



CATHAY DISPATCH

SAN FRANCISCO, CA

OCTOBER 2022

VOL 13 - 10

OCTOBER IS FOR CELEBRATING THE US NAVY'S 247TH BIRTHDAY, FLEET WEEK & THE MILITARY WOMEN'S MEMORIAL'S 25TH ANNIVERSARY!

By Commander Helen Wong



On October 13, 1775, the Continental Congress created the Continental Navy which was disbanded at the end of the Revolutionary War. Then in 1794, President George Washington signed into law the Naval Act which authorized

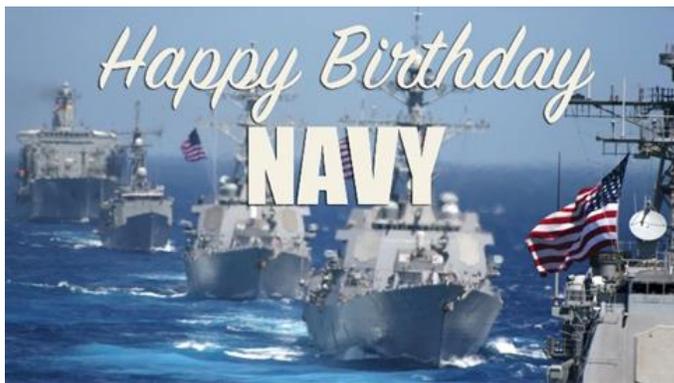
the construction of six frigates which were the first ships and were the responsibility under the Department of War from 1794 through 1798. The US Navy fought in the Quasi-War, the Barbary Wars, and the War of 1812. They were at peace time until the Mexican-American war in 1846. The Naval Academy was founded in 1845 in Annapolis and when the Civil War began, the US Navy fought the Confederate States Navy. Afterwards most of the ships were laid up until they were needed in the future which was in the Spanish-American War, World War I, and World War II. After World War II, they were active for the Cold War, Korean War, Vietnam War, the first Persian Gulf War, and on to modern times.

There are many US Presidents who served in the Navy. They are John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Gerald R. Ford, Jim-

my Carter, and George H.W. Bush. Other famous Navy veterans include WWI Humphrey Bogart, WWII Johnny Carson, Vietnam Veteran WWF/actor Jesse Ventura, Naval Academy football player Roger Staubach, Vietnam POW/war hero John McCain, and post-Vietnam talk show host Montel Williams.

Our famous Cathay Post Navy veterans include: WWII Alfred Chan, Vietnam Leland Chune, Lebanon-Grenada Brooke Dawson, GWT Sinclair Lai, Vietnam Daniel Lee, GWT Willie Lou, Vietnam Dan Lu, Lebanon-Grenada Stephen Martin, Korea Rod Odgers, Persian Gulf Edward Playda, GWT Alicia Ponzio, Vietnam Ron Ritter, Panama Timothy Shaw, Vietnam John Toupin, Korea Frank Wong, Vietnam Marshall Wong, Vietnam Ray Wong, and Persian Gulf Dominic Yin. Thank you for your service!

Fleet Week in San Francisco was from October 3-10, 2022. Our Post hosted a lunch for 200 sailors, Marines, and Coast Guard



美国退伍军人会

CATHAY POST 384 AMERICAN LEGION 2022-2023 POST OFFICERS

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

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members on October 4 at the War Memorial Veterans Building as in the past. The ships were assigned by the Fleet Week Committee so it was nice to meet young military members who are serving our country from various locations, and to hear about their different military occupational specialties. Fleet Week also included a tour of one of the ships which some of our members were

able to go on.

One of the most intriguing movies of the year that might inspire future recruits to become Navy aviators is Top Gun: Maverick. This long awaited 2022 sequel to the original 1986 Top Gun movie released on Memorial Day weekend is the highest grossing movie to date bringing in close to 1.3 billion dollars! Anyone

who went to the show and experienced it in 4DX had to have been wowed by the special effects. (Thank you Aaron Low for telling us about watching it at the Regal Stonestown Cinema!) Did you know there are 800 hours of aerial footage alone? When Tom Cruise agreed to make a sequel, he insisted on making it as real as possible meaning getting an ace aerial coordinator and lead camera pilot to capture the crucial flight scenes. From IGN.com, Alex "Tinder" Bowman, US Navy fighter pilot with 11 years of flying F/A 18 Super Hornet for the Navy and instructor had comments about the movie: "Entertaining, full of action, enjoyable, captures the big picture aspect of what it's like for Navy aviation; cool flying, camaraderie." If you haven't seen the movie, then you are in for a real ride, even if you don't see it in 4DX!

MILITARY WOMEN'S MEMORIAL'S 25TH ANNIVERSARY CELEBRATION WEEKEND COMING OCTOBER 14-16, 2022 IN WASHINGTON, DC



Since its initial opening in 1997, the Military Women's Memorial is the only national memorial to honor all 3 million women who have served our country

since the American Revolution. It is located at the gateway to Arlington National Cemetery and the award-winning design was done by the architectural firm of Weiss/Manfredi. It incorporates as its façade the historic Hemicycle-a retaining wall dedicated in 1932 as part of the Memorial Bridge project and originally intended as the ceremonial en-

trance to Arlington National Cemetery. On November 6, 1986, President Reagan signed into law PL-610 which authorized the establishment of "a memorial on Federal lands in the District of Columbia and its environs to honor women who have served in the Armed Forces of the United States." In June 1995, a groundbreaking ceremony was held, and the completed Memorial opened to the public on October 18, 1997 which includes the Court of Valor with its reflecting pool and a 200-jet fountain representing the sound of women's voices. I

was fortunate to attend that historic ceremony with my friend, Sheryl Shaffer, another Vietnam Era veteran. It was a memorable event with thousands of women veterans in attendance.

