



CATHAY DISPATCH

MESSAGE FROM THE COMMANDER

By Commander George Tsang



Our main Fleet Week event went well. We were able to serve lunch to approximately 200 Sailors and Marines from several ships that sailed into the bay. Over 20 volunteers, both Legionnaires and support members stepped up the task at hand, organized and set up the chow line and the dining room so the sailors had a comfortable place to sit down and enjoy the meal. The menu was Chinese food to include chicken drumsticks, chow mein, roast pork, etc. Mona Lisa Restaurant again graciously donated the pasta and salad and most importantly, the beer was donated by one of our comrades, Don Gorwky. There was plenty of food for everyone this time around. Thank you all for helping and making this a successful event.

The highlight of the luncheon was a visit from the Secretary of the Navy, the Honorable Carlos Del Toro. He said a few words and shook hand with a few sailors during his brief visit to our event. Carlos Del Toro was sworn in as the 78th Secretary of the Navy in 2021. The Secretary is a very busy person but had the time to attend our Fleet-week Luncheon. We feel very much honored.

The next American Legion National Convention will be in New Orleans, Louisiana on August 23-29, 2024. The post will again subsidize 50% of the airfare, lodging and transportation costs to and from the airports. There will be requirements this year because of the popularity of the upcoming event. That being said, active Legionnaires and Support members in good standing must attend and participate/volunteer in six (6) events to include post meetings and events or a combination of both in order to qualify for the subsidy.

See you all at the next meeting on October 14th!!!



CATHAY POST 384 AMERICAN LEGION

2023-2024 POST OFFICERS

- Commander:** George Tsang
- 1st Vice CMDR:** Aaron Low
- 2nd Vice CMDR:** CJ Reeves
- Adjutant:** Miguel Ortiz
- Finance Officer:** -
- Secretary:** Ron Ritter
- Sgt-At-Arms:** Don McCoy
- Service Officer:** David Wong
- Judge Advocate:** Raymond Wong
- Jr. Past CMDR:** Helen Wong
- Quartermaster:** Philip Leung
- Chaplain:** Richard Ow
- Historian:** Roger Dong
- War Memorial Commission:**
Helen Wong
- CAWVA:** Jay Pon
David Wong

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FROM THE OFFICE OF 1ST VICE AARON LOW

Since one of the duties of the 1st Vice Commander is membership growth and retention, I asked ChatGPT to articulate some of the many reasons to join an American Legion post. I hope this explanation helps you when you come across a possible new member.

Joining an American Legion post can offer several benefits, particularly if you are a veteran, but also for those who support veterans and the military community. Here are some compelling reasons to join.

- **Camaraderie and Support:** American Legion posts provide a supportive community of fellow veterans who understand the unique experiences and challenges that come with military service. Joining can help combat feelings of isolation and offer a sense of belonging.
- **Advocacy for Veterans:** The American Legion is a prominent veterans' advocacy organization. By becoming a member, you have a voice in shaping policies and advocating for veterans' rights, benefits, and services at local, state, and national levels.
- **Community Engagement:** American Legion posts are actively involved in various community service projects, such as volunteering at hospitals, supporting youth programs, and participating in disaster relief efforts. Joining allows you to give back to your local community.
- **Networking:** American Legion posts often host events, meetings, and gatherings, providing opportunities to network with fellow veterans, local leaders, and professionals. This can be valuable for personal and professional development.
- **Social Activities:** Many posts organize social activities, such as dinners, dances, and outings, creating opportunities for you and your family to enjoy recreational and social interactions.
- **Educational Support:** The Ameri-

can Legion offers scholarships, educational programs, and resources to veterans and their dependents, helping them pursue higher education and career development.

- **Access to Resources:** Membership can grant you access to resources such as job placement assistance, mental health support, and guidance on veterans' benefits claims.
- **Honoring Veterans:** The American Legion is dedicated to preserving the memory and traditions of military service. Joining allows you to participate in ceremonies, parades, and memorial events that honor veterans' sacrifices.
- **Leadership Opportunities:** Getting involved in your local American Legion post can lead to leadership roles, allowing you to develop leadership skills and make a positive impact in your community.
- **Discounts and Benefits:** Some American Legion posts offer member discounts on various services, from travel to insurance, which can provide financial savings.
- **A Sense of Purpose:** Many veterans find a renewed sense of purpose and fulfillment by joining the American Legion. It offers an ave-



nue to continue serving others and making a difference in the lives of fellow veterans and the community at large.

Overall, joining an American Legion post can be a meaningful way for veterans and those who support veterans to connect, advocate for important causes, and contribute positively to their communities. It provides opportunities for personal growth, service, and camaraderie with like-minded individuals who share a commitment to veterans' well-being.

American Legion 84 offers friendship, companionship, local and community activities, and charitable causes. Let's remember to stay focused on making all potential new members feel welcome and help them get involved.

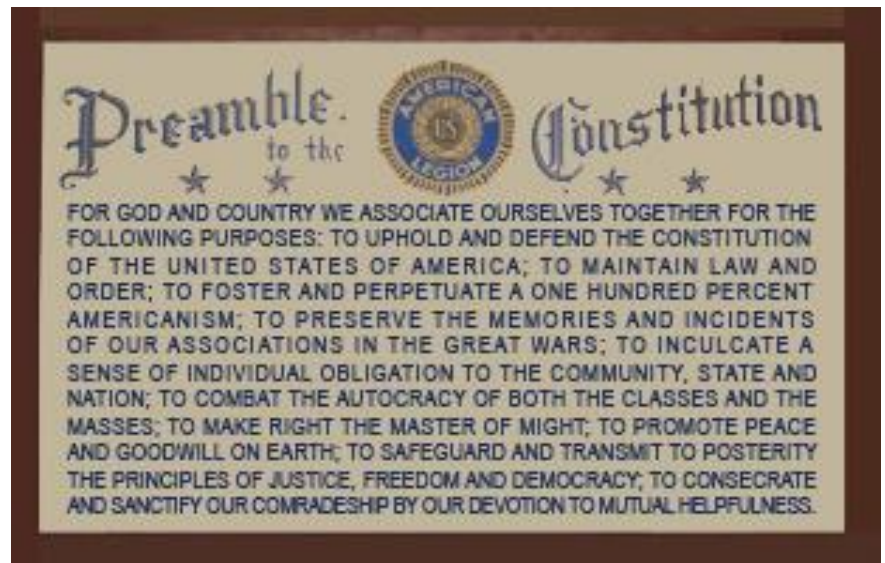




PHOTO COLLECTION

CPO Raymond K. Wong, USN retired, and his spouse-photographer, Dara, are presenting their photographs from the 2021 Fleet Week San Francisco, The major portions of 2022 Fleet Week airshow was cancelled, due to FOG. We “pray” for better weather in 2023.

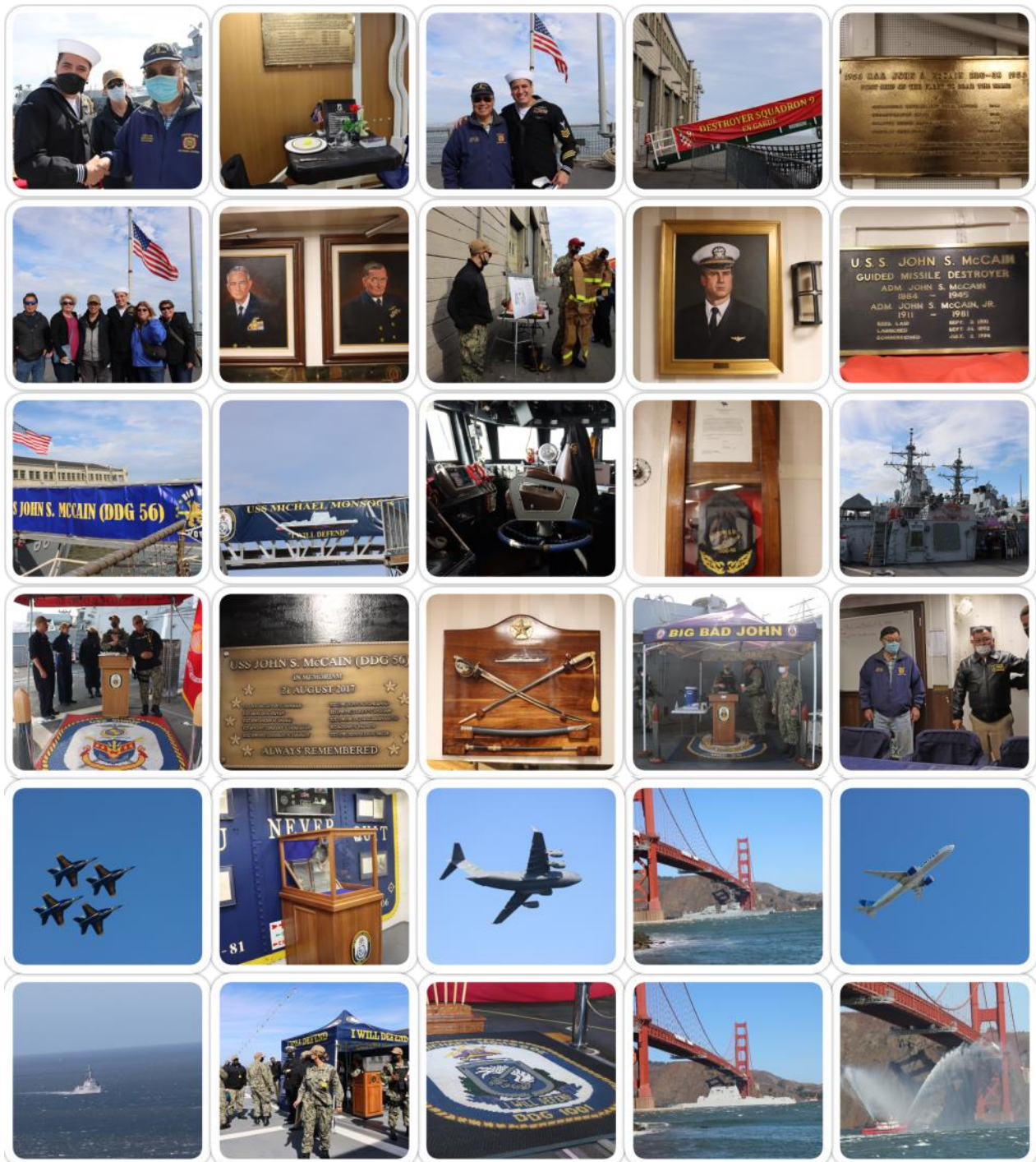




PHOTO COLLECTION

CPO Raymond K. Wong, USN retired, USS Towers DDG-9 Association President (1999-2023) reunion coordinator presents:

USS Towers DDG-9 military reunion, Silverdale Washington

the ship named after John Henry Towers CBE (born January 30, 1885, died April 30, 1955), highly decorated United States Navy four-star admiral, pioneer naval aviator.

