alert systems are most reliable. Most of us have heard of seniors who fell and were not discovered for days, or weeks. Don't let that happen to you, or me!!

We all know seniors who have fallen and been injured. It happened at our last post meeting.

A medical alert system can be lifesaving for seniors who may be living alone. I was just told by a friend that last year a good friend of his who lived alone, had a stroke, that could have been treated, but died because she could not get to a phone to dial 911.

It is my recommendation that we investigate the cost of an effective medical alert system to provide to any of our Post members and assist in the cost of a link to 911 for those who are living alone and should have an emergency alarm. We should consider this service to any of our seniors who feel they need an alert system.

A good friend recently told me the story of a good friend, living alone, had a stroke that could have been treated, but live alone and after a stroke died as her body was not discovered for over a week. Recall that our national hero and post member Major Kurt Lee had a heart attack, lived alone, and his corpse was not found for over a week. He probably could have survived if he had a working medical alert system.

If our post cannot afford this emergency system for seniors who need such a system. I will start a donation campaign to get the funding.

Your historian, Roger

Five steps to help prevent falls



F Fear. Don't let fear of falling prevent social interaction and regular activity in or out of the home.



A Assistive devices (walkers, canes, wheelchairs) should be used correctly and only as needed to prevent dependency and weakness.



L Look for outside factors that can cause falls (poorly fitting shoes, inadequate lighting, etc.), then correct them.



L Let your support system (family, friends, doctors) know of any near falls or unsteadiness. They could be related to medication side effects that can be corrected.



S Strengthen your legs by doing ankle and knee exercises every day.

[Source:

"Save Yourself from a Nasty Fall!" Dr Rosanne Leipzig, Icahn School of Medicine at Mt Sinai, Special Marketing Issue]



THE UNITED STATES, TAIWAN, AND CHINA

A PRESENTATION BY LT COLONEL ROGER S. DONG



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

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

Our speaker has been a China specialist since 1972, working throughout Asia as an Air Attaché, or Defense Attaché. He served or worked in Taiwan for 12 years and has knowledge of the situation in Taiwan more than most experts, and has followed the government

and leaders of China for decades. Few of the talking experts understand the Chinese leaders and their goals and objectives which will affect their decision making, especially a decision to go to war with the United States.

Hear our speaker's views, backed up from his studies and experience and decide for yourself, if you should believe all those "experts," who ignore many realities they have not considered.

Lt Colonel Dong will make this presentation, "The United States, Taiwan, and China," after our Post meeting and lunch this Saturday at 1 pm. 1524 Powell St. San Francisco. We will try to Zoom it at the same time.



SOLUTIONS TO AUGUST'S PUZZLES

Did you solve everything?

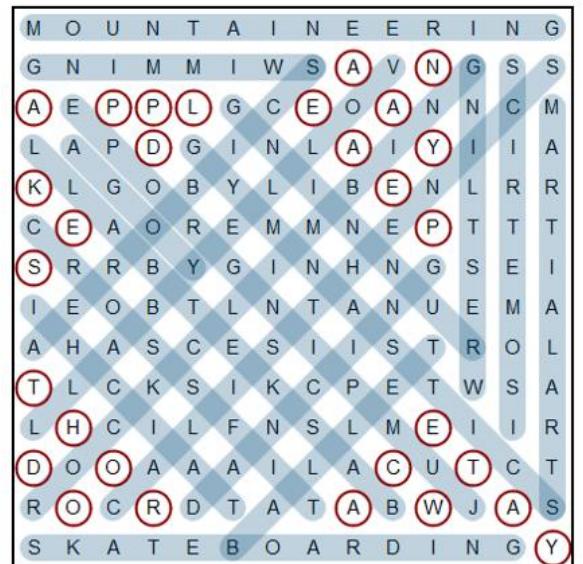
WORD SEARCH SOLUTION

GET BUSY...WITH EXERCISE!

What was the familiar expression based on a proverb from Pembrokeshire, England in the 1800's?