ANNOUNCEMENT OF 2ND VICE COMMANDER CHUCK PASKERIAN RESIGNATION

After many years of service to Cathay Post as an officer, Chuck Paskerian announced he was stepping down from the 2nd Vice Commander position to focus on his health. It was effective in September and past 2nd Vice Commander Aaron Low was nominated to fill the vacancy. Comrade Paskerian will continue to be a member, will continue on the CAWVA Board of Directors, and will participate as much as possible. We thank him for his time and service and wish him well!



Above: At the October 18, 1997 Dedication WIMSA Memorial





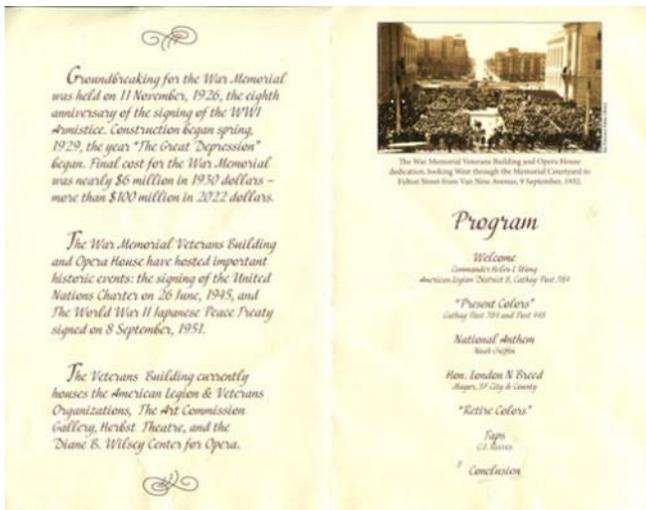
90TH REDEDICATION OF THE WAR MEMORIAL WAS A SUCCESS!

On September 9, many members of the American Legion were present to witness history in the making again! Post 384 had only been chartered for 1 year when the War Memorial was finally dedicated on September 9, 1932 to a crowd of thousands of veterans and other civic leaders and members of the community. Led by WWI Veteran Charles Kendrick a member of American Legion Post 1, the building along

with the War Memorial Opera House was an effort that took many years and a bond vote to raise enough money to build the complex.

While there were not thousands of veterans and others to witness the 90th Rededication event in 2022, the veterans who attended were appreciative of the effort of the Veterans Commemoration Committee, mainly of Ken Maley, Janice Tong, Dana Lombardy, Paul Cox, Nelson Lum, and MG Mike Myatt. Mayor

Breed was in attendance and had a short speech before staying to take photos with the group. Post members who attended or took part in the Program and in the audience included: CMDR Helen Wong, Jr. Past CMDR Nelson Lum, Sgt-At-Arms CJ Reeves, Historian Roger Dong, David Adams, George Tsang, dual VFW member Ray Wong, ALA Unit 1 Dara Wong, VFW Bill Jang. Volunteers who helped at the reception included support members Susana Tong, Alice Matsumoto, Larry, Joel Yu, and Red Cross volunteers Denise So, Ada Low, and brother. Thanks to all for making this a success!





MAYOR'S SALUTE TO VETERANS PARADE



FISHERMAN'S WHARF

SUNDAY, NOVEMBER 6th 2022, 11AM

Jefferson Street

North Point St. to Leavenworth St.

Veterans of Foreign Wars Community Service Project



2022 NATIONAL CONVENTION IN MILWAUKEE

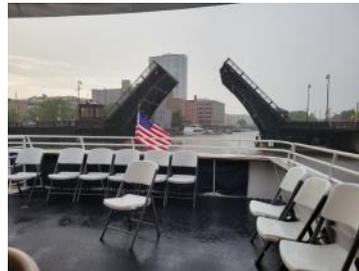
The American Legion National Convention was held in Milwaukee, Wisconsin this year. Nelson Lum and I attended as delegates and 3 support members attended as guests including our Outstanding Support Member of the Year, Joel Yu.

We stayed 4 days at the Convention and were there for the opening ceremonies and attended the California caucus in which several Legionnaires gave their reports on different issues. There were many guest speakers including Medal of Honor recipient Command Sgt. Maj. Robert M. Patterson. Vincent J. "Jim" Troiola was elected as the new National Commander. At night we attended the Commander's Banquet, which was a full house. It was a formal event so we had to bring and wear our suit and

tie for the dinner. There was a band playing for people that wanted to dance off their meal. At the dinner, we met up with the members of the New York Kim Lau Post, exchanged greetings and took our yearly photos with them. A day earlier, we coordinated a lunch with them at a local Chinese restaurant where we had a great time catching up with post events among other topics.

Jim Hackney Night, arranged by the Department of California was a dinner cruise on the Milwaukee River. We saw a lot of Milwaukee and its beautiful shoreline, especially at night when the sun came down and the lights were on. The night skyline was spectacular, Lake Michigan is huge and it's all fresh water. No drought there! Nothing special about the food except that they had genuine Milwaukee Bratwurst, cooked in beer which was delicious. The cruise lasted about 3 hours and worth the money.

The highlight of the trip for me was a visit to the Harley-Davidson Museum. The museum is the only one in the world and it's located near downtown Milwaukee. In it were the history of the people and how the company began with their first motorized bicycle which looked more like a motorized bicycle than a Harley. The museum showed us the timeline from beginning to what the company and motorcycles are



now. There were over 450 motorcycles to look at, great for a motorcycle enthusiast like myself.