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Some reunion activities were:

NAS Tillamook

Tillamook Creamery

Manhattan Project NHP, Hanford Washington

Pendleton Woolen Mills with rodeo

Leavenworth, Washington (Bavarian village)

McCloud's Grill House meet-greet BBQ

USS Turner Joy DD-951 tour

Puget Sound Naval Shipyard IMF

NAS Kitsap Bremerton

Naval Base Kitsap Bangor

Naval Base Kitsap Keyport

Naval Undersea Museum, Keyport

Washington State Ferries

group pictures before reunion banquet

business meeting

hospitality room

1960s-1970s crew were homeported in San Diego, California

1980s crew were homeported in Yokosuka, Japan
A shipmate traveled from Thailand for the reunion.

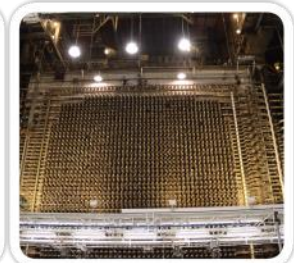




PHOTO COLLECTION

USS Towers DDG-9 military reunion, Silverdale Washington, continued.



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 dial **988** 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:



PHOTO COLLECTION

CPO Raymond K. Wong, USN retired
Steven Lee, Port of San Francisco, commissioner, hosted E7-E8-E9 reception
Jasen Williams, Command Master Chief, ESG3
Robert Butchart, California OES Maritime, USCG San Francisco Sector representing Fleet Week Association, San Francisco

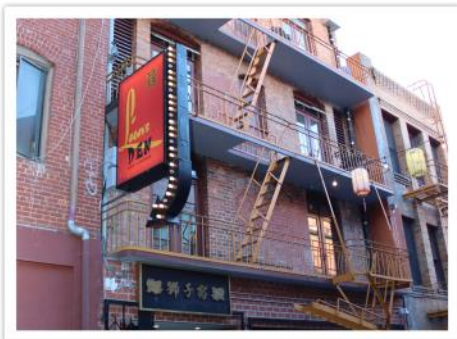




PHOTO COLLECTION

Carlos del Toro, 78th SECNAV, who was confirmed August 9, 2021 by President Biden the Secretary of Navy was welcomed by all active duty present





SFVA CELEBRATES 43RD NATIONAL CREATIVE ARTS FESTIVAL AT THE WAR MEMORIAL GALLERY

Nationwide, Department of Veterans Affairs (VA) medical facilities use the creative arts as one form of rehabilitative treatment to help Veterans recover from and cope with physical and emotional disabilities.

Across the country each year, Veterans enrolled at VA health care facilities compete in a local creative arts competition. The competition includes categories in the visual arts division that range from oil painting to leatherwork to paint-by-number kits. In addition, there are categories in writing as well as the performing arts of dance, drama, and music. Local creative arts competition top winning entries advance to a national judging process and first, second and third place entries are determined at the national level.

The Festival

Co-presented by the Department of Veterans Affairs and the American Legion Auxiliary, the National Veterans Creative Arts Festival is the culmination of VA facility competitions in art, creative writing, dance, drama and music for Veterans enrolled in the Department of Veterans Affairs national health care system. Veterans exhibit their artwork and original writings or perform musical, dance or dramatic selections in a live stage show performance. All Veterans invited to participate are selected winners of a national creative arts competition in which thousands of Veterans enter from VA medical facilities across the nation.

VA medical facilities incorporate creative arts into their therapy programs to further the rehabilitation goals for both inpatients and outpatients. This annual competition recognizes the progress and recovery made through that therapy and raises the visibility of the creative achievements of our nation's Veterans.

Competition

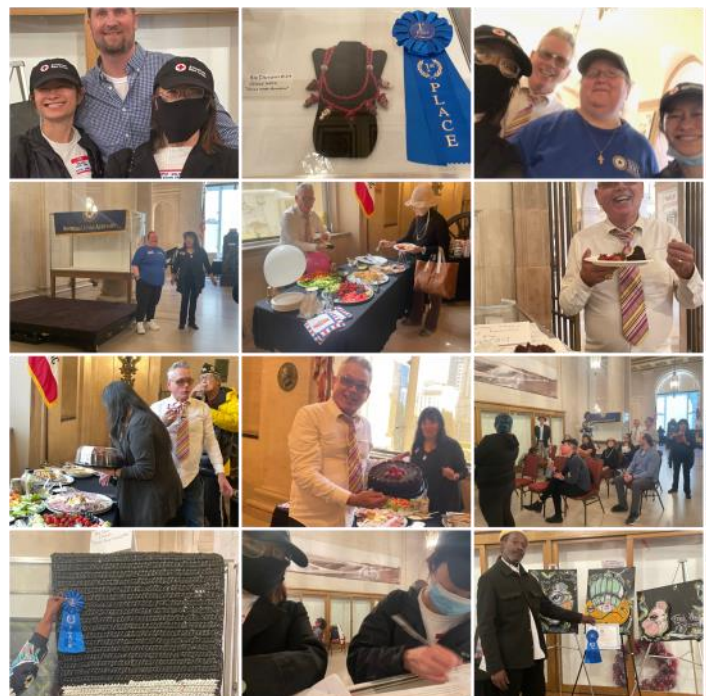
Each VA facility determines their own local competition deadline dates. SFVA saw fit to have the artwork displayed all week in the gallery culminating with the judging on Thursday, September 14 at 1-4pm. Our dedicated Red Cross Volunteers Ada and Denise with the help of Christian, a Rec Therapist with Integrative Health were the official judges this year.

The top 3 finalist entries in each category of the local competitions will advance to the national level of judging via



digital submission. National competition results will be announced in December 2023. First place winners at the national level of the competition will be invited to attend the 43rd National Veterans Creative Arts Festival in the spring of 2024 in Denver, Colorado. We wish our finalists all the best at National next year.

Many thanks for all who participated and supported our local festival this year. We especially want to thank the SFVA CLC for their entries each year. Also, a big shout out to Sharmayne and her Team of Whole Health professionals for making this year's festival such a success. We appreciate the long-time support and partnership of both President Theresa and Secretary/Treasurer Helen of the Legion Auxiliary Unit 1 in San Francisco.





VA NEWS & HAPPENINGS

We are proud to announce that Monday September 25th we will be Reopening our barber shop! Barber Raymond Lacap will be running the barber-shop the following hours:
Monday – Wednesday : 10:00am – 1:00pm
Saturday : TBA

The Canteen also has some new offerings:
Patriot Store:
New merchandise coming in including electronics, healthier snack options, apparel and more!
Food Truck : *New weekend schedule* Saturdays, beginning September 23rd , we will now have a food truck in the farmer’s market location.
La Laguna Food Truck will be the first to participate 10:00-2:00pm. We will continue offering based on demand.
Jinju Grill: Is introducing a Weekly Special to their menu! Zucchini Chicken Stir Fry (9/18/23)

Whole Health Canteen Closure
****On Friday, September 22nd, the Canteen will have reduced operations and will close at 1:30 p.m. During this time, we will be conducting a Canteen-wide learning experience regarding Whole Health. All Canteen outlets will be closed during these times.

Thank you for your support of VCS and Whole Health. If you have any questions please contact Luis.Fuentes-alvarez@va.gov OR Don-nabelle.Balagos@va.gov .

* * *

National Hispanic Heritage Month "Todos Somos, Somos Uno: We Are All, We Are One"

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15. San Francisco VA Health Care System is inviting each of you to be part of the Hispanic-Latino communities by celebrating the histories, cultural diversity, and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. Note: Brazil is also part of South America, and Brazilians speak Portuguese.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was

expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402.

"The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Dia de la Raza, which is October 12, falls within this 30-day period.

Hispanic heritage holds an indelible place in the heart and soul of our Nation, and National Hispanic Heritage Month reminds us that the American identity is a fabric of diverse traditions and stories woven





VAVS REPRESENTATIVE FOR THE AMERICAN LEGION CJ REEVES

together. Since the beginning, our country has drawn strength and insights from Hispanic writers, scientists, soldiers, doctors, entrepreneurs, academics, and leaders in labor and government. Our culture has been enriched by the rhythms, art, literature, and creativity of Hispanic peoples. And our deepest values have been informed by the love of family and faith that is at the core of so many Hispanic communities. All these contributions help us realize the promise of America for all Americans.”

From The American Presidency Project: Proclamation 10446 - National Hispanic Heritage Month, 2022.

Engage with family and friends and celebrate.



The United States Air Force celebrates its 76th birthday on September 18th, 2023, commemorating its establishment as an independent military service.

From the heroic efforts of the Tuskegee Airmen in World War II to the cutting-edge capabilities of today's Air Force, the personnel of the USAF have stood tall and honored the motto, "Aim high: Fly. Fight. Win."

