



CATHAY DISPATCH

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NAVY & FLEET WEEK BACK IN THE BAY AGAIN

By Commander Helen Wong

After a year off, Fleet Week was back in San Francisco during the first week in October. For those who are not familiar with Fleet Week, it is an U.S. Navy, Marine Corps, and Coast Guard tradition that brings active duty ships to dock in major U.S. cities for one week. Military demonstrations, air shows such as by the U.S. Navy Blue Angels, and tours of ships are part of the Fleet Week events. It also gives the ship's crews a chance to explore the cities while docked.

Fleet Week was started in 1935 in the years between WWI & WWII. President Franklin D. Roosevelt created Fleet Week to showcase the U.S. military fleet. The first event was in San Diego and had 114 warships, 400 military planes, and more than 3,000 commissioned officers and 55,000 enlisted personnel taking part. Since the inaugural Fleet Week, ten cities across the United States have adopted the event.

In 1981, then-Mayor Diane Feinstein started the tradition celebrating America's sea services. Since that year, the 30 year old event (with the exception of the 2020 cancellation) has been very popular with the community. The mission of the San Francisco Fleet Week is to honor the contributions of the men and women of the U.S. Armed Forces while advancing cooperation and knowledge among civilian and military based Humanitarian Assistance personnel. Held at the Marina Green and the central part of the San Francisco Bay, the week coincides with the Italian Heritage Day Parade on the Sunday before the Columbus Day Federal Holiday.

Cathay Post participated in the Marina Green American Legion booth in 2019 and anticipates being involved again in 2021. Here are photos from 2019 as photos are not available from this year. Monique Clemons from the Department Membership Committee was involved both years.



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CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

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

CATHAY DISPATCH STAFF

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

CONTACT US

1524 Powell St.
 San Francisco, CA 94133
 Phone: (415) 797-7384
 Email: CathayPost@gmail.com
www.sfcataypost384.org



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Cathay Post has been a supporter of the military and of the Fleet Week sailors and Marines for a long time. For many years, the Post has sponsored a lunch for them when the Fleet Week Committee has assigned a ship to be the honorees. While the location has been at Post Headquarters such as in 2019, it also has been at the War Memorial Veterans Building where it was held this year. It is always a delightful event to talk to the young sailors & Marines and even Sea Bees who attend the lunch. There is much to learn about what they are experiencing while on duty. Here are some past photos of the sponsored luncheons from 2017, 2018, and 2019 (some photos from Frank Jang; Blue Angels photo credit: Col Joe Chan).



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FROM THE OFFICE OF COMMANDER HELEN WONG

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10/8/19 Cathay Post #384 Fleet Week Luncheon Frank Jang



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10/8/19 Cathay Post #384 Fleet Week Luncheon Frank Jang

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Cathay Post also has been involved with the Italian Heritage Day Parade on the Sunday of Fleet Week for many years and continues to march each year. Here are some photos of past parades.



2016



2018



2019





COMMUNITY NEWS



By David Wong
Service Officer and Past Post Commander

On September 26th, I attended an event hosted by ACCT (Association of Chinese Cooking Teachers) led by Doris Lum and Frank Jang at the Far East Restaurant. The purpose of this unique dinner was to bring back the classic Chinese dishes that were commonly served back when many of us were growing up in San Francisco Chinatown.

I was able to muster eight people to join me so we managed to get a table seating. To my pleasant surprise, Doris announced a special recognition to several community group organizations, including Cathay Post #384. She asked that someone to represent the post to go up stage to say a few words. At our table, all eyes were centered on me, so I got up to the stage to represent the group and spoke about Cathay Post for several minutes.

Afterward, a few individuals came to our table to introduce themselves. One person in particular was Mimi Lee, who was on the Cathay Post's Drum and Bugle Corp back in the mid-1960s. She said she knows our current 1st Vice Commander, George Tsang, very well. Moments later, she was surprised to see Nestor Tom who was also seated at the table and who was also a member of the Drum and Bugle Corp along with Mimi. This was a nice reunion of those two.

You're probably wondering about the special dishes that were served. Below is a recap:

1. Yi Fu Wor Won Ton Tong- which was egg white soup with fried dumpling.
2. Fu Yung Don – none other than the famous “Egg Foo Young”
3. Chop Suey
4. Eight Treasured Duck with Barley
5. Kow Yuk- the famous Braised pork thick bacon with preserved vegetables. Many old timers savored this dish because of its great taste, not to mention the layers of “fat” that comes with it which folks tend to overlook
6. Yuk Lai Gai- Poached chicken with ham slices on top
7. Pressed Almond Duck
8. Prawns with Lobster style sauce. More into the flavor of the sauce and less if any, of the “lobster”
9. Gin Duey- the fried sesame ball with red bean filling; a favorite to many.

Besides an eventful meal, we all got to mingle with friends and colleagues who have an affiliation to Cathay Post 384.



OUR NAVY VETERAN MEMBERS

In recognition of the Navy's birthday, I asked our 16 members identified as having served in the Navy if they would share something about themselves. Here are three interesting replies-all different in the jobs they did when they served.