Other points of interest were the Public Market, which has a variety of foods for you to buy or eat in the premises. You definitely will find some food to your liking at the market. The Shaker Bar is a drinking establishment found by Nelson Lum in his search for a beer watering hole, which used to be a Speak Easy and Bordello financed by Al Capone back in the days of prohibition.

Our next meeting is pushed back one week to Saturday October 15th because of the Fleet Week festivities. Coming up on October 4th in which we serve lunch to about 150 Sailors and Marines and the Italian Heritage Parade is on Sunday, October 9th. Let me know if you would like to volunteer to these events.

Please renew your membership for 2023 if you have not done so!



FROM THE OFFICE OF 2ND COMMANDER AARON LOW

At this time of year, we honor and remember two important dates: 9/11 and Veteran's Day (11/11).

The events of 9/11 changed our country forever. To honor of this tragic day in September 2001, and with Veteran's Day (and the Marine Corps birthday) coming up in November, I wanted to share my thoughts on how both days have impacted my life.

In the days after the attack on our country, my life took an unplanned and different course. At the time I was working in the private sector in technology and was also a USMC reservist. I wanted to be of service, so I contacted the Marine Corps Headquarters in Washington DC to offer my assistance. Shortly thereafter, I was asked to report back East to active duty. I became part of the Joint Task Force Computer Network Operations (JTF-CNO), which was responsible for defending DoD computer systems/networks, exploitation, and attack. Within the month, I left my job and home in San Francisco and started my new position.

It is still difficult to picture the amount of physical damage inflicted upon the Pentagon. The building still had wood covering where it had been severely damaged from the plane. Black smoke

stains remained around the large gaping hole in the Pentagon. It was a sad and shocking reminder of what had transpired.

Over the next few years, I had several assignments in military/systems planning and the J6, which included securing the command's computers and networks. While serving, I was promoted to Lt. Colonel by the commander of the JTF-CNO - 2-star Army General at the Iwo Jima Memorial. This remains a special memory for me to this day. I was also "activated by name" for a tour at the Joint Functional Component Command - Network Warfare as a division chief.

Despite the tragic circumstances, and the impact on our country, the events that happened over 21 years ago on 9/11 impacted my life direction immensely. I am grateful for the opportunity to have served and hopefully, made a positive contribution.

With Veteran's Day and the Marine Corps birthday also approaching, it seems appropriate to feel thankful for the good we experience in this country. Our nation is facing significant challenges, yet we still have the best country on earth. It is also worth acknowledging and appreciating everything we have in our lives this Veteran's Day. Personally, I



am thankful for many things: my wife, my two stepchildren, my Golden Retriever, Kokomo (yes, she was named after the Beach Boys song), and for my extended family and friends. I was recently informed that three of my relatives had passed during the past year, so I remain grateful for my own good health.

For those that served due to the events of 9/11 and to everyone that served, thank you for your service.

In closing, it is an appropriate time of year to be thankful for our own blessings, and to others for their service to our country. Stay healthy and happy.



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

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

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

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

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

KNOW THE SIGNS OF A CRISIS: Recognizing red flags and knowing when to get help can make a difference in a veteran's life. Read more at: <https://www.veteranscrisisline.net/education/signs-of-crisis>

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



MESSAGE FROM THE UNDER SECRETARY FOR HEALTH SEPTEMBER 23, 2022



Release of the National Veteran Suicide Prevention Annual Report

On September 19, we released the 2022 National Veteran Suicide Prevention Annual Report. It shows that Veteran suicides decreased in 2020 for the second year in a row...and that fewer Veterans died by suicide in 2020 than in any year since 2006.

Here is the annual report.

The purpose of VA's National Suicide Prevention report is to count every Veteran suicide so we can prevent every Veteran suicide. Preventing Veteran suicide and saving lives is our top clinical priority at VA, and we take every step possible to make sure that our Veteran suicide data is accurate—because the first step to solving this problem is understanding it. Our methodology for creating this report is well-established and consistent, based on verified data from the CDC and DoD, and meets the quality and standards of a peer-reviewed publication. In the interest of full transparency, we release these yearly reports detailing how we come to the conclusions in the Annual Report. Here are some major conclusions from this year's report:

- In 2019 and 2020, Veteran suicides decreased in consecutive years by 307 and 343 deaths — the biggest decrease in the suicide count and rate since 2001.
- From 2018 to 2020, the age- and sex-adjusted suicide rate among Veterans fell by 9.7%
- Among women Veterans, the age-adjusted suicide rate fell by 14.1%, compared to 8.4% among non-Veteran women. The age-adjusted suicide rate for women Veterans in 2020 was the lowest since 2013, and the age-adjusted suicide rate for Veteran men was the lowest since 2016.
- From 2019 to 2020, Veteran suicide rates fell across all racial groups.
- Comparisons of trends in Veteran suicide and COVID-19 mortality over the course of 2020 and across Veteran demographic and clinical subgroups did not indicate an impact of the COVID-19 pandemic on Veteran suicide mortality.

Suicide is preventable. It is one of the most serious public health issues facing our Veterans today and we cannot do this work alone—everyone has a role to play. We are seeking to engage not only organizations traditionally focused on preventing suicide but also to bring in new groups and individuals who may have fresh ideas on how we address this issue.

As a part of our comprehensive efforts to end Veteran suicide, we have also announced the grantees for the Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program, a first-of-its-kind program that provides VA funding for local suicide prevention programs. We have also announced the finalists for Mission Daybreak, a suicide prevention grand challenge.

Preventing Veteran suicide is our top clinical priority. You are all part of this effort. You don't need special training and you don't have to be an expert to help the Veterans you care about.

Thank you for your hard work and dedication to our mission.