As we reflect on 76 years of service, let us remember and honor the servicemembers who have worn the uniform, their sacrifices, and the families who have supported them.

Join us in the cafeteria Monday, September 18, 2023, from Noon to 1:00 p.m., as we celebrate the "flyest" military branch's birthday with cupcakes and Air Force memorabilia.

Friday, September 15, 2023, we come together to observe National POW/MIA Recognition Day, an observance that holds immense significance in our hearts and minds. This day serves as a reminder of the sacrifices made by our Prisoners of War (POWs) and those who remain Missing in Action (MIA) in service to our nation.

This is a time for us to pause and reflect on the brave individuals who endured the hardships of captivity or who never returned home from the battlefield. It is a day to honor their dedication and to express our gratitude for their selfless service. It ensures that we do not forget those who have been prisoners of war or who are still unaccounted for. National POW/MIA Recognition Day keeps their memory alive and serves as a commitment to bringing them home. We honor their sacrifice as an expression of respect and gratitude to those who have made unimaginable sacrifices for our freedom. Today we highlight their courage and dedication in the face of adversity.

As we raise our flags and participate in ceremonies across the nation today, let us remember that the commitment to our POWs and MIAs is ongoing. We must continue to work tirelessly to bring every one of them home and continue to provide support, community, and empathy to their loved ones. We wish their loved ones some small comfort in knowing that their nation has not forgotten them. And never will.

If you wish to continue to honor today by learning more about POWs and MIAs, please follow this link or take a moment to read local and historical stories of POWs and MIAs which are placed at the entrances of buildings 200, 203, and the canteen.





How long have you been a sailor?!

By Cmdr. Kory Fierstine

Commander, 33rd Flying Training Squadron

All my bloomin' life. Me mother was a mermaid.
Me father was King Neptune. I was born on the
crest of a wave and rocked in the cradle of the
deep. Seaweed and barnacles are me clothes, every
tooth in me head is a marlinspike, the hair on me
head is hemp, every bone in me body's a spar, and
when I spits, I spits tar. I'se hard, I is, I am, I are.

I realize that 10 years is a long time to be in uni-
form and not acknowledge my service's history,
but when I joined the Navy in 1987 I did so solely
to be a pilot.

Had I attended the U.S. Naval Academy (aka An-
napolis, the Boat School, Canoe U, Shipwreck
Tech...), I would have been surrounded by histori-
cal touchstones. The Academy has the luxury of
time to enforce an indoctrination program that is
as full of history as it is math and science.

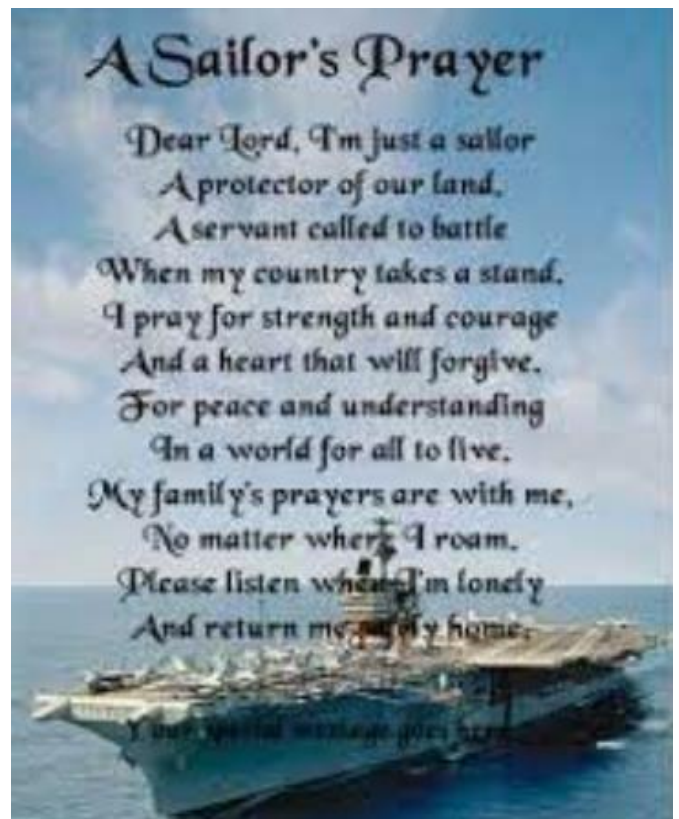
Founded in 1845, the Academy is rich with cultur-
al icons such as the crypt of John Paul Jones, the
flag flown by Commodore Oliver Hazard Perry
(Battle of Lake Erie, 1813), the Tecumseh statue (a
replica of the figure head of the USS Delaware
commissioned in 1820), and the bell brought back
by Commodore Matthew Perry from his voyage to
open Japan trade routes (1850s).

Midshipmen are taught the origins of the U.S. Na-
vy, founded in the Continental Navy of 1775 when
George Washington took control of schooners to
engage the British. Middies also learn that with the
Naval Act of 1794, congress ordered the construc-
tion of the first six ships for the newly formed U.S.
Navy. Of those six, the USS Constitution is still in
service today with a full complement of active duty
Navy sailors.

Not having attended the Academy I knew none of
this. The 16 short weeks at the Aviation Officer
Candidate School was nothing but sweat, pain,
push-ups and yelling (at least that's all I can re-
member). There was no follow-on professional



military education requirement. As such, I knew
nothing about and cared not about salt spray nor
life at sea. My cavalier attitude over the following
years resulted in a near-criminal lack of historical
awareness of the ships in which I served and the
places I was stationed.





The Rookie's Prayer

One Month Service
Sea Going Tony, Newport, Rhode Island, 1910

Now I lay me down to sleep,
I pray the Lord my gear to keep.
Grant no other sailor'll take socks or shoes
before I wake.

Lord please guard me in my slumber,
And keep this hammock on it's number,
May no clews nor lashings break
And let me down before I wake.

Keep me safely in thy sight,
Grant no fire drills at night.
And in the morning let me wake
Breathing scents of sirloin steak.
God protect me in my dreams,
And make this better than it seems.

Grant the time may swiftly fly,
When myself shall rest on high.
In a snowy feather bed,
Where I long to lay my head,
Far away from all these scenes,
From the smell of half-baked beans.
Take me back unto the land,
Where they don't scrub down with sand
Where no demon typhoon blows;
Where women wash the clothes.
God thou knowest all my woes,
Feed me in my dying throes;
Take me back, I'll promise then,
Never to leave home again.

Submariner's
"Lord God, our power evermore,
Whose arm doth reach the ocean floor,
Dive with our men beneath the sea;
Traverse the depths protectively.
O hear us when we pray, and keep
Them safe from peril in the deep."
Eternal Father

Navy Hymn

Verse 1

Eternal Father strong to save
Whose arm hath bound the restless wave
Who bid's the mighty ocean deep
Its own appointed limits keep
Oh, hear us when we cry to Thee
For those in peril on the sea

Verse 2

O Christ! Whose voice the waters heard and
hushed their raging at Thy word
tho walked'st on the foaming deep
And calm amidst its rage didst sleep. Oh hear
us when we cry to Thee For those in peril on
the sea

Verse 3

Most Holy Spirit Who didst brood
Upon the chaos dark and rude
And bid its angry tumult cease
And give for wild confusion peace
Oh, hear us when we cry to Thee
For those in peril on the sea

Verse 4

Lord guard and guide the men who fly
Through the great spaces in the sky
Be with them always in the air
In darkening storms or sunlight fair
Oh hear us when we lift our prayer
For those in peril in the air

Verse 5

O Trinity of love and power
Our brethren shield in danger's hour
From rock and tempest, fire and foe
Protect them whosoever they go
Thus evermore shall rise to Thee
Glad hymns of praise from land and sea
Amen.



PARTIALLY DUE TO OUR STRONG SUPPORT FOR UKRAINE, WE CAN'T PRODUCE ALL THE DRONES WE NEED TO BE READY, IF WE HAVE A MAJOR CONFLICT LIKE WITH CHINA



THIS IS A GREAT OPPORTUNITY FOR CERTAIN MILITARY CONTRACTORS, AND THE PENTAGON HAS GREAT STRATEGIES TO EFFECTIVE IN FUTURE COMBAT, BUT WE NEED THOUSANDS OF AIR, LAND, AND SEA-BASED DRONES TO OVERWHELM AND DEFEAT A MAJOR ENEMY. SKILLED LABORERS ARE IN DEMAND.

The Air Force also plans to use drones (called collaborative combat aircraft, [CCAs], to accompany our B-21 bombers and F-35 fighters which should complicate enemy radars. CCAs are comparatively cheap and also compensates for the cost of training pilots. (This will partially cover the 2000 pilot positions currently unfilled.) Drone operators, which are also in deficit, are less costly to train than combat pilots. People skilled in some video war games are good candidates to train as drone operators.

The booming commercial aircraft market place is a fierce competitor

for precious skilled labor, raw materials and parts such as advanced electronics and fasteners. Of course this is a tremendous opportunity for defense contractors, because robots have not been built to replace all the jobs unfilled by skilled humans. Needed robots will be built because we need them, but it takes time to design, test and build super robots. In San Diego, Ca, Brian Tseng, Founder and President of Shield AI has built a factory to produce small drones that are now been used by the U.S. military. Shield AI is one of the first companies in the business of making autonomous flying vehicles

that rely on artificial intelligence to navigate and complete missions, and one of the best-funded.

We need more Brian Tsengs, and companies like Shield AI. Tell your grandchildren about this great opportunity that will be around a long time.

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

CHINA'S FOREIGN MINISTER QIN GANG FIRED FOR HIS LOVE AFFAIR.