By Commander Helen Wong



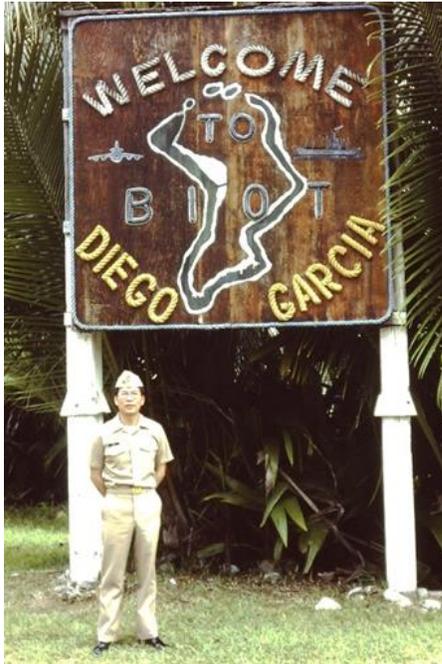
Above: 2018 Capt Ellexson at U.S.S. San Francisco Memorial Service

1. NAME. Stanley Edgar Ellexson, Jr. I go by Stan
2. WHAT YEARS IN THE NAVY?
 - a. Two years Active Duty in the Small Seaplane Tender USS Orca (AVP-49) in the Far East. (I am writing a book about these two years).
 - b. Twenty-eight (28) years in the Drilling Reserves. One year each in Santa Barbara, Long Beach, and NAS Alameda. Two Years Active Duty on board the Small Seaplane Tender (USS Orca (AVP-49).The other twenty-seven (26) years were at Treasure Island, with the US Naval Sea Cadet Corps. USNSCC.
 - c. I am still in touch with NHQ of USNSCC, and help them when asked.
 - d. Worked with USNSCC forty (40) years.
3. RANK OR RATE AS DISCHARGE?

- a. Captain.
4. WHY DID YOU JOIN THE NAVY?
 - a. My Father was in the US Navy one year during WWI, so I was in a Navy Family.
 - b. I attended the University of Washington. Did not have much interest in NROTC "At the time" . My third year my mother was in touch with a UW Graduate who though I could get me into the NROTC program, which I did. I joined NROTC, graduated in 1952 with a BA degree in Industrial Arts Education, and sworn in as Ensign in the United States Naval Reserve. Requirement was nine (9) years total. Two years Active Duty with the remaining seven (7) years in the Drilling Reserves. Allowed to stay on Active Duty if desired and allowed. Could apply for Regular Navy (USN) while on active Duty.
5. WHAT WAS YOUR JOB IN THE NAVY?
 - a. My first job was Assistant Navigator.
 - b. My last job was 1st LT/Gunnery Officer in charge of the Deck Department and Gunnery Department.
6. WHAT DID YOU ENJOY?
 - a. EVERYTHING. Especially our eight (8) tours as Station Ship Hong Kong, that lasted from three (3) days to two (2) months.
7. WHAT ADVICE WOULD YOU GIVE SOMEONE THINKING ABOUT GOING INTO THE NAVY?
 - a. By ALL means DO JOIN the U.S.Navy. Try to get into the Officers programs, NROTC in College, or Newport, RI, OCS (Officers Candidate School) after graduating from College and getting your BA Degree. OCS trains college graduates to be officers in ninety (90) days. Hence ninety (90) day wonders.



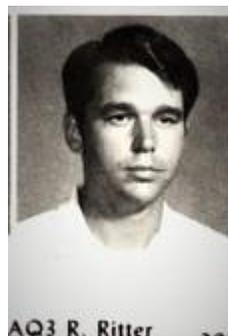
OUR NAVY VETERAN MEMBERS



Above: CDR Sinclair Lai as a young lieutenant in Diego Garcia in the 80's



NAME: Sinclair Lai
 WHAT YEARS IN THE NAVY?
 1985 - 2005
 RANK OR RATE AT DISCHARGE? CDR
 WHY DID YOU JOIN THE NAVY?
 I wanted to travel, to do something different.
 WHAT WAS YOUR JOB IN THE NAVY?
 Patient administration, pharmacist, toxicologist, NBC defense
 WHAT DID YOU ENJOY?
 the travel, been to Yokosuka, Adak, Hawaii, Diego Garcia, Thailand
 WHAT ADVICE WOULD YOU GIVE SOMEONE THINKING ABOUT GOING INTO THE NAVY?
 Just do it! it adds a different dimension to your life.



Above: AQ2 Ronald J Ritter

NAME: Ronald J Ritter
 WHAT YEARS IN THE NAVY?
 07/07/1975 - 07/06/1981
 RANK OR RATE AT DISCHARGE? AQ2
 WHY DID YOU JOIN THE NAVY?
 To get an education since I couldn't afford college
 WHAT WAS YOUR JOB IN THE NAVY?
 Intermediate level maintenance on TRAM (target Recognition Attack Multi-censor) supporting the A-6E Intruder seeing several countries and supporting the United States of America



HAPPY 246TH BIRTHDAY, NAVY??

Not so fast. The birth of the Continental Navy was October 13, 1775 and it would be 246 years old today, if it were still around. The US Navy flag used to hold the second position of honor to the right of the US Army flag. Since it was disbanded and re-established in 1794, it's flag currently holds the third position of honor to the right of the US Marines flag. Established during the American Revolutionary War, the Continental Navy was effectively disbanded as a separate entity shortly thereafter. After suffering significant loss of goods and personnel at the hands of the Barbary pirates from Algiers, the US Congress passed the Naval Act of 1794 for the construction of six heavy frigates, the first ships of the US Navy. Thus, March 27, 1994 is the official birth of the current US Navy – only 227 years old. So, Happy 227th Birthday officially to the US Navy. The Naval Act of 1794 ordered the construction and manning of six frigates and, by 1797, the first three were brought into service: USS United States, USS Constellation and USS Constitution. The US Navy played a major role in the American Civil War by blockading the Confederacy and seizing control of its rivers. It played the central role in the World War II defeat of Imperial Japan. The US Navy emerged from World War II as the most powerful navy in the world. The 21st century US Navy maintains a sizable global presence, deploying in strength in such areas as the Western Pacific, the Mediterranean and the Indian Ocean.

Do you know who is considered the father of the Navy?

Due to his strong posture on having a strong standing Navy, John Adams is often called the father of the American Navy.

Military friends and foes come and go. France was our major ally against the British during the Revolutionary War. But, did you know that twenty years later in 1798-99, the Navy was involved in an undeclared Quasi-War with France? Politics always make for strange bedfellows. That's truer today than ever before.