Shereef Elnahal, MD, MBA
Under Secretary for Health



A CREATIVE OPPORTUNITY AND CELEBRATION

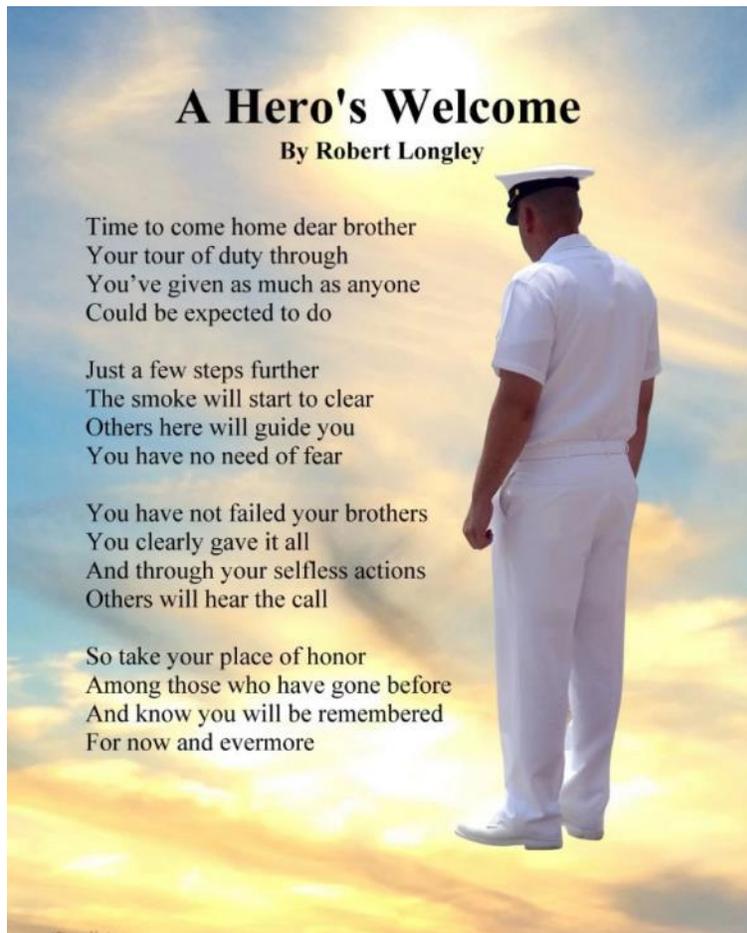
As Post Poet Laureate, I have the distinct pleasure to inform our Veteran-centric community that the National Veterans Creative Arts Festival (NVCAF) is BACK. The show must go on. In this case, the NVCAF must go on – and so it has. After a long hiatus caused by the COVID pandemic, the festival took its rightful place in the War Memorial Veterans Building. On Thursday, September 22, 2022, in this historical venue ninety years in the making, the festival was opened to silent revelry at approximately one o'clock in the afternoon. The stage was set, and the monitors were rolling. The masterpieces were in place and the judges were ready with markers in hand to judge the artwork creations submitted by Veterans. The categories ranged from glass work implosions to acrylics and of course poetry. We are forever grateful to the Integral Health Department of the SFVA and their Festival Point of Contact (POC) Sharmayne Yusuff, CTRS for making this year's festival possible. Sharmayne was there with an impressive team of Recreational Therapists to oversee the festival. We are also very thankful to our American Legion Auxiliary (ALA), Unit 1 for making the festival a stunning success. ALA Unit 1 provided the setup, awards and snacks with beverages. What kind of celebration would it be without balloons? Thanks to our Poet Laureate, who brought the colorful balloons to decorate and frame the works of art. We also want to recognize a long-time supporter Dan Evenhouse with the PRCC program for their con-

tributions and submissions to the festival. The judges consisted of ALA District 8/Unit 1 President Theresa Canonizado, Unit 1 Secretary/Treasurer Helen Wong and Unit 1 VAVS Rep Lorraine Sullivan. Julia returned from her win at National with glass lentils to covet first place yet again in glass work, but this time it's implosion. The result is an array of dazzling pendants. Joe Johnstone took first place for his acrylic red painting titled, "Burning Armada". Our Veterans in the CLC had a strong showing garnering first places in watercolor, in pencil and a "Special Recognition" for an essay. Rounding out the festival was none other than your very own Poet Laureate with a victorious sweep of six blue ribbons in the categories of Creative Writing. Post Poet Laureate CJ is pictured here with Sharmayne and Judges Helen and Theresa. The photo was taken by Judge Lori Sullivan.



She had the dual role of judging and documenting the festival with an official report to justify funding for the festival. The ALA is the main financial contributor to this celebratory event. We are forever in their gratitude for this generous support. Calling All Veteran Artists. This is an invitation one year in advance for all Veteran artists to submit for next year's NVCAF with the set date of September 14, 2023. Calling all Veterans in all genres to submit and attend next year's National Veterans Creative Arts Festival in September at the magnificent War Memorial Veterans Building.