Once Foreign Minister Qin Gang's affair with Hong Kong journalist Fu Xiaotian was learned by Chinese Chairman Xi Jinping (XJP), Qin was quickly removed as the Foreign Minister to America. Little wonder, Qin's position was so sensitive that he likely was targeted by American intelligence for potential exploitation. Their son was also born in America in 2022.

Thus, his quick removal by XJP was predictable and logical action.

China's Defense Minister Li Shangfu fired for corruption.

With removal of China's Defense Minister Li Shangfu occurring almost simultaneously and reportedly being investigated for corruption, China is having a leadership crisis of exceptional proportions. It is pretty unusual for two very senior government officials to be removed for scandalous reasons in a breath of time.

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





A FEW PHILIPPINE COAST GUARD SWIMMERS STEALTHILY CUT THE 1,000-FOOT-LONG BUOY BARRIER RING STRUNG UP BY FOUR CHINESE NAVY SHIPS TO BLOCK THE ENTRANCE TO AN ATOLL NEAR SCARBOROUGH REEF WHICH DENY LOCAL FISHING RIGHTS TO FILIPINO FISHERMEN.

Philippine President Ferdinand Marcos, Jr. directed his Coast Guard to remove the barrier. Several brave Philippine Coast Guard members used a small wooden boat, and exploiting the dark of night, slipped pass the large Chinese ships and quietly cut the rope held the buoys together. They also removed the anchors that held the ring of buoys in place.

The presence of the large Chinese ships still prevented local fishermen from fishing in the area, but the act of defiance emboldened the Philippine government which has recently signed a partnership agreement with the United States that invited the US military back to the Philippines.

Along with partnerships with Vietnam, Japan, South Korea and Australia, these strategic alliances serve as barrier to



Chinese expansion in Asia.

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

CHINESE SAIL THEIR SHANDONG AIRCRAFT CARRIERS INTO THE TAIWAN STRAIT.



Chinese show of force follows after US and Canadian warships sail across the Taiwan Strait.

A strong Chinese show of force, a pattern of military action was repeated on September 11, 2023, two days after the western navy ships exercised their freedom of sea rights. These Chinese reactions have been consistent for several years after Congresswoman Nancy Pelosi visited Taiwan. The size of the Chinese military reaction has increased each time they have reacted to an American that might support Taiwanese independence inclinations.

As long as no accidents happen, deliberate or otherwise, a conflict is avoided. The leadership of both China and America realize that a conflict between the most powerful nations in the world would be very bad for both sides.

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

SPACECOM WILL BE FULLY OPERATIONAL THE END OF 2023

President Biden had made decision for SPACECOM to be posted at Colorado Springs, Colo.

Internal Survey disclosed that 60 percent of SPACECOM's headquarters is staffed by civilians, who are not obligated to move with the command, as uniformed personnel would be. Additionally, 88 percent of those civilians "would probably not move" from Colorado to Alabama.

Gen Dickerson, Commander, SPACECOM announced that SPACECOM will be fully operational by end of 2003.

Alabama Rep. Mike Rogers, Chair, House Armed Services Committee continues to want SPACECOM to move to Huntsville, AL



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



THE \$1.7 TRILLION WARPLANE. LOCKHEED'S F-35 LIGHTNING FIGHTER HAS EXCEEDED ALL COST ESTIMATES AND WILL CONTINUE TO EXCEED ALL COST PROJECTIONS.

It seems insane that any responsible senior Department of Defense, or US Air Force senior officer, would agree to allow the continuing development of an aircraft that continues, year after year, to exceed costs.

One partial explanation, or excuse, is that requirements keep changing, and that we have no excuse to not continue to fund and develop a state-of-the-art system that is extremely critical to our current and future national defense.

The current approximate cost for each F-35 is approximately \$100 million. We hope and expect some of our close allies will be willing to pay \$150-200 million for each advanced F-35. They have little choice as no one else has the resources to fund and develop a similar system.

Simultaneously, the Air Force is squarely focused on developing the next major fighter, the New Generation Air Dominance (NGAD). That does not even sound like a jet fighter, but it is. The NGAD will be a super expensive system that is currently highly classified, ultra stealthy manned system that will be complemented with an unmanned system called the Collaborative Combat Aircraft (CCA). The CCA is intended to be NGAD drone.

Looming over all these expensive developments is the Space dimension. Both offense and defense warfare concepts and weapons will be different in the Space warfare scenario.

Source: See **F-35** at this link: <https://www.sfcathaypost384.org/rc.html>



WHAT'S NEW WITH THE AIR FORCE? IT'S THE BWB!!



Driven partially by rising fuel costs and the need to increase the range of our aircraft, our Air Force has ramped up the concept of blended-wing-body (BWB) for future aircraft.

BWB will increase 30-50% fuel economy (and range), increase direct missions, reduce runway requirements, and confront our enemy(ies) with a smaller radar cross section to complicate the opposition's defenses. Will also reduce runway requirements and increase the number of airfields we can operate giving more flexibility to our AF.

The blended wing's engines are mounted above and to the rear of the aircraft which reduces noise which is deflected above and away from the aircraft.

To support our expected increased operations in the Indo-Asia theater, the Air Force must be more efficient to meet mission requirements. As our Secretary of the Air Force Frank Kendall has voiced, our mission focus is now "China, China, China. ... BWB will help us maintain our edge over China."

BWB aircraft will not just increase AF efficiency, it will also have a positive impact on climate.

Scale Composites, which is part of Northrop Grumman, will build the BWB aircraft in the Mojave desert. Target completion date is in 2027.

In the Indo Pacific theater, extended range for our Air Force aircraft, including fighter and bomber aircraft is urgent.

Commercial Applications:

Commercial passenger and freight companies will also benefit from the efficiencies provided by BWB technology. They

are concerned about rising fuel costs. BWB transports can carry 200+ passengers. Airline requirements are imminent, so BWB development will also receive funding from the commercial sources.

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



Above: Commercial BWB passenger and Freight versions Wikipedia



MEET THE X-65: DARPA'S NEW PLANE HAS NO EXTERNAL CONTROL SURFACES



May 16, 2023 | By Greg Hadley, Air&Space Forces Magazine

A groundbreaking aircraft being designed for the Defense Advanced Research Projects Agency now has an experimental designation—the X-65.

DARPA announced the “X” designation on its social media accounts May 15, a little less than five months after announcing its selection of Boeing subsidiary Aurora Flight Sciences to produce a detailed design for DARPA’s Control of Revolutionary Aircraft with Novel Effectors (CRANE) program.

The X-65, shown by DARPA in an artist’s rendering, seeks to enable active flow control using bursts of air rather than moving flight surfaces on the exterior of the wings and tail to control its flight.

By “removing jointed surfaces,” such a design could improve flight and

reduce cost and wear and tear, and also theoretically enhance the aircraft’s stealth characteristics.

The X-65 will include “modular wing configurations that enable future integration of advanced technologies for flight testing,” DARPA noted in a January release.

CRANE has been in the works for several years now, and the contract with Aurora Flight Sciences marked the beginning of the program’s Phase 2, which will include the development of flight software and controls and a critical design review of an X-plane demonstrator.

The contract includes an option for a Phase 3, which would involve flying the 7,000-pound X-65.

The new X-65 is the first “X” aircraft since the Air Force redesignated the NF-16D Variable In-flight Simulator Aircraft as the X-62A in August 2021. That puts it in an exclusive club that has helped shape cutting-edge aeronautical research for decades, including the Bell X-1, the first airplane to break the sound barrier, and the hypersonic X-15. Other more recent examples include the X-37 space plane, the hypersonic X-51 Waverider, and the X-61 Gremlins.

DARPA is working on several other “X-plane” programs, including the “Liberty Lifter,” a long-range cargo seaplane, and the Speed and Runway Independent Technologies (SPRINT) program, for U.S. Special Operations Command.

US NAVY INTRODUCES FIRST ORCA DRONE SUBMARINE

JOE SABALLA, DEFENSE.COM, MAY 10, 2022

The US Navy’s Naval Sea Systems Command (NAVSEA) has unveiled its first-ever Orca Extra Large Unmanned Undersea Vehicle (XLUUV).

The organization posted photos on its social media account of the submarine christening and first in-water test conducted late last month.

The Orca project was awarded to Boeing in a \$274 million contract in February 2019 that includes the fabrication, testing, and delivery of five such drone submarines. Ingalls Shipbuilding is teamed in this project.

According to NAVSEA, the unveiling of the Orca marked an important milestone in its efforts to further develop reliable undersea capabilities.

The service explained that the development of a test asset system will also play a critical role in the production and future performance of the submarine.

The Orca XLUUV

Based on Boeing’s 51-foot Echo Voyager, the Orca is designed to conduct mine countermeasures, anti-submarine warfare, anti-surface warfare, and electronic warfare missions.

It has a top speed of eight knots (14.8 kilometers/9.2 miles per hour) and a maximum range of 6,500 nautical miles (12,038 kilometers).

During a briefing in 2019, Captain Pete Small explained that the drone submarine program would focus primarily on system characteristics, payload integration, and mine warfare capabilities.

It features a modular design with the core vehicle providing guidance and control, navigation, and improved situational awareness.

The submarine also has an open architecture to enable future integration of advanced technologies.



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



ONE RETIRED NASA CHIEF CLAIMS THAT UFOS ARE FROM CHINA. THERE IS NO EVIDENCE THAT UFOS, NOW OFFICIALLY KNOWN AS UNACCOMPANIED AERIAL PHENOMENON (UAP) ARE CHINESE MADE.

HOWEVER, FORMER NASA JET PROPULSION LAB DIRECTOR DR. LAURIE LESHIN, WHO SAYS THAT THERE WAS NO SUCH THING AS UFOS OR ALIENS.

Who should we believe? When the subject is UAPs, or more commonly known as Unidentified Flying Objects (UFOs), you and I can believe whatever we want to believe, as there doesn't appear to be any real evidence that we have been visited by aliens in flying saucers.