The US Navy saw substantial action in the War of 1812, where it was victorious in eleven single-ship duels with the Royal Navy.

Naval power played a significant role during the American Civil War, in which the Union had a distinct advantage over the Confederacy on the seas. The war saw ironclad warships in combat for the first time at the Battle of Hampton Roads I 1862, which pitted USS Monitor against CSS Virginia.



Above: Cover of Puck magazine, 6 April 1901. "Columbia's Easter bonnet / Ehrhart after sketch by Dalrymple."

During the Mexican American War, the US Navy blockaded Mexican ports, capturing or burning the Mexican fleet in the Gulf of California and capturing all major cities in the Baja California penin-



sula. But not for that, California would not be what it is today.

Following American entry into World War II, the US Navy grew tremendously as it participated in many significant battles, including the Battles of Midway and Okinawa. By the war's end in 1945, the US Navy had over 70% of the world's total numbers and total tonnage of naval vessels. It was operating 6,768 ships on V-J Day, August 1945.

Columbia, personification of the United States, wearing a warship bearing the words "WORLD POWER" on the cover of PUCK.

Our Naval cousins have the honorable distinction of having, not one, but two, Latin mottos. Unfortunately, they are both unofficial. The first one is "Semper Fortis" meaning Always Courageous. It's very apropos as so much of the world was unknown at that time. Venturing out to dangerous points of the globe was indeed considered courageous. The second motto is "Non sibi sed patriae" meaning Not for Self but for Country. This phrase is inscribed over the Chapel Doors of the US Naval Academy in Annapolis, Maryland. It has been seen by just about every Naval Officer ever commissioned there. In a way, it was adopted by them, as something to carry with them at all times, as a memory of their alma mater.

The Navy's relationship with other service branches.

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FROM OUR SERGEANT AT ARMS CJ REEVES

Continued from page 8...

In 1834, the United States Marine Corps came under the Department of the Navy. We will talk more in detail about the US Marine Corps Birthday for November. Historically, the Navy has had a unique relationship with the USMC, partly because they both specialize in seaborne operations. Together, the Navy and Marine Corps form the Department of the Navy and report to the Secretary of the Navy. However, the Marine Corps is a distinct, separate service branch with its own uniformed service chief – the Commandant of the Marine Corps, a four-star general.

For those of us old enough to remember, we saw this pairing of the Navy and Marines in the classic movies, *Top Gun*, *A Few Good Men* and the TV series *JAG*.

Thanks to Admiral Zumwalt, we now have the harrowing job of sorting out all these various birthdays of the US Navy. This is a daunting task to say the least. It was in 1972, that the Chief of Naval Operations, Admiral Elmo Zumwalt, authorized the Navy to celebrate its birthday on 13 October, instead of 27 March, to honor the establishment of the Continental Navy in 1775. That is what we are celebrating this month in October, although it really should be in March. But, hey, when you are the Chief of Naval Operations and your name is Elmo, you can do pretty much whatever you like.

As far as rank is concerned, the Navy has always been a kind of Odd Man Out or the black sheep of the military family. With its officer ranks called Ensign (O-1) what in the world is an Ensign?? and Rear Admiral Lower Half (O-8) I'm not even going to touch this one, the Navy Captain is an O-6, which is equal to an Army Colonel, but the Army rank of Captain is only an O-3, which is equal to a Navy Lieutenant. An Army Colonel is

streamlined with the Air Force and Marines. I won't even mention the rank of Seaman. I mean, really? It's just as I called it, Odd Man Out. We did love the rank of Commodore, which they don't use anymore. What in the world happened to Commodore? Now, that was a title. In an effort to bring back the Commodore, I have made it my personal mission to have the word "Commodore" uttered several times during the day. Also, I have often times been fondly referred to as the "Commodore" of the SFVA, especially when I wear my royal blue slacks with gold braid, which are actually issued by the US Army. Have I lost you or are you still with me?



Why don't we learn about Commodore Robert Stockton? In 1846-48, the Navy under Commodore Stockton succeeded in the capture of California. This is great stuff here. The city does have a school and major street named for him.

And don't get me started on the naming of ships. This is just another big can of worms. Can anyone figure out the letters and numbers of all these ships? The names of commissioned ships of the US Navy are prefixed with the letters "USS", designating United States Ship. The names of ships are officially selected by the Secretary of the Navy

(SON), often to honor important people or places. Additionally, each ship is given a letter-based hull classification symbol like CVN or DDG, to indicate the vessel's type and number. The US Navy was one of the first to install nuclear reactors aboard naval vessels. Nuclear energy powers all active US aircraft carriers and submarines.



Above:
Commodore Robert F. Stockton, USN

At the end of the day, we have nothing but love, for our black sheep cousins, as we welcome them to our friendly shores and skylines this month for Fleet Week. To them, I say, "Semper Fortis" to the Navy and "Semper Fidelis" to the Marines.





MORE THAN MEXICO AND CINCO DE MAYO

September 15 to October 15 is celebrated nationwide as National Hispanic Heritage Month. It traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries. In 1968, Hispanic Heritage Month was originally observed as “Hispanic Heritage Week” under President Lyndon Johnson (he was from Texas with a 40% Latino population, after all, formerly Mexico), but it was later extended to a month during President Ronald Reagan’s (he’s from California with a 40% Latino population, also, was formerly Mexico) term in 1988.

Since then, the month has been celebrated nationwide through festivals, art shows, conferences, community gatherings, and much more. The month also celebrates the independence days of several Latin American countries, including: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua on September 15th, Mexico on September 16th and Chile on September 18th. They also include holidays that recognize Hispanic contributions such as Virgin Islands-Puerto Rico Friendship Day that is celebrated in the US Virgin Islands.

HISPANIC

Hispanic refers to a person who is from, or a descendant of someone who is from, a Spanish-speaking country.

