



CATHAY DISPATCH

MESSAGE FROM THE COMMANDER

By Commander George Tsang



The faster, farther and more frequently you walk, the greater the benefits. For example, you may start out as an average walker, and then work your way up to walking faster and walking a mile in a shorter amount of time than an average walker, similar to power walkers. This can be a great way to get aerobic activity, improve your heart health and increase your endurance while burning calories. You can also alternate periods of brisk walking with leisurely walking. This type of interval training has many benefits, such as improving cardiovascular fitness and burning more calories than regular walking. And interval training can be done in less time than regular walking.

This year is flying by, seems like the older we get, the faster time passes. Make it a point to go out and participate in some of our events or just to go out and get out of the house. The key is to stay active, eat healthy and exercise. Below is an article on the benefits of walking. Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight and lose body fat
- Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer and type 2 diabetes
- Improve cardiovascular fitness
- Strengthen your bones and muscles
- Improve muscle endurance
- Increase energy levels
- Improve your mood, cognition, memory and sleep
- Improve your balance and coordination
- Strengthen immune system
- Reduce stress and tension

The attached photos are some of the events I attended during the month of October 2023. Among them were the Firefighters and APOA Dinners and the Italian Heritage Parade. Also I had the privilege to attend two of my friends' birthday celebrations, Penny Wong at 98 years old and Ray Choy at 90. It was great catching up with the 2 of them. Ray Choy is a member of our post and Penny was the 1st Miss Chinatown.

See you all at the next meeting!



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:**
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- CAWVA:** Jay Pon
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FROM THE DESK OF COMMANDER GEORGE TSANG





Just a reminder that veterans have a wide range of military benefits available to them, such as travel, shopping, and dining. I have stayed at a couple of Armed Forces Recreation Centers, and in fact, just returned from a great family vacation at Hale Koa on Oahu.

Military hotels around the world are typically part of the Armed Forces Recreation Centers (AFRC) system, which provides affordable vacation options for members of the U.S. military, their families, and other members of the Department of Defense (DoD) community. These facilities are available at select locations and offer a variety of amenities and services. A few of the well-known military hotels include:

1. **Shades of Green Resort:** Located at Walt Disney World in Florida, this AFRC-operated resort offers discounted accommodations for members of the U.S. military and their families.
2. **Hale Koa Hotel:** Situated in Honolulu, Hawaii, this oceanfront hotel is another popular AFRC facility that provides affordable lodging options for military personnel and their families.
3. **Dragon Hill Lodge:** Located in Seoul, South Korea, this AFRC hotel offers comfortable accommodations and various amenities for members of the U.S. military and their families stationed in or visiting South Korea.
4. **Edelweiss Lodge and Resort:** Situated in Garmisch-Partenkirchen, Germany, this AFRC facility offers lodging, dining, and recreational opportunities for members of the U.S. military and their families stationed in Europe.
5. **New Sanno Hotel:** Located in Tokyo, Japan, the New Sanno Hotel is a popular accommodation option for military personnel and their families visiting or stationed in Japan.

These military hotels provide a range of services and amenities, including dining options, recreational facilities, and access to nearby attractions. They often offer special rates and discounts

for members of the military community, making them affordable options for vacationing or traveling on official business. However, it is important to note that availability and eligibility for these accommodations may vary, and reservations may be subject to certain restrictions and requirements. Military personnel and veterans should contact these facilities directly or visit their official websites for more information about reservations, eligibility criteria, and available amenities. Second, does no sales tax sound good to you? In case you did not know, you may also be eligible to access the military exchange system, where you can shop and save money on a wide range of goods.

Military exchanges, such as the Army and Air Force Exchange Service (AAFES), Navy Exchange (NEX), and Marine Corps Exchange (MCX), are retail stores and online marketplaces that primarily serve active-duty military members, their families, and certain other eligible individuals. While these exchanges primarily cater to active-duty service members, many veterans are eligible to shop at them under specific circumstances. Here are the key points to consider regarding military exchanges for veterans:

1. **Eligibility for Veterans:** As of my last knowledge update in September 2021, only a limited category of veterans are eligible to shop at military exchanges. Typically, honorably discharged veterans, Medal of Honor recipients, and veterans with a service-connected disability are among those eligible to use these facilities. However, eligibility rules may vary between the different exchange services, so it is essential for veterans to check with the specific exchange they intend to use for the most up-to-date eligibility criteria.
2. **In-Store Shopping:** Eligible veterans who can shop at military exchanges can do so in-store on military bases, just like active-duty personnel. This allows them to access a range of products and services, including clothing, electronics, groceries, and more.
3. **Tax-Free Shopping:** One of the significant advantages of shopping at



military exchanges is that purchases are often tax-free. This can result in cost savings compared to shopping at civilian retail stores.

4. **Online Shopping:** Some exchanges offer online shopping privileges to eligible veterans. This allows veterans to shop from the exchange's website and have products delivered to their homes.
5. **Military Clothing and Gear:** Veterans who are eligible to use the exchanges can purchase military uniforms and related gear, such as combat boots, which can be useful for those who need these items for special events or ceremonies.
6. **Special Promotions and Discounts:** Exchanges often offer special promotions and discounts during holidays and other occasions. Eligible veterans can take advantage of these offers to save money.

Please note that eligibility and policies for veterans to use military exchanges may change over time, and the rules can vary between different branches of the military. Veterans should verify their eligibility and any updates in the exchange policies through the specific exchange's official website or by contacting their customer service for the most current information.