Distances between solar systems are so long that living creatures cannot live long enough to visit planet Earth and return home.

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

SOME PEOPLE ARE SHINING LASERS AT OUR COMMERCIAL AIRCRAFT. ON SEPTEMBER 21, LASER LIGHTS WERE ILLUMINATING COMMERCIAL JETS IN BOSTON AND IN MIAMI, FL.



Attempts to illuminate commercial jetliners is very dangerous and should be stopped immediately. There are reports that the laser beams can blind the pilot and crew and that, endangers any airliner that may be carrying many air passengers. Whoever is doing this at our local airports must be warned to cease their activities that can endanger the lives of air crew and passengers.

Some people are possibly blaming the Chinese, or the Russians, or the North Koreans, or Iranians for conducting this type of cruel activity.

If a plane does down because of laser attacks by a foreign party, that will be an act of war – not as big as 911, but serious enough to receive a strong American response. Likely significant sanctions would be immediately invoked, and the case may be brought to the attention of the United Nations. If a foreign country was responsible, there would be strong legal and retaliatory actions undertaken.

IMO, it is unlikely that any of our current challengers would conduct such a provocative act. The experts should know that America will not accept such an act of terror. Even though many Americans now are pretty wary of war, an aircraft that crashes due to a deliberate laser attack will anger many Americans who will want retaliation. And a strong military response could lead to World War III.

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

AMAZING AIR FORCE ONE FACTS ABOUT AIR FORCE ONE



BY JOEL KLEIN | OCT 07 2022

Air Force One is a massive flying container of secrets. There's still so much we don't know, but lucky for us, a few presidents have leaked facts about Air Force One that are pretty unbelievable.

Air Force One is so much more than a private jet for the POTUS. It's a top secret vault in the sky, and that vault has just been cracked. Here are some things that nobody knew about Air Force One, until now...

Let's take a closer look.

How Fast And How High?



Air Force One can fly over 700 miles per hour.

That's really fast! It can also fly higher than most commercial planes, at a height of 45,000 feet. That's 10,000 feet higher than the normal cruising altitude of any other passenger airliner.

Despite its crazy speed, Air Force One flies very smoothly.

Air Force One Never Has To Touch Ground



This is probably one of the coolest facts about Air Force One. Air Force One can refuel in the sky. It never has to touch ground. If it wanted to, it could fly forever.

It can keep the president in the sky as long as it has to. Another cool fact: Air Force One has a 3,000 gallon fuel tank.

Air Force One Has Two Restaurants On Board There are essentially two restaurants aboard Air Force One – well, they're two massive kitchens that always have food available. The president and his guests can have anything they desire Air Force one is staffed with top rated chefs, and each kitchen holds up to 100 people.

That's pretty big!



READ MORE: See AF1 at this link: <https://www.sfcathaypost384.org/rc.html>



WARNING TO HOME INTRUDERS: YOU MAY RUN INTO A TOUGH MILITARY VETERAN

A few weeks ago, an intruder broke into the home of a senior citizen who took immediate action to protect his ailing wife. This old man was previously a Special Forces veteran who decked the intruder, then used his cane to drive the younger intruder away from his home.

The old veteran did not escape unharmed, as his arms were badly bruised, but the intruder was the loser.

Warning to intruders who think that all seniors are easy targets. You may be surprised!

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

IS KEEPING TRACK OF YOUR PASSWORDS DRIVING YOU CRAZY?

Today, many people are going through great stress recalling the dozens of passwords we need to recall to get access to bank accounts (and ATMs), retirement accounts, various other financial accounts, store accounts, and other online services that all require lengthy passwords, that are very risky if they are redundant. Added to the stress is the frequent requirement to change our passwords for added security.

A few years ago, we did not have such daily requirements that put our lives in constant stress. Little wonder that so many people have mental problems as we age. If you ask around the younger folks, they too will admit that recalling multiple passwords is stressing them out too. The long-term effect of mental stress will cause serious mental breakdowns for many people.

Even if an adult can stay physically healthy avoiding many diseases, heart ailments and injury from falling, the mental stress from recalling passwords could cause serious harm to humans. Asylums are full of adults with mental illnesses, the stress from dealing with passwords likely is one additional reason why many people are literally going crazy.

What can be done to reduce password stress?

Anyone who must recall more than a few different passwords, might be able to recall a few passwords, but most of us cannot recall a dozen, or more, password - especially if they must be changed every few

months. There is a temptation to be redundant in updating passwords, but that is considered very risky for security. It is also quite a challenge to make up new and complicated passwords that people can easily be recalled when needed.

The first thing we all need is a record of our passwords, and all changes to any password protecting any type of account, that must be safely recorded. (Not so safe that you, or I, cannot access the password whenever we need to.) This is a huge challenge that requires that we must keep a safe record of our passwords, and all changes to each password we use.

All of us must write our passwords in a notebook and guard it with our lives. No one, except perhaps our spouses, can know where are password record is, or the loss of our notebook can cause tremendous financial harm in the hands of anyone interested in...

accessing our financial institutions. It only takes a few minutes for a thief to go online and transfer funds to their accounts, or remove funds from your bank's ATM.

One partial solution for saving and protecting our passwords is the use of a highly reliable online password protection service. According to Consumer Reports, October 2023, page 10, "iPASSWORD" provides secure serve for \$3 a month, or \$10 a month for a family. Check out other similar services to compare cost and reputation.

BEEN TO LAS VEGAS RECENTLY?



For all of us who haven't visited Las Vegas recently, the next time you, or I, go, we will see how Artificial Intelligence (AI) has been so well adopted to make our visit different and hopefully, more gratifying. Many bartenders are no longer pouring drinks - and no one is sure what they are now doing. In the restaurant, we will be served by a robot.

When we check it, we will check in, there will be a robot. Food is also prepared with robotics. In a few years, more jobs will be replaced with robots. Labor costs are reduced with robots who can work 24 hours a day.

No maternity leave, no retirement funding, no sick leave, no threats to strike, no pay issues, elimination of space, lockers, restrooms for staff.

Wherever the resort industry can replace their workers and not affect productivity, profits or the customer experience, is already happening, and no one expects that automation will be reversed.

A few accounting and data entry jobs are still alive.

Casino management recognizes that so much automation dehumanizes the resort experience, and they are trying to keep some "human touch" in the business, as many customers miss dealing with humans, who are not cold blooded machines.

This is a challenge for casino management.

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



WHO WAS THE FIRST CHINESE AMERICAN GENERAL OFFICER? HE WAS CALEB VANCE HAYNES, THE FIRST UNITED STATES AIR FORCE GENERAL OF CHINESE DESCENT, AND BORN AT MOUNT AIRY, NORTH CAROLINA IN 1895

Few people have heard of General Caleb Vance Haynes. No wonder, he was not surnamed Wong, or Fong, or Lee. Obviously, if true, there must be an unusual story about General Caleb Vance Haynes, born in North Carolina. Indeed, there is an unusual story about the General. Caleb was the grandson of Chang Bunker. Eng and Chang Bunker were the world-famous conjoined twins who gave their stage name to the medical condition as the "Siamese Twins."

Born in 1811 to ethnic Chinese parents in Siam (now Thailand) they were brought to the United States as a circus exhibition, eventually becoming American citizens. They fascinated and thrilled audiences across the United States and then Europe and later famously joined the exhibition of P.T. Barnum. The brothers earned enough money to buy a plantation in Mount Airy, North Carolina and became locally respected slave owners. They married two white sisters (much to the horror of their family) and proceeded to have 21 children. The eldest sons of each brother served in the Confederate Army during the Civil War. Haynes' mother was the notorious Margaret Elizabeth "Lizzie" Bunker.

Caleb Vance Haynes was the second son and the fourth of five children in the family. He graduated from Wake Forest College in 1917 with a bachelor of laws degree, and a few months later entered the United States Army as a flying cadet. The United States entered World War I in April 1917.

In July 1920, he was commissioned a second lieutenant in the Air Service of the Regular Army and in September became a test officer at the Fairfield, Ohio, Air Intermediate Depot. In 1923, he piloted one of the six Army planes that flew from the United States to San Juan, Puerto Rico, on a goodwill tour.

In March 1935, he was appointed commanding officer of the 37th Attack Squadron in Langley, Virginia. "Attack" aircraft was the designation for ground attack aircraft and their units. His abilities as a leader were recognized when he entered the Command and General Staff School at Fort Leavenworth, Kan., in August 1935. This school prepares future American generals and their staffs for command. He graduated the following June and returned to Langley Field, where he served as commanding officer of the 49th Bombardment Squadron, being promoted to temporary major.

In March 1937, the 2nd Bombardment Group, of which the 49th was a part, took delivery of the YB-17, an experimental heavy bomber that became known as the B-17 "Flying Fortress" when it was later accepted into Army Air

Corps service. Once enough bombers were assembled of various makes, a picked group of fliers were assigned to an exercise to try to settle an argument. Haynes was the co-pilot of the lead bomber and flew with the group commander and lead pilot, Lieutenant Colonel Robert Olds. First Lieutenant Curtis LeMay acted as their navigator. All three men would later become generals during World War II.

In February 1939, Major Haynes and his aircrew flew the experimental Boeing XB-15 bomber to Santiago, Chile. They delivered 3,250 pounds of American Red Cross relief supplies after a 8.3 earthquake had devastated the city. For this feat they were awarded the Mackey Trophy, which was established in 1911 to recognize the "most meritorious flight of the year" of the US Air Service and later the US Air Force. The trophy today kept in the Smithsonian Institution's Air and Space Museum. The XB-15 was an experimental aircraft built as a prototype for a bomber with a range of over 5,000 miles. In July, Haynes received certificates issued by the National Aeronautics Association for the establishment of an international record for the "the greatest payload carried to an altitude of 2,000 meters. The following month he received certificates from the NAA for the establishment of an international 5,000 kilometer speed record with a 2,000 kilogram payload. He was also recognized as having established a national (U.S.) closed circuit distance record of 3,129.241 miles.