Enrique Iglesias and Antonio Banderas are Hispanics, as they are both from Spain. Enrique is from Madrid and Antonio is from Málaga.

LATINA/LATINO/LATINX

Latina refers to a female person who is from, or a descendant of someone who is from, a country in Latin America. Jennifer Lopez (J-Lo), actress and singer born in New York City, with parents from Puerto Rico, is a Latina.

Latino refers to a male person who is from, or a descendant of someone who is from, a country in Latin America. Ricky Martin, actor and singer born in Puerto Rico is a Latino.

Latinx refers to a gender-neutral person who is from, or a descendant of someone who is from, a country in Latin America. Courtney Act, Aja and Travis Alabanza all identify as Latinx.

On September 14, 2021, POTUS Biden issued a presidential proclamation on National Hispanic Heritage Month:

“During NHHM, we recognize that Hispanic heritage is American heritage. We see it in every aspect of our national life: on our television and movie screens, in the music that moves our feet and in the foods we enjoy. We benefit from the many contributions of Hispanic scientists working in labs across the country to help us fight COVID-19 and the doctors and the nurses on the front lines caring for people’s health. Our nation is represented by Hispanic diplomats who share our values in countries all over the world and strengthened by military members and their families who serve and sacrifice for the United States of America.”

Observing Hispanic Heritage Month



allows our country to show its recognition and support for the work Hispanics and Latinos are doing in helping this country grow.

As we say in Spanish:

El mar y el cielo se ven igual de azules y en la distancia parece que se unen.

In English:

The sea and sky look the same blue and in the distance looks like they join together.

Octavio Paz was a Mexican poet and essayist who was awarded the Nobel Prize in Literature in 1990. While some of his early work focuses on his homeland, much of his poetry and writing are observations and commentaries on the similarities of humans regardless of their location.

“Viento, agua, piedra” (Wind, water, stone) speaks to the way that all is connected. Humans, nature and situations all impact each other, and he shows that by painting a mind picture of wind sculpting stone, water running off and so on.



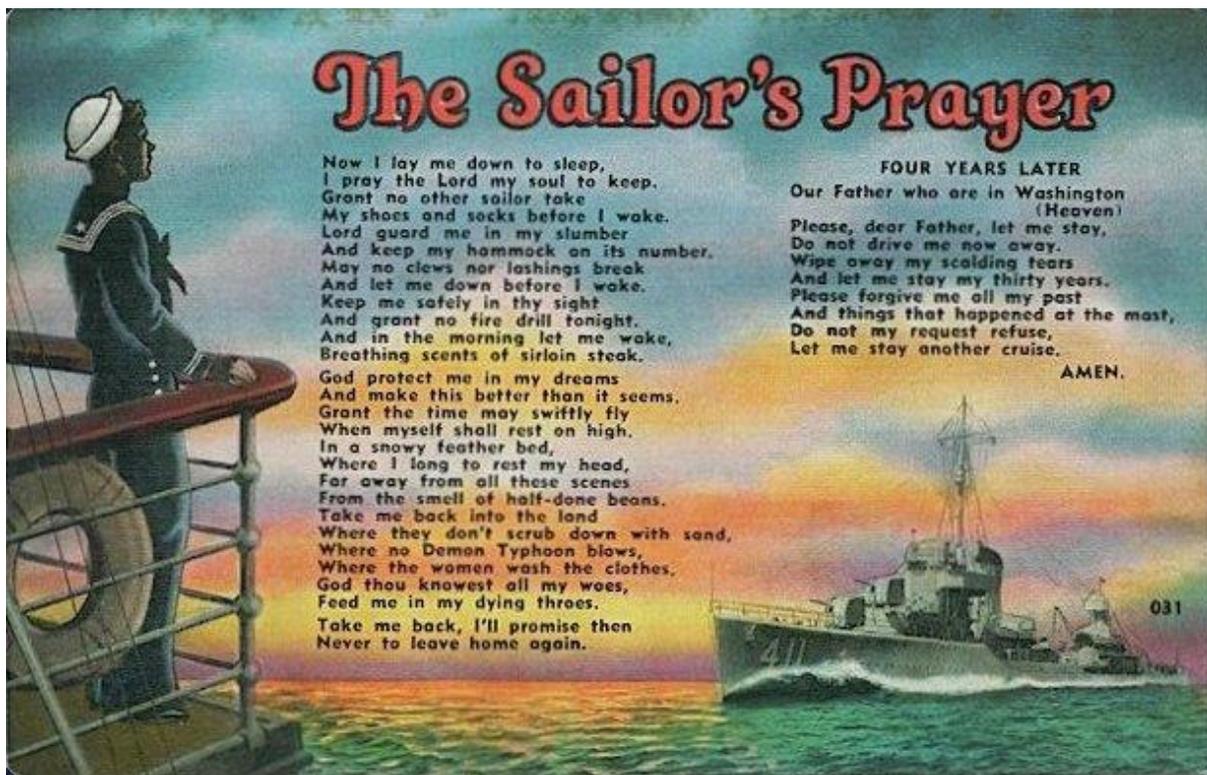
FROM OUR SERGEANT AT ARMS CJ REEVES

More complex poetry is also a great way to advance your interest in different areas of Latin American culture. Many poems in Spanish denote the author's preoccupations with events or themes in their home country and learning about a country via its literature is an ability well worth aspiring to.

VIENTO, AGUA, PIEDRA

El agua horada la piedra
el viento dispersa el agua
la piedra detiene al viento
Agua, viento, piedra

WIND, WATER, STONE
The water has hollowed the stone
the wind dispersed the water
the stone stopped the wind
Water, wind, stone



AROUND THE VA



October is LGBTQ+ History Month

In our local community, we are so lucky to recognize many milestones in LGBTQ+ history:

- ◆ Trans women and drag queens led the protests at SF's Compton's Cafeteria in 1966, preceding the Stonewall protests by a few years.
- ◆ In 1972, Harvey Milk was elected to the San Francisco Board of Supervisors, becoming the first openly gay elected official in California history.
- ◆ Local San Francisco Artist and Veteran Gilbert Baker designed the first rainbow flag in 1978, creating an iconic symbol for the community.