A Hero's Welcome

By Robert Longley

Time to come home dear brother
Your tour of duty through
You've given as much as anyone
Could be expected to do

Just a few steps further
The smoke will start to clear
Others here will guide you
You have no need of fear

You have not failed your brothers
You clearly gave it all
And through your selfless actions
Others will hear the call

So take your place of honor
Among those who have gone before
And know you will be remembered
For now and evermore

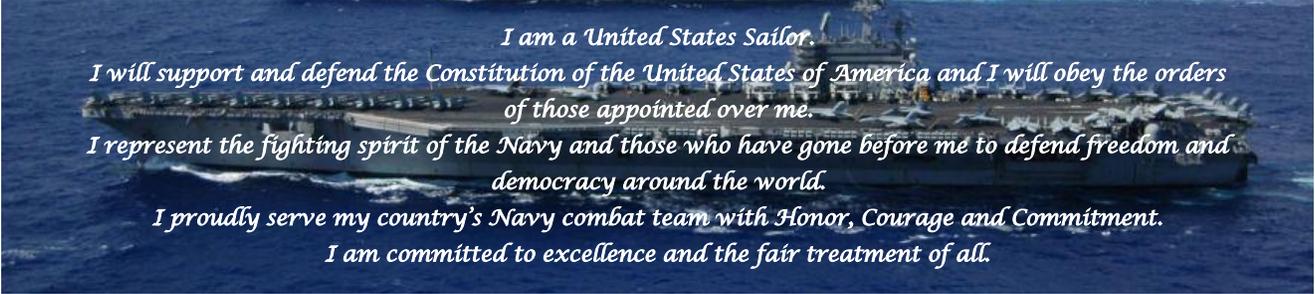
A NAVY POEM

*When I was young many years ago,
I joined the Navy, why; I don't know.
I served my time, with honor and pride,
for this young boy, it was a great ride.
I went places; I'd never dreamed,
time went so fast, or so it seemed.
I met people, I'll never forget,
and even some, I wished I'd never met,
but as I think back on those days gone by,
my ship, my shipmates, brings a tear to my eye,
I didn't know it then, never gave it a thought,
but my time in the Navy, could not have
been bought.*

*I guess we all feel the same after we're out,
the pride we feel, that's what it's about,
having served our Nation, keeping it free,
protecting our way of life, and our liberty,
and the friends, I made along the way.
Would I do it again? Any day,
and to all my shipmates,
Anchors Aweigh!*

- Unknown





*I am a United States Sailor.
I will support and defend the Constitution of the United States of America and I will obey the orders
of those appointed over me.
I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and
democracy around the world.
I proudly serve my country's Navy combat team with Honor, Courage and Commitment.
I am committed to excellence and the fair treatment of all.*

Sea Calm

*How still,
How strangely still
The water is today.
It is not good
For water
To be so still that way.*

- Langston Hughes - 1901-1967

"Anchors Aweigh"

*Stand Navy down the field, sails set to the sky;
We'll never change our course, So Army you steer
shy-y-y-y.
Roll up the score, Navy, anchors aweigh!
Sail Navy down the field and sink the Army, sink the
Army grey!*

*Get under way Navy, decks cleared for the fray;
We'll hoist true Navy Blue, So Army down your grey
-y-y-y;
Full speed ahead, Navy; Army heave to;
Furl Black and Grey and Gold, and hoist the Navy,
hoist the Navy Blue!*

*Blue of the Seven Seas; Gold of God's Great Sun
Let these our colors be till all of time be done, done,
done,
By Severn's shore we learn Navy's stern call:
Faith, Courage, Service true, with Honor, Over Hon-
or, Over All.*

- (1906 version), which is still used today at the Naval Academy

O Captain! My Captain!

*O Captain! my Captain! our fearful trip is done,
The ship has weather'd every rack, the prize we sought
is won,
The port is near, the bells I hear, the people all exult-
ing,
While follow eyes the steady keel, the vessel grim and
daring;
But O heart! heart! heart!
O the bleeding drops of red,
Where on the deck my Captain lies,
Fallen cold and dead.
O Captain! my Captain! rise up and hear the bells;
Rise up—for you the flag is flung—for you the bugle
trills,
For you bouquets and ribbon'd wreaths—for you the
shores a-crowding,
For you they call, the swaying mass, their eager faces
turning;
Here Captain! dear father!
This arm beneath your head!
It is some dream that on the deck,
You've fallen cold and dead.
My Captain does not answer, his lips are pale and still,
My father does not feel my arm, he has no pulse nor
will,
The ship is anchor'd safe and sound, its voyage closed
and done,
From fearful trip the victor ship comes in with object
won;
Exult O shores, and ring O bells!
But I with mournful tread,
Walk the deck my Captain lies,
Fallen cold and dead.*

- Walt Whitman



CATHAY POST WELCOMES OUR NEWEST MEMBERS



Kwong Mickey Kwok
Alfred Louie
Don McCoy



Welcome!



ANTI-HATE CRIMES CONTINUE UNABATED IN OR NEAR CHINATOWNS

Late in September, a 30 year old man, Alejandro Garcia, shoved a 53 year old Asian woman into the street causing serious, not life threatening head injuries to the innocent victim. These types of harmful incidents happen almost every day in Chinatowns across America. Little wonder that so many Asian women fear to leave home to shop or just take a walk.

It is impossible to predict when this type of threat will cease. Even adding more police officers will not stop some people who hate Asians to stop their terrible behavior. However, it must begin with

stiff penalties for anyone who deliberately acts to harm others in our society. A few years ago, before Covid, this type of behavior was rare, now that many people are blaming China for viruses and their alleged aggressive behavior around the world, there are many who fear and/or hate China, and Asians, including Asians who are Americans must now live lives constantly fearing strangers.

It is looking like the wild, wild west a century ago.

Some Asians are now carrying guns to

provide a credible defense strategy. Today, few Asian women are armed, but that may change if these threats continue. More people carrying guns will lead to a lot of chaos and lives lost. It has already and will have more impact on the minds of children. This is a very serious problem facing the entire nation. Mental problems are now a crisis for our entire nation.

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

WHERE IS MAN HEADED?