In December 1941, he was made base commander of Borinquen Field. On December 7, 1941, the Imperial Japanese Navy used their aircraft carriers to destroy most of the US Navy's Pacific Fleet at anchor in Pearl Harbor, Hawaii, bringing the US into World War II. Other air units of the Imperial Japanese Navy and Air Force struck US Navy and Army Air Corps installations, ships, and bases across the Pacific, crippling most of the United States military forces in the region. In February 1942, Colonel Haynes, newly promoted the month before, returned to Washington, D.C., to organize Force Aguila of the Halpro Project. This project was to scout out routes for bombers to fly from the United States to combat zones overseas. The first route explored Haynes personally flew a single B-24 from the United States to Britain via Canada and Newfoundland. It was the supply route that American planes would follow throughout World War II. The second route he flew was from Brazil to Africa, to Iraq. The plan was then to fly to India and China. This was in aid of a secret mission that Haynes was assigned. What is little known is that the Doolittle Raid on Tokyo, which featured B-25 bombers taking off from US Navy carriers under Lieutenant Colonel Jimmy Doolittle was supposed to



double act. Colonel Haynes was supposed to have led a flight of B-17 bombers from the Philippines to bomb Tokyo at the same time but from a different direction. He was then supposed to land the bombers at friendly airbases in China. This portion of the mission was canceled when the airbases in China fell to the Japanese.

In April 1942 in Assam, India, Colonel Haynes organized the Assam-Burma-China Ferry Command. This organization carried out the aerial evacuation of Burma in conjunction with the Chinese National Aviation Corporation and the British Royal Air Force. Colonel Haynes personally flew out hundreds of refugees and military personnel. His command was also charged with supplying the materials that helped keep China in the war and the bedraggled American forces in the Far East active. It was one of the most difficult theaters for the Allies because it had the lowest priority for men and materials. The Allies had early on agreed that the defeat of Germany and Italy would be first in priority. Keeping the Japanese away from the United States and throwing them back in the Pacific also obviously had a much higher priority to the United States as well. The supplies that did arrive had to be flown from India to China over the Himalaya Mountains, the highest peaks in the world with extremely dangerous and ever-changing weather conditions and winds. Hundreds of aircraft and aircrews were lost in the continuing effort until the end of the war but thousands of tons of supplies made it. Haynes was the second US Army Air Forces pilot to make it across "The Hump" as the Himalayas route came to be known and his organizational and personal efforts proved to be enough to keep China in the war during this critical period. One flight that Haynes piloted over the Hump was attacked by a Japanese fighter.

... continued on page 20, See CVH



CVH

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The crew of the supposedly unarmed DC-3 responded with a barrage of submachine guns and Colt .45 pistols that drove the surprised Japanese fighter away.

In June 1942, Brigadier General Haynes went to China to organize and command the Bomber Command of the China Air Task Force under General Claire Chennault. Despite the grandiose title, Haynes total force was just one B-24 bomber which served as his personal aircraft, seven B-17's, and a seven C-47 transport planes. His sole protection in the air was from a single P-40 fighter plane that used to belong to the American Volunteer Group, the "Flying Tigers." Colonel Robert Lee Scott, a bomber pilot suddenly turned into a fighter pilot, described the situation in his autobiography, "God Is My Co-Pilot." Scott resorted to painting the propeller spinner of the P-40 in different colors between missions to fool the Japanese into thinking there was more than just one fighter available for the several weeks until reinforcements arrived. Japanese propaganda taunted the Americans about their sad state, "In a radio broadcast to the Chinese they said: 'Don't let the Americans fool you. They aren't giving you any help. They only have eight bombers here in China and their leader is an old, broken down transport pilot.'" Haynes responded by loading bombs onto his transports and bombers and having the crews toss out leaflets along with the explosives over Japanese positions reading, "Compliments of the

Old Broken Down Transport Pilot." General Chennault said in admiration, "Caleb V. Haynes looked like a gorilla and flew like an angel."

In October 1942, General Haynes led a raid on the docks and ferry facilities in Japanese-occupied Hong Kong that was covered by a terrified Life Magazine correspondent in their November 9, 1942 edition. Two groups of Japanese Zero fighters attacked the Americans. One bomber crewman exultingly called the raid the, "The greatest show on earth," giving the title to the Life article. It was reported the eighteen out of twenty two Zeros had been shot down for the loss of one B-25 bomber and a P-40 fighter. Leaflets from the "Old Broken Down Transport Pilot" were tossed out over Hong Kong reportedly and over Canton too when that city was raided. In the same month, General Haynes returned to India where he organized and commanded the India Air Task Force of the United States Tenth Air Force. All American aircraft operations including combat and resupply in north-east India came under his control.

He returned to the United States in September 1943, after eighteen months overseas. In October he became commanding general of the First Bomber Command at Mitchel Field, New York. In July 1944, he went to MacDill Field, Florida., where he took over the Third Bomber Command. These organizations were charged

with training new bomber crews and with protecting the East Coast and Southeastern Coasts of the United States respectively. In December 1945, he was assigned to headquarters of the Atlantic Division of Air Transport Command at Fort Totten, New York., and the following month was appointed commanding general of the Newfoundland Base command at Fort Pepperell, Newfoundland.

In July 1949, General Haynes became inspector general of the Military Air Transport Service at Andrews Air Force Base, Maryland, just outside Washington D.C.. He was appointed deputy commander for services of the Military Air Transport Service two months later. In January 1951, he assumed command of the 3750th Technical Training Wing at Sheppard Air Force Base, Wichita Falls, Texas. He retired from the United States Air Force as a major general in 1953 after more than thirty years of military service. He passed away in Carmel, California in 1966 and was honored with burial at Arlington National Cemetery in Virginia.

Haynes's career intersected with some of the most famous generals in our military including General Robert Olds, General Curtis Lemay, General Jimmy Doolittle and General Claire Lee Chennault. No doubt, our old friend Moon Chin met and knew General Haynes. This is a story to remember.

WHO IS ALYSHA LEE? SHE'S A HERO – FOR SURE

by Akemi Tamanaha, Associate Editor, AsAmNews, September 11, 2023

For 17-year-old Alysha Lee a typical day in Marin County, California, is jampacked with schoolwork, student government responsibilities and ballet rehearsals. But next Monday, September 18, she'll be in Washington D.C., receiving the Surgeon General's Medallion from U.S. Surgeon General Dr. Vivek Murthy.

Lee, a senior at Novato High School, has been awarded the medallion for her work with Beyond Differences, a student-led social justice organization based in the Bay Area. The non-profit produces and distributes Social-Emotional learning (SEL) curriculums meant to "end social isolation and create cultures of belonging." Lee's curriculum focuses on anti-Asian hate.

"As an Asian American Girl, I knew that I wanted to make a difference since COVID when anti-Asian hate crimes were high," Lee said in an interview with AsAmNews.

When Lee was younger, she moved from San

Francisco, a city with a large Asian population, to a predominantly white community in San Raphael. She joined Beyond Differences through her middle school. Now, she is a National Teen Board Member at the non-profit.

"I knew that I had a voice and I wanted to make a change and find my people," Lee said.

During the pandemic, Lee and the Stand Up for AAPI Youth Committee at Beyond Differences created an online Stand Up for AAPI Youth curriculum. Her art-based portion of the curriculum is a twist on the traditional 1,000 cranes project.

"In my childhood, I spent many days making the paper origami cranes with my grandparents, and that was just like, a very significant memory of my childhood," Lee said.

Lee's curriculum provides statistics and information about hate crimes against the AAPI community before teaching students to make paper cranes.

After the paper cranes are made, students at-



tach small "wish" banners to the cranes with their answers to one of two prompts: "What is one thing our community could do to support AAPI youth? What is one thing we could do to make you feel seen and safe?"

Beyond Differences published the curriculum online for any instructor to access. Lee presented the art project in February 2023 at the San Francisco Lunar New Year festival. Since her presentation, the curriculum has reached over 10,000 schools.

... continued on page 28, See HERO



HERO

...Continued from page 20

"I am so proud of Alysha and her ongoing dedication to addressing social isolation and mental health through her work on our Stand Up for AAPI Youth Project," Laura Talmus, founder and executive director of Beyond Differences, said in a statement. "Her powerful art-based curriculum helps heal AAPI children and teens who were negatively impacted by the pandemic and lifts up all students with messages of hope and connection."

Lee's project will soon be honored by the Surgeon General.

"I am honored to present the Surgeon Gen-

eral's Medallion to Alysha Lee, a National Teen Board Member at Beyond Differences where she inspires students to create cultures of belonging in middle school," Surgeon General Dr. Vivek Murthy said in a press release. "Since the pandemic began, there have been precious few opportunities to process what we've been through, grieve what we've lost, and recognize individuals who have gone above and beyond for others.

The Surgeon General's Medallion recipients will be recognized during a special concert, "Songs for Hope," at the John F. Kennedy Center for the Performing Arts. It will be Lee's first visit to Washington D.C. The teenager says she is grateful for all of the support she



has received. "It's just been very exciting and I can't believe I'm going to meet him in just a few weeks."

NEXT MONTH, CATHAY DIGEST WILL BE PROVIDING THE STORY OF A REAL CHINESE AMERICAN HERO WHO WAS OUR POST COMMANDER IN 1944 – 1945, AND FOUNDER OF OUR FAVORITE SCOUT TROOP - BOY SCOUT TROOP 3

For those of us born after World War II, we will probably don't know who this hero is.

The heroic person was also the founder of Chinatown YMCA, the Chinese Historical Society of America and also the Chinese Cultural Center. This person was also movie star, and singularly initiated the change of the negative stereotypes of Chinese people. Can you guess who this is – now?