LGBTQ+ history includes the courageous acts of citizens fighting for the government's aid in the battle against the HIV epidemic, fighting for marriage equality across our country, and fighting for the rights of all trans and gender diverse persons. Let this month be a moment to celebrate the progress we have made and to rededicate ourselves to the relentless work of seeking equity and inclusion for all persons.



Oktoberfest!

One in four Americans has some connection or family ties to Germany. So, it's not surprising that those would want to celebrate anything German. Germany did give us Christmas and who doesn't love Christmas. But what do we really know about our cousins across the pond and Oktoberfest??

Oktoberfest is the largest and oldest block party in the world. It started as an outdoor wedding reception over 211 years ago when Bavaria's Crown Prince Ludwig married Princess Therese of Saxony-Hildburghausen on October 12, 1810. The wedding was celebrated with multiple days of drinking, feasting and horse races. The celebration was so well received that it became an annual event. Sad to report, it did not take place last year. Yes, you guessed correctly, this year's Oktoberfest has also been scratched. It is worthy to write about it this month.

Oktober with a "k" is German for the month of October and Fest is German for festival. Together you have October Festival, which is all it is. Since it usually is over two weeks long, it usually starts in September. Next year is already scheduled for Saturday, September 17, 2022 to Monday, October 3, 2022.

Let's go back to some German. We all know Hamburger, Frankfurter and Wiener. Did you know these are all German words, well, cities in Germany to be more precise.

Most of you may be too young to remember the speech given by POTUS John Kennedy at the Berlin wall. His famous line from that speech is, "Ich bin ein Berliner", which in English means that he was from the city of Berlin.

There you have it, it's really that simple. In German, if something is from a city, you just add "ER" at the end of the city name. So, something from Berlin is a Berliner. Therefore, something from

Hamburg is a Hamburger. Subsequently, something from Frankfurt is a Frankfurter and something from Wien is a Wiener. Wien is a little tricky, but only means Vienna, the capital of Austria. So, when we say a hotdog is a wiener, we are really saying that it's a sausage from Vienna.

That's how we got the word Wiener. If you really know German cuisine, surely you heard of Wiener schnitzel. This is a breaded, pan-fried slice or cut of veal. Let's break it down. Wiener means Viennese and schnitzel means cut or slice. You really are just saying Viennese cut. German is just that simple. It really gets a bad wrap for being too difficult. Washington High School used to teach German, but due to lack of interest, they got rid of it. The same thing happened to UC Santa Barbara. I studied there at the German Institute, which is no longer. It has been replaced with a Spanish Institute. No more hamburgers and German beer for them. Speaking of hamburger, beef from Hamburg is called Hamburger. This is all fine and good, but the beef from Hamburg was originally raw, what we call steak Tartar. It was the Russians trading with Hamburg who brought their Tartar with them to Hamburg, so it somehow got credited with the raw beef. Now, what about Frankfurter?

The hotdog from Frankfurt is called a Frankfurter. You may notice that it's almost a foot long making it distinctly a Frankfurter. Simply, a small hotdog from Vienna is a Wiener and a foot-long hotdog from Frankfurt is a Frankfurter. We tend to do this to sausages and



cheeses. Swiss cheese is from Switzerland, just like Bologna is from the city of Bologna in Italy. It's like saying French fries are fries from France. The only problem with that is the French don't say French fries. They simply say Pommes Frites which means fried potatoes in English. The same is true in Germany. They don't call a Hamburger a hamburger. A hamburger as we know it is called a Frikadellen in German, which comes from their neighbor to the north – Denmark. You may need a pint or a Riesling to take this all in. So, I will leave this on a very light note. What we know as a jelly donut, comes from Berlin. When in Berlin, if you go to a bakery, you will see the many Berliner they have available. Now here's the funny part. When POTUS Kennedy said he was a Berliner, some jokesters laughed thinking he was calling himself a jelly donut. Don't forget to attend the Oktoberfest next year. If you do attend, the men have to wear the traditional Lederhosen. Keeping in mind, how German is very simple and logical, what does this really mean – Leder is German for leather and hosen means pants. It's actually very simple really. Lederhosen is German for leather pants, which is the traditional outfit for men. Just got new ones this year for my birthday. Jawohl!



WHAT IS THE USSF? GET USE TO IT: IT'S THE UNITED STATES SPACE FORCE! AND THE MANNING FOR THE USSF HAS ALREADY BEGUN.

According to August 2021 Air Force Magazine, 50 active duty Army, Navy and Marine volunteers have already been transferred to the USSF. This July 350 more transfers were completed. Their specialties were space operations, intelligence, cyber and acquisition. They are joining 5,200 Airmen who have been stood up and initial planning and operations are on-going.

Applications from all four services have been "overwhelming" according to General David D. Thompson, vice chief of space operations.

The total manning of the Space Force is approximately 12,000 people, half are civilian (6,000) and 5,500 are active duty military. Members of the Space Force



UNITED STATES
SPACE FORCE

are named as "Guardians."

The process of establishing a mature Space Force will take more time as budgets and competent manpower availability is in flux. Congress fully supports the Space Force although actual initial funding is less than requested.

The USSF (Space Force) will have a very

critical mission, including the security of our space assets, to protect our communications satellites in peacetime, and even more vital in pre-war and wartime.