Answer: AN APPLE A DAY KEEPS HE DOCTOR AWAY

AEROBICS	MOUNTAINEERING
BALLET	ROCK CLIMBING
BASKETBALL	RUNNING
CALISTHENICS	SKATEBOARDING
CROSSFIT	SWIMMING
DANCING	TAI CHI
GYMNASTICS	VOLLEYBALL
ISOMETRICS	WRESTLING
JUMPING ROPE	YOGA
MARTIAL ARTS	



SUDOKU SOLUTION

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

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



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

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

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

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

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

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

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

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



WORD SEARCH

TIME FLIES when you are having fun! In just a blink of an eye there went summer and here comes fall. An unknown person wrote this quote that sums up indian summer weather: "There comes a time when autumn asks..."
Find all the words below to reveal the rest of the phrase!. Good Luck!

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

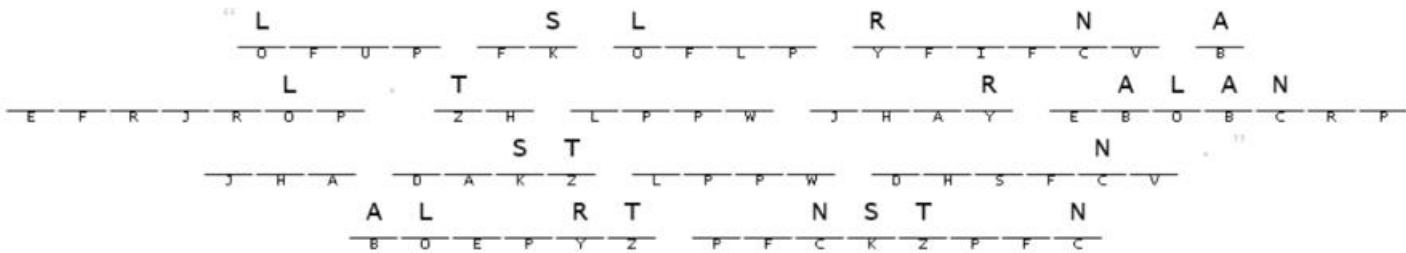
APPLE HARVESTMOON
AUTUMN HAYRIDE
CHESTNUTS HAYSTACK
CORNUCOPIA PERSIMMON
CRANBERRY PINE CONE
CRISP PUMPKINPIE
DECIDUOUS SCARECROW
EQUINOX SEASON
FALLINGLEAVES SEPTEMBER
FOOTBALL SPIDER
HALLOWEEN



CRYPTOGRAM

Can you decode the message? Each letter in the phrase has been replaced with a random letter or number.
Try to decode the message. Good Luck!

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





SEPTEMBER 2021

U.S. AIR FORCE

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 VJ DAY	3	4
		SEPTEMBER IS: NATIONAL SUICIDE PREVENTION MONTH NATIONAL SERVICE DOG MONTH CONSTITUTION WEEK 9/17-9/23 AMERICAN LEGION NTL CONV. 8/27-9/2				
5	6 LABOR DAY	7 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8	9 	10	11 POST MEETING 11:00 AM PATRIOT DAY *FLAGS HALF STAFF SUNRISE TO SUNSET
12 	13	14	15	16	17 NATIONAL POW/MIA RECOGNITION DAY	
19 AIR FORCE BIRTHDAY AIR NATIONAL GUARD BIRTHDAY	20	21 	22	23	24	
26 GOLD STAR MOTHERS' DAY	27	28 YOM KIPPUR BEGINS	29 YOM KIPPUR ENDS	30 VFW/ DAYS ROSH HASHANAH BEGINS		

HAPPY BIRTHDAY TO THE UNITED STATES AIR FORCE

The US AIR FORCE was founded on September 18, 1947. Throughout the years, the Air Force was also known as Aeronautical Section, Signal Corps (1909); Aviation Section, Signal Corps (1914); United States Army Air Service (1918); United States Army Air Corps (1926), and United States Army Air Forces (1941).