In March 2021, our Historian published an article in our Cathay Dispatch, "Roger's Theory of Life in the Universe," which hypothesized that now that we can see billions of stars in the universe, it is just possible that many of these stars have included planets circling them, and those planets that were roughly 100 million miles away from many stars could have their own planets like earth. And, like on earth, as the planet matured, life surfaced as one cell animals and many years later evolved into bi-peds (like on Earth). These bi-peds (humanlike creatures) initially had to farm to grow food for survival. One, or more bi-peds, developed sharp instruments to cut trees to build houses, but these sharp instruments were also useful to kill enemies. This would be the beginning of the end of the bi-peds on this planet, because sharp objects graduated to weapons and eventually into big bombs. I believe that most of these

bi-peds throughout the universe could not live peacefully, and eventually, eliminated their species from weapons and war. One could easily argue that Man on this planet we call Earth is heading toward this same outcome. Today, there are voices for cooperation and peace on Earth, but a few leaders, who are well armed, are focused on conquest and domination. If these leaders are not controlled, a war, utilizing nuclear weapons will leave a world where the survivors will be ants, rats and roaches.

Let's hope that Man will make the right choices and the end of human life on Earth is avoided.

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

RACE DISTRIBUTION IN AMERICA

With the recent issues surfacing in the media about many issues involving race in our Country, are you wondering how our actual race distribution is in America?

For those who are curious, here are the official statistics from the Bureau of Census:

According to the Bureau of Census, this is our national racial breakdown:

- Race and Hispanic Origin
 - White alone, percent 76.3%
 - Black or African American alone, percent - 13.4%
 - American Indian and Alaska Native alone, percent -1.3%
 - Asian alone, percent - 5.9%
 - Native Hawaiian and Other Pacific Islander alone, percent - 0.2%
 - Two or More Races, percent - 2.8%
 - Hispanic or Latino, percent - 18.5%
- Now you know and won't have to guess when someone asks you.





MEETING WITH VETERANS AFFAIRS (VA) REPRESENTATIVES NO PROGRESS ON VA FACILITIES ON ALAMEDA ISLAND

On September 24, 2022 I accepted an invitation to attend District 10 Open House at the Veterans Building in Alameda, CA. I was hesitant about attending the meeting but was pleasantly surprised when three VA representatives were present to give a progress report on the long time plans to develop a VA Clinic and VA Cemetery on the grounds of the old Navy base known as Alameda Navy Base.

The Chief representative reported that progress in the major VA projects for the Island were still in planning as the huge sections of the Island were still under investigation of the Environmental Protection Agency (EPA).

Many of our attending local veterans have been told for many years that the plans for the Island had been budgeted, and that once the polluted land used by our Navy for the shipbuilding effort was cleaned up, the VA Clinic and Veterans Columbarium

would be completed.

Dozens of veterans noted that they have been hearing promises that the VA facilities would be built as soon as the land was clean up so that the VA facilities would be started and completed. Several veterans stated that these promises have been going on for more than 10 years, and they demanded to get the facts. Two veterans claimed that the remains of veterans in monument urns have been stored at home for several years, and of course, they were extremely angered that no progress has been made after repeated excuses were made by other VA representatives in the past.

The City of Alameda which is the owner of Alameda Navy Base has insisted that our Navy fund the toxic clean-up. Alameda does not have the millions of dollars needed to conduct clean-up operations. Our Navy has reportedly advised that they do

not have funds for the clean-up and has left the project to the VA. There is also much doubt that the VA has millions of dollars to fund the necessary effort needed to make the polluted lands safe for living humans. The decease will not be harmed by pollution, but their relatives will.

The Navy Cemetery representative stated that once the Columbarium is completed, there will initially be space for the first 25,000 urns, the long term plan is to have space for more than 300,000 veterans. No reservations are being taken until the Columbarium is completed.

This is not great news for several of our Post members who have inquired about space for their remains.

Live long and pray for VA funding to complete the VA Clinic and Columbarium.

WHAT OUR NAVY IS DOING TO COUNTER CHINA AND RUSSIA

China is their number 1 priority as the Chinese have made major advances in the size of their navy and weapons that are designed to keep our Navy far away to be safe from attack.

It should surprise no one that in the past few decades, the Chinese military has made major advances in their weapon systems, and that poses serious challenges to our military and a direct threat to our Navy forces in the Pacific. Their long range anti-ship missiles have increased their range, and this has forced our Navy to be able to conduct military operations from greater distances. One of our most recent advances involves the use of unmanned ships and drones to complicate the defenses of the opposition.

That is not all our Navy has up its sleeves. It is developing and focusing on long-range weapons that allow the Navy to strike an enemy from further away, thus "increasing our own survivability" against a potential counterattack.

Our Navy is also using "harden defense"

by incorporating directed energy weapons such as high-powered lasers alongside traditional weapons such as missiles to disrupt attacks by adversaries. It will utilize stealth and electronic warfare technologies to "degrade enemy surveillance and increase adversary uncertainty," allowing the Navy to operate more effectively in battles.

Our Navy will further strengthen its communications technologies, and enhance artificial intelligence that will connect sensors and weapons across the world.

These objectives are very challenging, but the Navy has no choice but improve all it technologies to not allow our enemies to out think us, or have greater technical capabilities. Join the Navy if you are a person interested future challenges and high technology.



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



A SECURITY RISK AT OUR HOMES?

Many people are living in a home that is very vulnerable to intruders who can get access to your home, especially when we are not home.

How can that be? I've never been intruded before. We've had good front door locks, so some of us assume that we are safe.

Well, if you use electronic locks or electronic garage door openers at your home, you (and maybe I) have been very lucky.

Anyone who uses an electronic garage door opener have been vulnerable for as long as you have been using one. But today, there are many hackers who are digitally clever and have even more sophisticated ways to open up

your garage door.