SOURCE: "Hacking the Space Force," Shaun Waterman, Air Force Magazine 2021, 42-45

NO ONE IS SAFE

Vladimir Putin with his powerful security service protection goes into isolation

Who would have thought that Russian Premier Vladimir Putin, guarded 24 hours a day by his Federal Security Service (FSB), would get close to anyone who had been exposed to the virus? According to TASS, apparently someone in Putin's staff had been exposed to an outsider who was infected, and did get close to the Premier. Even though Putin has been vaccinated with the Sputnik 5, the Russian vaccine, he is now isolated himself from the rest of Russia.

So ironic, that Putin, who has been portrayed as a super safe individual who required 2 week isolation from visitors

and demands that his immediate staff must be vaccinated. Someone in his inner circle was exposed to an infected person, and became a spreader, thus Putin was confined to a sanitized room safely away from any humans even those who had been vaccinated and tested. It can be so lonely at the top.



www.sfcathaypost384.org/rc.html

Sources: SEE **PUTIN** at this link: <https://>



THE GREATEST LONG-TERM THREAT TO THE LEGION

Boston Dynamics and several other robotic developers have made some incredible progress in developing substitutes for combat troops. Today, the state of the art combat robot is already dazzling, capable of being knocked down, and quickly popping up, erect and still capable to shoot extremely accurately at a target. Check out our 1st YouTube link below.

It is of great surprise that in the past few years, robot technology has advanced tremendously. Already, combat robots have developed to a stage where they are agile and can be disrupted, but only temporarily. They can be deliberately knocked down, become erect quickly and fire accurately at a target. Check out our 2nd YouTube link below.

Can robots kill friendly forces? In combat situations, friendly forces can be in proximity to the enemy forces. Software programs can prevent harm to friendly forces. However friendly forces must be properly tagged as friendly to avoid attack.

So in future conflicts involving ground troops, friendly combat robots can substitute for human combat troops. The winning side will be the side that has superior robots. But, we won't know who has superior robots until actual combat between machines (robots) actually happens. When does one side surrender?

The number of veterans will decrease quickly in future wars conducted by robots, and mathematically, we can predict that the number of human vet-



erans will drop dramatically, and it will take 1-2 decades for human veterans to diminish to near Zero. Veterans groups will fade away as the number of human veterans shrinks. While we will fade away when we are replaced with machines, the elimination of human soldiers to fight wars is a blessing.

1. <https://youtu.be/dKjCWfuvYxQ>
2. https://youtu.be/y3RIHnKO_NE

MY EGREGIOUS ERROR

In our August issue of our Cathay Digest, I made a major oversight.

This fact should have been included, in bold letters, the enormous contribution to our Chinese American population, by Lt Colonel Frank Fong, our hero who fought for his right to join the US Army, was stifled, but took bold action and succeeded in joining our US Army. His entry into the US Army, opened the door for 20,000 Chinese Americans to join our military and support our country's WWII war effort.

His brave action was a major reason why the Chinese Exclusion Act was re-

pealed in 1943, but very importantly, after the end of the war in August 1945, Congress was motivated to pass the War Brides Act (WBA) in December 1945.

That singular Congressional action allowed our Chinese American veterans to bring home - brides, or fiancées. Many members of our Post are alive today, (including me and my family, including my brother, my sister, my two children and 4 grandchildren) because of the War Brides Act.

Most of us with Chinese blood, born in America in the 1940s, 1950s, and 1960s were WBA babies. That would include all our children, grand children and a

few great grand children were all the results of the WBA. None of us would be here if not for the WBA.

Nationally, the number of family members alive today because of the WBA, numbers around a million Chinese Americans. That would even include many people who have inter-married, and whether or not, they admit to having any Chinese blood. (Illegal paper sons do not count.)

A million "Thank you's" to Lt Colonel Frank Fong.



GOOD NEWS. WE ALL NEED SOME GOOD NEWS.

Those receiving Social Security should get a good COLA increase

Due to the increase in the cost of living, it is estimated that, barring unexpected reduce in the cost of living, all social security recipients can expect a 6.2% increase in their monthly social security checks. This is known as the Cost of Living Allowance (COLA). While we are all veterans in the American Legion, few of us served long enough to retire and receive a nice pension, and did not need to get a civilian job. Most of us have and many of us continue to have paid civilian jobs, have and are paying into social security. Thus

many veterans are also receiving social security checks.

We can expect a nice increase next year (2022) in our social security payments. Note that a COLA is not really a pay raise, but an increase to keep up with the inflating cost of living.

In the last ten years, the average annual increase in social security payments has been 1.5% per year, that's an average because we all know that some years we

did not receive any COLA increase.

Let's keep our fingers crossed as we are all going to need that COLA. Food has already increased double digits, and with the current and possibility of a long term drought, the cost of food, especially fruits and vegetables will increase dramatically. This increase is needed badly as the cost of everything seems to be going up.

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

DON'T YOU WASTE A DROP! WE MUST ALL CONSERVE WATER

These are Unprecedented Times. Only Air is a greater necessity for human life than water



We have never had such ominous times as today. Climate change is evident all over the globe, and thus, all us humans must change or face very dire consequences. These days there are mighty storms with floods that have wreaked unprecedented damage to some parts of the world, while other parts of the world face enormous fires destroying our forests and the homes of many people.

Especially, for those of us living in areas burnt to a crisp, the dry air and shortage of rain, has put people living in these areas in drought conditions. Maybe the rains will appear and we may avoid long term drought. Weather forecasters are warning that we may be in for long term? Drought. Of course, we have had droughts before, but we are starting a trend, due to climate change, that might last for years. How many years? No one knows.

Drought has killed more people in weather related disasters than any other threat. According to the U.S. Drought

Monitor, 47% of the contiguous U.S. is having moderate to exceptional drought. This includes Alaska, Hawaii and Puerto Rico.

Thus, it is critical that everyone save every drop of potable water. Be sure to stockpile a few weeks of water, assuming that you may not have water for an extended time frame. We all need water to survive, only air is more critical. To date few people have conserved water, so we must all be prepared. No human can survive more than three (3) days without water.