If you know who this is, Congratulations. For most people, please wait until next month to hear the story of a Cathay Post member who was a truly heroic giant from Chinatown.

IF YOU WERE GOING TO NEED SOME MAJOR SURGERY, WOULD YOU CHOOSE A MALE SURGEON, OR A FEMALE SURGEON?

Global Studies reveal that Female Surgeons have better outcomes than their Male counterparts

Of course, not all female surgeons get better results than male surgeons, but over a million cases documented in Canada and Sweden disclosed in the Journal of American Medical Association (JAMA) that patients had better outcomes when treated by female surgeons.

The explanation given was that female surgeons spent more time during the operations and one outcome was that patients had fewer complications and fewer deaths!

Generally, the positive outcomes were modest, but consistently, favorable.

There is one surgical area where the Male Surgeons are the best. Those surgeries involve spinal surgeries, especially those that

take many hours. The stronger Male Surgeons are critical to take on the long task which a lot of strength and can last more than 4 hours.

So if you, or I, need to have a major surgery, if we have a choice, will you do a little survey and find the best Female Surgeon for your operation?

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

FROM NURSE DIANE LAU, ASIAN HEALTHCARE, UC MEDICAL CENTER

WHERE TO GET THE NEW MONOVALENT COVID VACCINES?

The newly approved (as of 9/14/2023) mRNA monovalent vaccines have been distributed to various pharmacy stores and vaccination centers across the nation, but one has to make online appointments in order to get vaccinated with the new CoVID vaccines that targets XBB.1.5, an omicron descendant. News reported that the East Bay is experiencing a vaccine shortage already,, while San Francisco is also running tight in its vaccine supplies, and is awaiting new shipments of vaccine to come in.

Vaccines.gov - Find COVID-19 vaccine locations near you.

The new vaccines are covered by health insurances, and you can find vaccination sites using your 5-digit zipcode and vaccine type by clicking on Vaccines.gov <https://www.vaccines.gov>. There is also a Bridge option for those without insurance to get free vaccinations at certain CVS pharmacies. All must make online appointments at this time.





AN IMPORTANT NOTE FROM DIANA LAU, PHD, RN, CAN (UCSF):

UCSF Asian Health Institute (AHI)
Information from Diana, PhD, RN, CNS 劉雪艷
博士
Director, UCSF Asian Health Institute

The CMS wants you to know about the IRA. Do you know what it is?

First enacted in 2022 with several enactment phases, IRA stands for the Inflation Reduction Act (IRA) of the Centers for Medicare and Medicaid Services (CMS). The IRA presents CMS with authorities that are more than its traditional role of setting rates, it also enables the CMS to negotiate and regulate fair drug pricing with pharmaceutical companies for certain items and services in Medicare.

The following are highlights of the changes as a result of the IRA that healthcare consumers with **Medicare Part D** (the drug plan) should know:

Insulin cost sharing

Cost to those with Medicare (MC) Part D plan will be limited to \$35 per insulin prescription or insulin delivered in an insulin pump per month. Also, Part D deductibles (the amount that plan enrollees must pay each year for the prescriptions before the MC drug plan pays its share) won't apply to the covered insulin product. Click link below for a postcard for more information: [Medicare Part B&D Insulin Benefit Postcard](#)

ACIP-approved Vaccines

Starting October 1, 2023, adult vaccines approved by CDC's Advisory Committee on Immunization Practices (ACIP), including the shingles vaccine and the new monovalent mRNA CoVID vaccines that just became available in drug stores yesterday, will be free to people with MC Part D. Click link below for a postcard for more information: [Medicare Part D Vaccines Benefit Postcard](#)

Medicare (MC) Part D drugs selected for the Drug

Price Negotiation Program
HHS recently announced the [first 10 MC Part D drugs](#) selected for the CMS Drug Price Negotiation Program, with the maximum fair prices (MFP) to be published by October 1, 2024 and going into effect in 2026. Are you on any of these drugs (click on the link above to see them)? This first batch of 10 "high expenditure" single source drugs accounted for 50.5 billion (20%) of the total MC Part D pay-out costs for 12 months in 2022/2023, and the plan is for the Negotiation Program to include drugs covered under Part B beginning in implementation year 2028.

When 2024 comes along, there will be more price changes to come to protect Medicare enrollees.

CoVID surges and the new CoVID vaccine
The new CoVID vaccines have arrived yesterday 9/14/2023!

Drug stores such as Walgreens and CVS, as well as some doctors' offices and hospitals have appointments for people to get the new CoVID vaccines as of yesterday. More than just the CoVID vaccine, this is the first year that we have all three respiratory vaccines available against CoVID, influenza, and the RSV. In the past three winters, we have focused primarily on CoVID as a major cause of death from respiratory diseases, but it may be different this winter. According to the CDC estimates, during the 2021-2022 influenza season, influenza was associated with 9 million illnesses, 4 million medical visits, 10,000 hospitalizations, and 5,000 deaths. Since CoVID deaths have drastically decreased this summer, the other respiratory diseases such as influenza and RSV may have a larger proportion in causing respiratory deaths this winter. Thus, getting protection against these three major respiratory viruses by vaccination are advised by infection specialists, and the CDC advises the public to take these vaccinations by the end of October 2023 preferably, and before the winter holidays by the latest.

Who should take the vaccines? CDC says that anyone over 6 months old is recommended to take the new CoVID vaccines which will provide

better protection against infections against the current circulating CoVID viruses such as the highly mutated EG.5 variant, also known as "Eris". The World Health Organization has labelled EG.5 a Variant of Interest at this time.

The 10-second Vaccine Question
Thanks to those of you who have responded to the updated CoVID vaccine question.

The survey result looks promising and is shown in the figure below: Only 1.2% responded that they will not take the new vaccine with another 11.1% "not sure," while 87.7% responded affirmatively that they will. We certainly hope that these results can be generalized to the rest of the Asian community, but unfortunately, we cannot. Despite the limitation, the pilot survey results are encouraging! The new vaccines are here now. Go for them!

CoVID Surges

Even when we don't have accurate test data as more people are testing at home, through other available methods, we know that infection counts are "swelling" again now with emerging new variants. In many California counties, test positivity rates at hospitals, wastewater monitoring, and CoVID hospitalizations are all up. More rapid home CoVID testing kits are also being sold in pharmacy stores. The latest data show that CoVID hospitalizations in San Francisco have gone up from 39 on 9/5/23 to 58 on 9/9/23, a 49% increase! The total numbers are still low overall - lower than the same period last year (77 cases on 9/9/2022). But when last winter came, hospitalizations spiked upwards to 288 cases on 1/25/2023. So, we should be aware of the possibility of the CoVID spike returning this winter again. See graph below:

CoVID Hospitalizations in San Francisco, California

Source: <https://sf.gov/data/covid-19-hospitalizations>. Accessed 9/14/2023, 9 pm.

WHY YOU MIGHT WANT TO WAIT TO GET THE NEW COVID BOOSTER

Story by Alix Martichoux, NewsNation, September 23, 2023

An updated COVID-19 vaccine just arrived, but it may be too late to do anything to turn the tide on the months-long summer surge in hospitalizations and deaths.

If you're one of the many, many people who has come down with the virus in recent weeks, you may not need to rush out to get this recent immunity boost?

You might want to wait until you're feeling better and out of your isolation period before you get a vaccine dose, advises the Centers for Disease Control and Prevention.

But you may want to consider waiting even longer, the CDC acknowledges. Because you get some

natural immunity from a recent infection, waiting up to 3 months to get a booster shot could "extend that protection out by delaying," explained Dr. Jeffrey Duchin, health officer in Seattle and King County, in a recent briefing on updated vaccinations.

"Everyone needs to look at their own personal situation," says Dr. Duchin. Someone who works in a high-risk environment, or who lives with immunocompromised people, or otherwise would like maximum protection soonest can opt to get a booster just a few weeks after a recent COVID infection. If you prefer to boost their immunity before the busy holiday season, you might want to wait a couple months.

While the effectiveness of the vaccine wanes over time, it's still the best way to protect against severe illness, hospitalization and death.

"Immunity after a breakthrough case is imperfect," David Dowdy, an epidemiologist at the Johns Hopkins Bloomberg School of Public Health, said in an interview with Very-well Health last year. Immunity from the vaccine is more reliable and may last longer than protection someone has after recovering from the virus, studies show.

The booster shot approved this month is an updated formula designed to target the omicron variant of the virus, which is still far and above the dominant strain circulating in the U.S. It is recommended for everyone 6 months and older.

You can check if you're up to date on the latest COVID-19 vaccine recommendations on the CDC's website, and check to see where you can find a booster near you via vaccines.gov.



WE MUST REMEMBER PAST CATHAY POST COMMANDER BOK PON



Bok Pon 2008 at Boulder Creek.

Our Post has quite a few heroes who have contributed much effort to make our Post one of the few growing and very dynamic veteran posts in the nation. That is quite noteworthy as many veterans' organizations are shrinking. Some have merged with other posts, or disappear. This trend may not turn around soon.

Around the year 2000, past Cathay Post Commander Bok Pon became one of our biggest heroes as it was Bok who saw our Post membership fading due to age and lack of leadership. Bok made it his holy duty to stop the shrinkage and recruited new blood. Together with his great colleague John Nelson, they stepped in, and put on a maximum effort to seek and recruit new members, which recharged the Post. Most of the current leaders of our Post recruited by Bok.

If it were not for the efforts of Bok Pon and John Nelson, we would probably not have a Cathay Post today.

Thank You Bok Pon. We will never forget you!!!



LET THE HEALING POWER OF TAI CHI HELP YOUR HEALTH!

The Secret to a Happier, Healthier, More Vital Life Is Now Yours!

With so many scientifically backed benefits, we just can't keep it under wraps any longer. The ancient Chinese practice of tai chi has become widely recognized as one of the most powerful ways to improve both physical and mental health.