When they know that you are not home, they can pop open your digitally locked garage door, and if there is a door connecting the garage to your home, they can easily force their way into your living areas. The professionals can locate most of your valuables in 20-30 minutes. They will first rummage your bedrooms first as most people stash their emergency cash and jewelry somewhere in a bedroom.

Now that you are warned, you must figure out how to outsmart today's digital thieves. Don't store all your valuables in your Master bedroom, like most people still do.

NEW GREAT NEWS ABOUT FRUIT

Let's talk about a really healthy and delicious subject. The attached video describes the best fruits we should all eat to stay healthy, control weight gain, and defend against diabetes.

You will be glad to hear that peaches, strawberries, blackberries, oranges, lemons and limes, watermelons, kiwi,

and avocados are really great to maintain health in an easy, painless, and delicious manner.

For more details you should check out this video.

<https://youtu.be/ISbNg0OkgIo>

WHAT IS CONTIGOU?

Met Ms Renee Donnelly recently who founded the non-profit organization ContigoU.

This organization monitors the availability of hospital rooms available nationwide for anyone who suddenly needs skilled nursing facility. A skilled nursing facility is an in-patient rehabilitation and medical treatment center staffed with trained medical professionals.

A situation you (and I) do not want is the not have access to skilled nursing facility and skilled nurses, if you, or I, when we need such support.

Today, a recent survey one in eight hospitals reported that 95% of their ICU beds were taken by Covid patients. And, we have a shortage of medical staff in many locations.

It is highly recommended that you, and

I, do not get seriously ill and need hospitalization.

Today, if anyone suddenly needs skilled nursing help and a room in a skilled nursing facility, good luck. When anyone contacts a local hospital, and they will likely not find a vacant bed, unless your life is in imminent danger.

But if you, or I, could quickly tap into a database that tracks hospital room vacancies, will allow a person to find and reserve hospital room be quickly. That can be done at www.contigou.com. Keep this URL handy in case you, or I, need it.

WARNING ABOUT ARTIFICIAL SWEETENERS

Most of us may have heard a few years ago that fake sugar (artificial sweeteners) were bad for you (and me).



While we can avoid using those packs of Nutrasweet, Equal, and Sugar Twin which many of us have added to our coffee. A lot of items you, and I, ingest like beverages, instant coffee and tea, gelatins, puddings, and fillings, and dairy products and toppings all have artificial sweeteners.

Amazingly, the FDA has authorized several artificial sweeteners (Aspartame, Acesulfame potassium (Ace-K), and Sucralose), as an additive for use in a variety of foods, but it now appears that ingestion of these fake sugars increases the chance for a stroke, or other heart diseases. If these artificial sweeten-

ers are now found in many processed foods, the best caution we all must heed is to minimize or avoid processed foods. We are warned to avoid processed foods for other health threatening reasons.

Sadly, living in the modern times, we have many dangers threatening our health. Drink alcohol moderately and do not smoke are the most common advisories we now hear regularly.

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

The screenshot shows the homepage of the ContigoU Healthcare Bed Reservation System. The header includes the ContigoU logo and the tagline "Find Skilled Nursing Rehab". The main heading is "Healthcare Bed Reservation System" with the subtext "Find it. Hold it. Book it".

The content is organized into several sections:

- WHO WE ARE:** The first patient-centric online directory dedicated to Skilled Nursing Rehab!
- WHAT WE DO:** We provide patients and loved ones with an easy to navigate hotel-booking style site to find, compare, hold and book their Skilled Nursing Rehab.
- HOW WE DO IT:** We have gathered complete information on over 15,000 SNR facilities across the U.S. and provide professional and patient previews with ratings, all in a friendly, easy to use directory-style website. The ONLY website DEDICATED to Skilled Nursing Rehab!
- TECHNOLOGY:**
 - Database with every skilled nursing rehab across the nation.
 - User-friendly UX/UI design
 - Interactive mapping feature
 - AI Chabot
 - Booking System & Bed Control
- OUR MISSION:** Making healthcare equitable, accessible & improved for all.
- CONTIGOU APPROACH:**
 1. Customer first
 2. Customer centric
 3. Excellent Service Everytime
- OUR MOMENTUM:**
 - Formed in 2018: Bootstrapped and built out MVP that attracted customers without marketing
 - Gained knowledge, partnerships and became resource to many
 - In process of signing up skilled nursing rehabs for revenue
 - Connected with CIOs & Senior Leaders of healthcare organizations
 - Fantastic passionate ContigoU team
- LEADERSHIP TEAM:**
 - Renee Donnelly,** Creative Director & Founder CEO
 - Julio Blea,** Chief Happiness officer (Customer Service)
 - Bill Stephens,** Creator opportunities officer (Business Strategist)

The footer contains the website URL www.contigou.com and the ContigoU logo.



MANY EXPERTS HAVE WARNED THAT A WAR BETWEEN THE UNITED STATES AND CHINA WOULD BE HARMFUL TO BOTH NATIONS AND ALSO TO THE REST OF THE WORLD

Assuming this view is correct, what does the most competent and experienced China expert suggest to prevent a war between the United States and China?

We have all read the opinions of many experts on China, and most recently we have heard many experts give us advice/information on China. Most of these experts have never been to China and only became experts studying from afar and have no real expertise on the history of China, not even modern China. So who might be really qualified to talk and write about China. Is there anyone who has studied China for many decades, learned to speak Chinese since childhood, studied Chinese history and served as a diplomat in China, and has met all of today's Chinese leaders. Yes, there is one person on this planet who has these credentials. he is ...