And this is in fact a global threat. China, Taiwan, Pakistan, Iran, Afghanistan and most countries in Africa are all having drought conditions. Throughout Europe and UK, drought is causing huge economic damage

Sources: SEE H2O at this link: <https://www.sfcathaypost384.org/rc.html>

DEEP FAKES



Do not believe anything you hear on video anymore.

On "60 Minutes," 10 October, 2021, revealed that today's technology will allow an animator to replicate any human and create a video with a fake physique and sound of anyone saying or doing anything on video.

IT IS CALLED "DEEP FAKES." Used by our enemies, it can create even more chaos in America, and truly disrupt our Democracy.





FOCUS ON HEALTH

A LIFE SAVING REMINDER FOR THE NUMBER 1 KILLER IN AMERICA IF YOU SUSPECT A HEART ATTACK, OR A STROKE, CALL 911 NOW!

OK, you may already know that you should call 911 if you, or someone near has a heart attack or a stroke, but this is a life saving reminder. (It could be you, or me!)

A heart attack (myocardial infarction, or MI) happens when an artery is blocked, or when blood flow is severely restricted and can't reach the heart.

Most heart attacks start slowly with just mild pain or discomfort.

Receiving timely medical attention makes a BIG difference. But symptoms must be noticed and action taken immediately to minimize to limit heart damage and improve the chances of survival.

For men, chest pressure may be noticed with growing intensity and frequency. Pain in the left arm, shoulder, neck, or jaw and pain in the stomach may be mistaken for indigestion. Other symptoms include sweating, restlessness, anxiety, dizziness and shortness of breath.

For women, the symptoms are similar but are less dramatic. Women can also experience

upper back, or shoulder pain, jaw pain, shortness of breath, and often feel fatigue for several days. Women can have silent heart attacks.

For diabetics and older people, disorientation is common among seniors.

Once a person has had a heart attack, there is a higher likelihood for another myocardial infarction (MI).

Symptoms of stroke include trouble speaking, walking, and understanding as well as paralysis or numbness of the face, arm, or leg. Blurred vision, double vision, or loss of vision in one eye are also signs of a stroke. Additionally, difficulty in speaking, slurred speech, and loss of speech are also symptoms of a stroke. Whole body fatigue, lightheadedness and vertigo are also symptoms. When a person displays symptoms of a stroke, call 911! Immediate medical attention is necessary to limit the long term harm to victim.

WARNING SIGNS FOR HEART ATTACKS

For men or women, most heart attacks start slowly with chest pain or discomfort. Women are more likely to also experience **shortness of breath, nausea/vomiting, and back or jaw pain.**

Warning Signs include:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a **cold sweat, unusual fatigue, nausea** and/or **lightheadedness.**

CALL 911 immediately if someone with you has one or more of these warning signs.

WARNING SIGNS FOR STROKES

SUDDEN numbness or weakness of face, arm or leg, especially on one side of the body

SUDDEN confusion, trouble speaking or understanding

SUDDEN trouble seeing in one eye or both eyes

SUDDEN trouble walking, dizziness, loss of balance or coordination

SUDDEN severe headache with no known cause

ACT F.A.S.T.
Call 911- IMMEDIATELY
Remember stroke warning signs with F.A.S.T.

F **FACE** Ask the person to smile. Does one side of the face droop?

A **ARMS** Ask the person to raise both arms. Does one arm drift downward?

S **SPEECH** Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T **TIME** If you observe any of these signs, call 911 immediately.

SOURCE: Multiple sources including News from the UCLA Depart of Geriatrics

IT'S THAT TIME OF YEAR AGAIN ... GET YOUR FLU SHOT !!!

With all of us focused on COVID, many of us have not thought about another virus that has been around for years, and must also be on guard. Of course, we are talking about the FLU, and dealing with the FLU requires getting poked. Most of us have been getting our FLU shots yearly, and now that it October 2021, some of us need to get poked again. Reminder that FLU shots also protect against heart

attack and stroke.

Good news is that those of us with health insurance, it is a freebie. CDC reminds that yearly, about 50,000,000 get the FLU, 740,000 must be hospitalized and sadly around 60,000 die. Here's some good news. There are many strains of the FLU, CDC must guess which strain will strike this year. Normally, CDC picks 2 Or 3

strains to guard against, but this year the vaccine will protect you and I for 4 strains of the FLU. So let's not be a sad statistic, you and I need to get vaccinated for the flu. Plan for it this week, or sooner. Promise me please!

SOURCE: "Flu Shots Protect Against Heart Attack and Stroke," Cleveland Clinic Newsletter, Vol 21A, page 4



A letter of appreciation to Past Commander Nelson Lum and Cathay Post for the friendship, membership and support to our colleague Carl Payne.

Cherisse Payne
27 Lighthouse Lane
Richmond, Ca 94804

August 23, 2021

Nelson,

My family and I are appreciative of the help and love you gave our family during the last few weeks. You were and still are a great friend to Carl. All of you help has shown me that you deeply loved and cared for Carl with how you help us navigate this uncertain in our lives.

Thank you for being instrumental in coordinating Cathay Post 21 guns salute, booking Reverend Fong, providing, working behind the scenes with the marine corps to have them present at the services, and giving him the sendoff, he deserved. The vested interest you showed Carl's service was spectacular and your contribution will never be forgotten. Your love and kindness for Carl, myself, and my family is truly overwhelming, and I cannot thank you enough.

Thank you for being a great friend to my father. You helped encouraged my dad to get involved in the veteran's group, which only added to the quality of his life and the happiness that it brought him.

Thank You for all your help.