In an increasing number of recent studies, tai chi has been found to heal—almost everything, from lowering blood pressure ... to managing stress ... to building strength and balance. And, better yet, everyone can benefit—no matter your age or fitness level. No wonder it's the tried-and-true practice of top-tier professional athletes, weekend warriors, and the elderly!

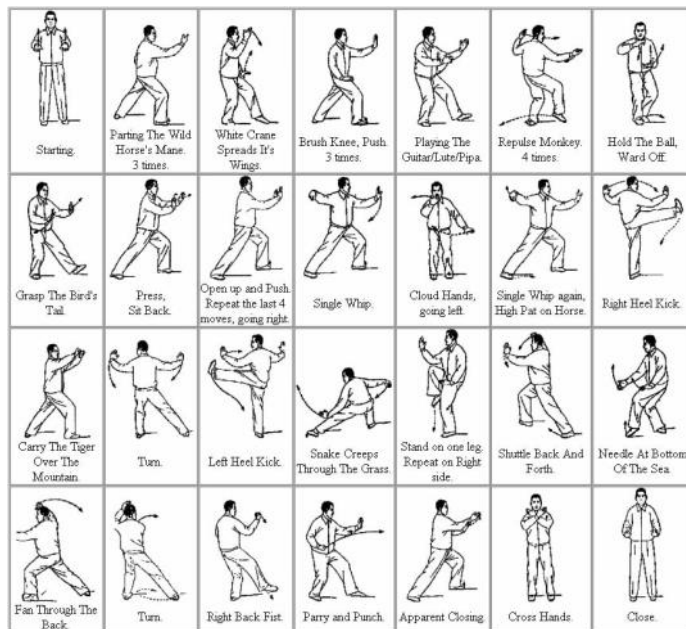
And now, we want to make it easy for you to relax ... revitalize ... and restore your body and mind. Order An Introduction to Tai Chi today—and SAVE 30% off the \$29 cover price!

Enjoy these 7 BIG Benefits:

- Better Balance—Of all tai-chi's big benefits, it's the best-documented in medical literature! Studies show that older adults who do hour-long tai chi sessions one to three times a week are 43% less likely to fall, and they cut their risk of injury in half!
- No More Pain—A growing number of clinical trials show that tai chi offers significant relief from back, neck, arthritis, and fibromyalgia pain.
- A Sharper Mind—Tai chi can help reduce age-related cognitive decline ... and even slow dementia!
- A Boost in Mood—In 82% of studies, tai chi greatly improved mood and lowered anxiety. Plus, it was shown to be an effective treatment for depression.
- Less Stress—Learn to step back and take a deep, calming breath.

- More Confidence—While gaining muscle and mind control.
- A Healthier Heart—Tai chi may offer advantages over other types of aerobic exercise, especially for people who are sedentary or very out of shape. And that's not all. It also lowers blood pressure and total cholesterol, reduces chronic inflammation, and tones the sympathetic nervous system.

To Cathay Post Cathay Digest Readers: You do not have to buy any books. Our Post, led by our Post Commander George Tsang holds Tai Chi classes every Saturday at our Post location at 1524 Powell St. Contact George and sign up for our Tai Chi classes.



SUICIDES ARE SKY-ROCKETING AMERICA

Most people have been hearing about rising suicide rates in America, and among veterans, suicides are acknowledged as a very serious issue.

In 2022, 49, 500 Americans took their own lives. This suicide rate increased by 3% from 2021. What has changed in our lives that causes so many people to say good-bye forever? While guns are often used in suicides, guns cannot be blamed for those who suicide.

Those who suicide will take their own lives even if guns were not available.

Why are so many Americans committing suicide? Stress, not surprisingly, is the major factor in suicides. Everyone lives with stress, so what else leads thousands

of people to take their own lives. Excessive stress that leads to serious mental disruption is the pathway to suicide. When excessive pressure seriously impacts a person's mind, they must seek medical help. Anyone suffering serious stress that affects our mental functions should seek immediate help. Drugs or alcohol use can accelerate suicides. Here in America, call, or text 988 to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, 7 days a week. Or use the Lifeline Chat at 988lifeline.org/chat/. Services are free and confidential.

For a U.S. veteran or service member in crisis, call 988 and then press 1, or text 838255. Or chat using veteranscrisisline.net/get-help-now/chat/.

The Suicide & Crisis Lifeline in the U.S. has a Spanish language phone line at 1-888-628-9454.

Call 911 in the U.S. or your local emergency number immediately.

There are many reasons why modern life puts excessive stress on everyone, and there is no easy way to avoid stress. When the stress impacts our mind, and it threatens our mental processes, medical help must be sought quickly.

Without competent medical service and support, the results can be deadly suicide.

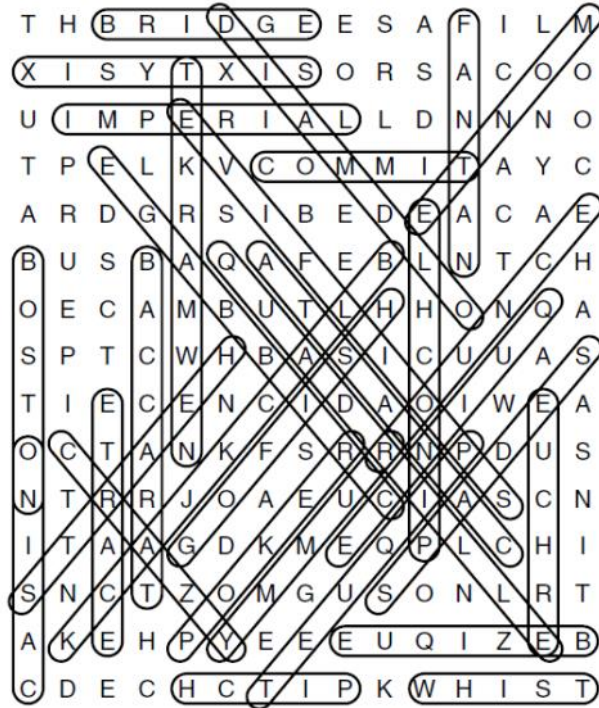
Read More: See **SUICIDE** at this link: <https://www.sfcathaypost384.org/rc.html>



SEPTEMBER PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

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



- BACCARAT
- BEZIQUE
- BLACKJACK
- BOSTON
- BRIDGE
- CANASTA
- CASINO
- COMMIT
- CRAZY
- CRIBBAGE
- ECARTE
- EUCHRE
- FAN-TAN
- GO FISH
- HEARTS
- IMPERIAL
- MONTE
- NEWMARKET
- OLD MAID
- PINOCHLE
- PIQUET
- PITCH
- POKER
- QUADRILLE
- QUINCE
- ROUNCE
- RUMMY
- SIXTY-SIX
- SPADES
- SPOILFIVE
- WHIST



THE LINEUP SOLUTION

1. Q
2. threatened
3. D
4. crying
5. wilt, threat, threaten, eaten, defy, bite.

THE LETTER N SOLUTION

1. North Carolina; 2. Pennsylvania; 3. Indiana; 4. Connecticut; 5. Rhode Island; 6. Montana; 7. Wisconsin; 8. Maine; 9. Nevada; 10. Oregon.

JUMBLE SOLUTION



- DOWNY
- BANAL
- GYPSUM
- NOUGAT

What the soldiers said their officer was — A "STAND UP" GUY



WORD SEARCH: HIDDEN PHRASE

Find all the words—the leftover letters will reveal a hidden phrase

T W E C U R P S H E S E L M T
R A E E K S P A U D O O W L R
G T E N E E R G R E V E I F O
NEUBCALAWKAMOLT
FRUITYYSCWBLPPN
TDECIDUOUSIROFA
SSREWOLFRA TLPII
OEMMIMHSGESNLRG
EHASETSEUOPOAOI
NCJHNGTEINNIRLW
CNETIRODLGLENA P
SASWPKOSAPHIEUY
ORTOURRMOLATGEJ
ABIRCHFAXPMEHC
TAGCNCKYBFOREST

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

JUMBLE

unscramble the given letters, one letter to each square, to form four ordinary words. Then arrange the circled letters to form the



Word jumble boxes: UCLID, RAALT, INIBIK, AGCUTH

Answer here: AT " " A

BUILD A QUOTE

Fill in the diagrams by putting the groups of letters VERTICALLY downward into their squares. The letters in each group must remain in the same order. The groups are given in jumbled order. When finished, you will be able to read a quotation ACROSS the rows in each diagram.

- ORYYKO, FNANIN, DSHUVE, IOKIRE, UITOER, YTNGSM

10x10 grid for building a quote

WORKSPACE:

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!

Sudoku grid 1

Sudoku grid 2



OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
1 BREAST CANCER AWARENESS MONTH	2	3 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	4	5	6 COAST GUARD DAY	7
8	9 COLUMBUS DAY	10	11 EXECUTIVE BOARD MEETING 7:00 PM	12	13 USN BIRTHDAY	14 POST MEETING 11:00 AM
15	16 	17	18	19	20	21
22	23 	24	25 	26 DAY OF THE DEPLOYED	27 NAVY DAY	28
29 	30	31 HALLOWEEN				

NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
NATIONAL VETERANS & MILITARY FAMILY MONTH WARRIOR CARE MONTH NATIONAL FAMILY CAREGIVERS MONTH			1	2	3 	4
5 DAYLIGHT SAVINGS TIME ENDS - CLOCKS BACK 1 HR	6 	7 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	8 EXECUTIVE BOARD MEETING 7:00 PM	9	10 MARINE CORPS BIRTHDAY	11 POST MEETING 11:00 AM VETERANS DAY
12	13	14	15	16	17	18
19	20	21	22	23 THANKSGIVING DAY	24	25
26 	27	28	29	30 		