Kevin Rudd, former Premier of Australia, former Australian Ambassador to China and now President of the Asia Society is one of the world's best China experts. He speaks fluent Chinese, has lived many years in China (and Taiwan and Hong Kong), and has met all of the Chinese leaders of the past decade, including current Chairman Xi Jin-ping, and knows Chinese history. His views can be found in a half dozen You Tube videos and a number of international periodicals including Time, Foreign Affairs, the Economist and others. His latest book is the best seller, "The Avoidable War, The dangers of a Catastrophic Conflict between the US and Xi Jinping's China."

Rudd writes that with growing tensions, war is a prospect that we must now acknowledge is no longer unthinkable. He warns that the relationship between the U.S. and China has been dangerously deteriorating and if there is no effort to reduce tensions, a war between these two powerful nations could happen. This is the classical example of the Gra-

ham Allison's Thucydides Trap where the competition for domination and power has resulted in war, 75% of the time in the last 500 years.

Now that history has shown that these clashes between powerful nations has frequently led to war, what actions can be undertaken to avoid war?

Rudd notes that both the United States and China are sufficiently large and powerful, that conventional warfare will not force either nation to surrender. Both nations are about 4 million square miles and neither side has ground forces large enough to conquer, occupy, and control their opposition. It would take about 100,000,000 ground troops to invade, conquer, and control any nation 4 million square miles.

An indecisive war between the United States and China could force one side to go nuclear, in order to be victorious.

Regardless of which side initiates a nuclear war, it is not likely that the other side will just surrender and sue for peace. Assuming this scenario, both sides will exchange nuclear attacks, and most nuclear war experts opine that hundreds of nuclear weapons unleashed against both sides will result in radiation proliferation that will wipe out most life on earth. Ants, roaches and rodents and will inherit the Earth.

Thus, what should be done to avoid destroying humanity.

Premier Rudd sees that competition between the U.S. and China will certainly continue, but suggests that a major effort be made to manage the competing dynamics in managed



strategic competition.

Managed strategic competition involves establishing certain hard limits on each country's security policies and conduct but allows for full and open competition in the diplomatic, economic, and ideological realms. It would also make it possible for Washington and Beijing to cooperate in certain areas, through bilateral arrangements and also multilateral forums. Although such a framework would be difficult to construct, but if leaders from both sides seriously try it, doing so is still possible—and the alternatives are could be catastrophic. Let's just hope and pray that both Chinese and American national leaders think clearly and give managed competition a real attempt.

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



SOLUTIONS TO SEPTEMBER'S PUZZLES

Did you solve everything?

CRYPTOGRAM SOLUTION

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

I F Y O U C A N ' T F L Y T H E N R U N , I F
 C O B J M R D E U O V B U Q X E A M E C O
 Y O U C A N ' T R U N T H E N W A L K , I F
 B J M R D E U A M E U Q X E G D V F C O
 Y O U C A N ' T W A L K T H E N C R A W L , B U T
 B J M R D E U G D V F U Q X E R A D G V T M U
 W H A T E V E R Y O U D O Y O U H A V E T O
 G Q D U X K X A B J M N J B J M Q D K X U J
 K E E P M O V I N G F O R W A R D .
 P X X Z W J K C E L O J A G U A N
 M A R T I N L U T H E R K I N G , J R .
 W D A U C E V M U Q X A F C E L F A

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

SUDOKU SOLUTION

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

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



WORD SEARCH

Find and circle all of these Halloween themed words that are hidden in the grid.
The remaining letters spell out a popular Halloween themed activity!

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

APPLES
 BATS
 BLACK CAT
 BROOMSTICK
 CANDLE
 CANDY
 CEMETERY
 COFFIN
 COSTUME
 DRACULA
 FRIGHTENING
 FULL MOON
 GHOSTS
 GHOULS
 GOBLINS
 GRAVEYARD
 JACK O LANTERN
 MASK
 MUMMY
 NIGHT

PUMPKIN
 SCARECROW
 SCARY
 SCREAM
 SKELETON
 SKULL
 SPIDERS
 TOMBSTONE
 VAMPIRE
 WEREWOLF
 WITCHES
 ZOMBIE



CAN YOU SUDOKU?

SURE YOU CAN! How do I play Sudoku?

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

WORK SPACE

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

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



OCTOBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
OCTOBER IS: BREAST CANCER AWARENESS MONTH NATIONAL SERVICE DOG MONTH FLEET WEEK: OCTOBER 3RD-9TH						1
2	3	4 FLEET WEEK LUNCH 11:00 AM	5	6 	7 	8
9 ITALIAN HERITAGE PARADE WITH POST PARTICIPANTS	10 COLUMBUS DAY	11 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	12 EXECUTIVE BOARD MEETING 7:00 PM	13 US NAVY BIRTHDAY	14	15 POST MEETING 11:00 AM
	17 	18	19 	20	21	22
23 30	24 HALLOWEEN 31	25	26 DAY OF THE DEPLOYED	27 NAVY DAY	28 	29

NOVEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
		1 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	2	3		5
6 DAYLIGHT SAVINGS TIME ENDS CLOCKS BACK 1 HOUR 		8	9 EXECUTIVE BOARD MEETING 7:00 PM	10 MARINE CORPS BIRTHDAY	11 VETERANS DAY	12 POST MEETING 11:00 AM
VETS DAY PARADE WITH POST PARTICIPANTS	14 	15	16 		18	19
20	21	22		24 THANKSGIVING DAY	25	26
27 	28	29	30	NOVEMBER IS: NATIONAL VETERANS & MILITARY FAMILY MONTH WARRIOR CARE MONTH NATIONAL VETERANS SMALL BUSINESS WEEK: NOVEMBER 1st-5th		