God Bless

With Love,
Cherisse Payne and Family



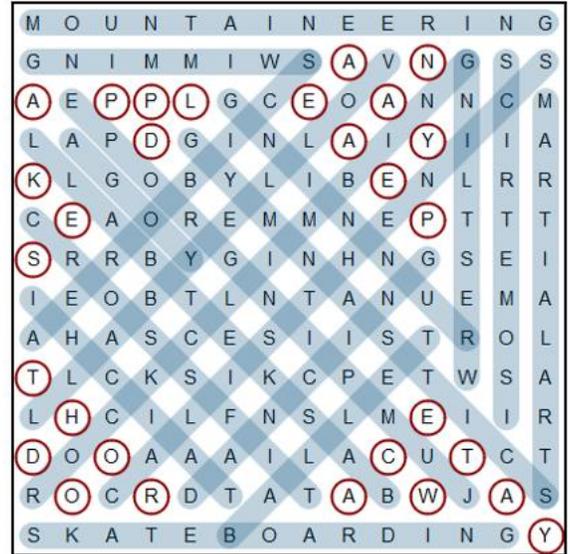
SOLUTIONS TO SEPTEMBER'S PUZZLES

Did you solve everything?

WORD SEARCH SOLUTION

*GET BUSY...WITH EXERCISE! What familiar expression was based on a proverb from Pembrokeshire, England in the 1800's?
Answer: **AN APPLE A DAY KEEPS THE 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.

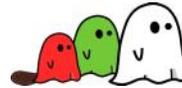
Veteran Combat Call Center - Combat vets and families can call any time 24/7/365: **1 (800) 927-8387** to speak with other combat vets and families about any issues from military experience to readjusting to civilian life.

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

HAPPY HALLOWEEN! It's time to break out the jack-o-lanterns, ghosts, and ghouls! Find all the words in this month's puzzle to reveal a famous song that was written by Bobby "Boris" Pickett in 1962. This song was number one on the Billboard Hot 100 chart for the week of October 20-27, and has been Halloween favorite ever since.



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

- BLACK CAT
- BLOODCURDLING
- BOGEYMAN
- BONES
- BOO
- CASKET
- CATS
- CAULDRON
- CEMETERY
- CLOAK
- CORPSES
- COSTUME
- CREEPY
- DEAD
- DISGUISE
- EVEL
- FALL
- FRIGHTENIN
- GHOSTLY
- GOBLIN
- GRAVEYARD
- HAUNTED
- JACK O LANTERN
- MAUSOLEUM
- MONSTER
- MUMMY
- NIGHTMARE
- OCTOBER
- ORANGE
- PARTY
- PHANTOM
- POTION
- SHADOW
- SKELETON
- SPIRITS
- SUPERSTITION
- TOMBSTONE
- TREAT
- VAMPIRE
- WARLOCK
- WEREWOLF
- WITCHCRAFT



CRYPTOGRAM

Decode the message. Each letter in the phrase has been replaced with a random letter or number. Try to decode this Halloween theme excerpt from a famous poem. 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
19											18	17					12	3	16						

N A N T R A R
 L N R A A N
 A R R A N A A N T A N
 R S L R T T N
 L R L N N A R L
 N A N S N L T R A A
 T A N A S S N N T L
 R A N R A N A T A R
 R
 A R A L L A N T R A N



OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>OCTOBER IS: BREAST CANCER AWARENESS MONTH</p>						
	<p>FLEET WEEK LUNCHEON @ ALWMB 9:00 AM</p> <p>ALWMC MEETING 4:00 PM</p> <p>DIST 8 MEETING 5:00 PM</p>			<p>HOST TAL BOOTH @ MARINA GREEN</p>	<p>9 OAKLAND MORMON TEMPLE CGM CEREMONIES COLOR GUARD MEET @ POST 10AM</p>	
<p>10 ITALIAN HERITAGE PARADE MEET @ POST 9:00 AM</p>	<p>11 INDIGENOUS PEOPLES' DAY</p> <p>DEADLINE TO RESERVE WARRIORS TIX FOR 11/12</p>		<p>13 US NAVY BIRTHDAY</p>	<p>14 HEP B FUNDRAISER COMMON- WEALTH CLUB 5:00 PM</p>	<p>16 COLOR GUARD CEREMONY FOR CHALLENGED ATHLETES FOUNDATION 7:30 AM HYATT FISHER- MAN'S WHARF</p>  <p>POST MEETING 11:00AM</p>	
		<p>13 BOARD OF DIRECTORS EXECUTIVE MEETING 7:00 PM</p>				
<p>24 HALLOWEEN</p> <p>31</p>	<p>26 DAY OF THE DEPLOYED 10 YEAR ANNIVERSARY</p>		<p>27 NAVY DAY</p> <p>TEDDY ROOSEVELT'S BDAY</p>	<p>28</p>	<p>29</p>	

US NAVY FACTS

- The U.S. Navy was actually formed twice
The Continental Navy was formed on October 13th, 1775 – roughly six months after the start of the Revolutionary War – and was disbanded after the war in 1785. Under the Naval Act of 1794, our country's navy was resurrected and re-named the U.S. Navy.
- The U.S. Navy is the largest in the world, with 323,000 active and 109,000 personnel.
- Six U.S. presidents served in the US Navy during WWII
John F. Kennedy, Lyndon B. Johnson, Richard Nixon, Gerald Ford, Jimmy Carter and George H.W. Bush served in the U.S. Navy during WWII.
- The U.S. Navy has an impressive global reach
The U.S. Navy operates in nearly every major body of water around the globe: the Pacific, Atlantic and Indian Oceans, as well as the Mediterranean Sea, the Persian Gulf and the Horn of Africa. Additionally, the U.S. Navy also deploys ships to Europe, Japan and the Persian Gulf.
- The name "SEALS" isn't a reference to aquatic mammals
Navy SEALs are members of a Naval Special Warfare unit that are rigorously trained for unconventional warfare in any setting: on land, in the air, or at sea. As such, "SEAL" stands for "Sea, Air and Land, Navy seals make up less than 1% of Navy personnel.