PHOTO COLLECTION

CPO Raymond K. Wong, USN retired, and his spouse-photographer, Dara, are presenting their photographs:

***Brother Victor, to brother George, commander's cap presentation
- September 9, 2023***



***AL 384 happenings – October 14, 2023
Major Kraft (UC Berkeley, Air Force ROTC), AFROTC cadets
October 2023 birthdays Lily Wong, Jay Pon, Bennett (75th)
San Francisco Asian Firefighters Association***

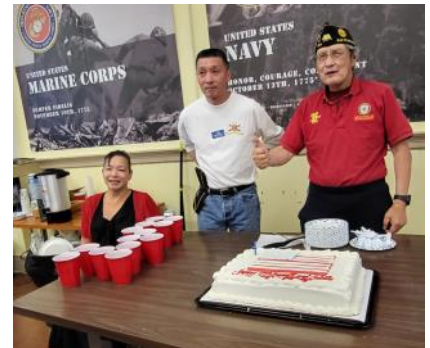




PHOTO COLLECTION

*San Francisco Fire Department, various command staff
Jeanine Nicholson, 26th Fire Chief SFFD
members of San Francisco Fire Commission
AL 384 comrades were present to support event, auction was held –
October 20, 2023*

Asian Firefighters Association Asian Firefighters Charitable Foundation

Please Join Us In Celebrating
San Francisco Fire Department
Honoring
Command Staff AAPI Members
Deputy Chief Shayne Kailoa
Deputy Chief Sandra Tong
On Friday, October 20, 2023 at 5:00pm
Far East Cafe
631 Grant Avenue
San Francisco, California
Please RSVP By October 6, 2023 to AsianFirefightersSF@gmail.com
One Table (10 Seats) \$1000, One Seat: \$120
Make Checks Payable to "Asian Firefighters Association"
Proceeds from this event will go to:
Asian Firefighters Charitable Foundation and Support for the Relief Effort in Maui
Tax Exempt ID No.: 92-1695110





PHOTO COLLECTION

*San Francisco Veterans' Day parade
- November 5, 2023*

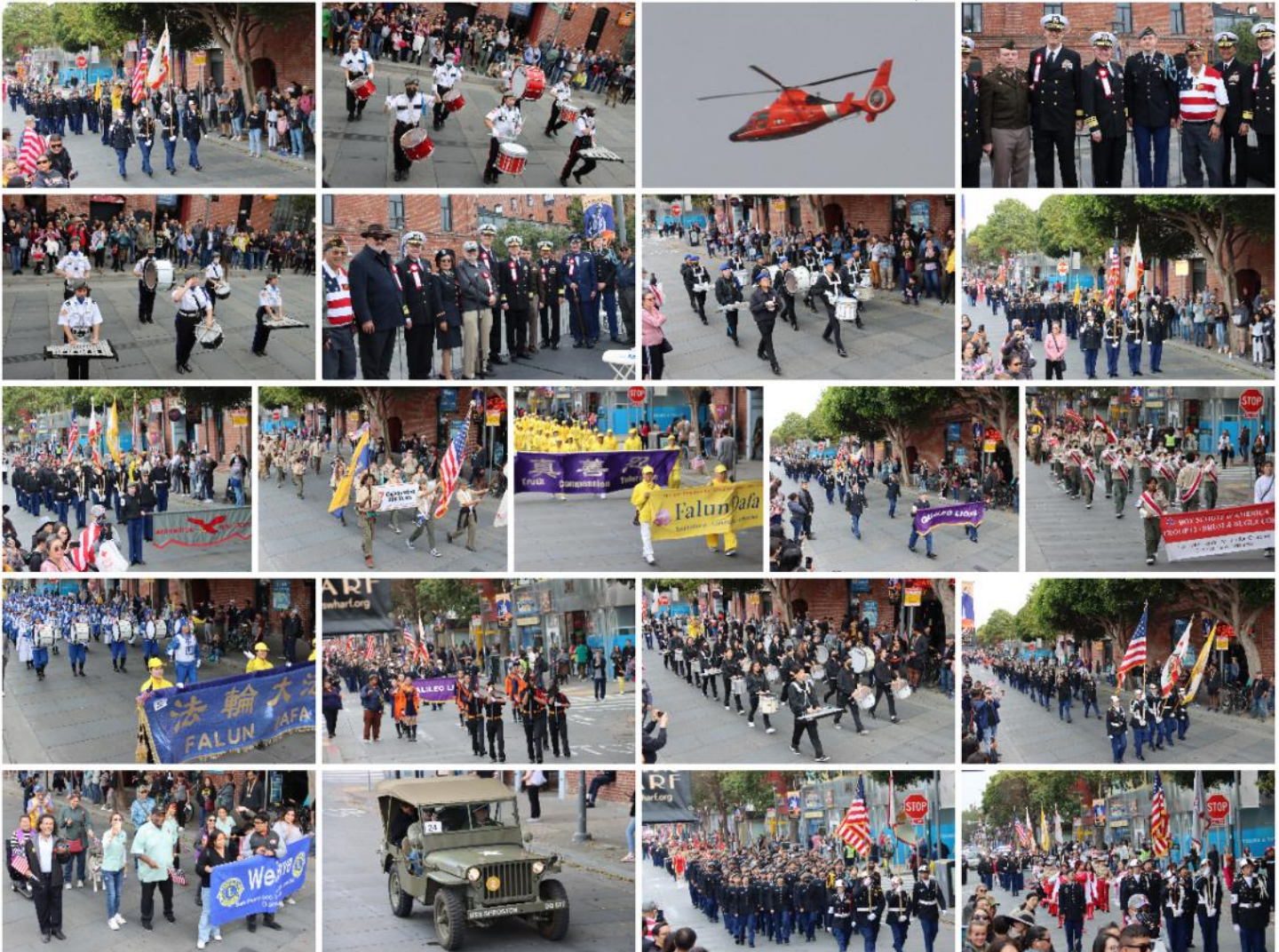
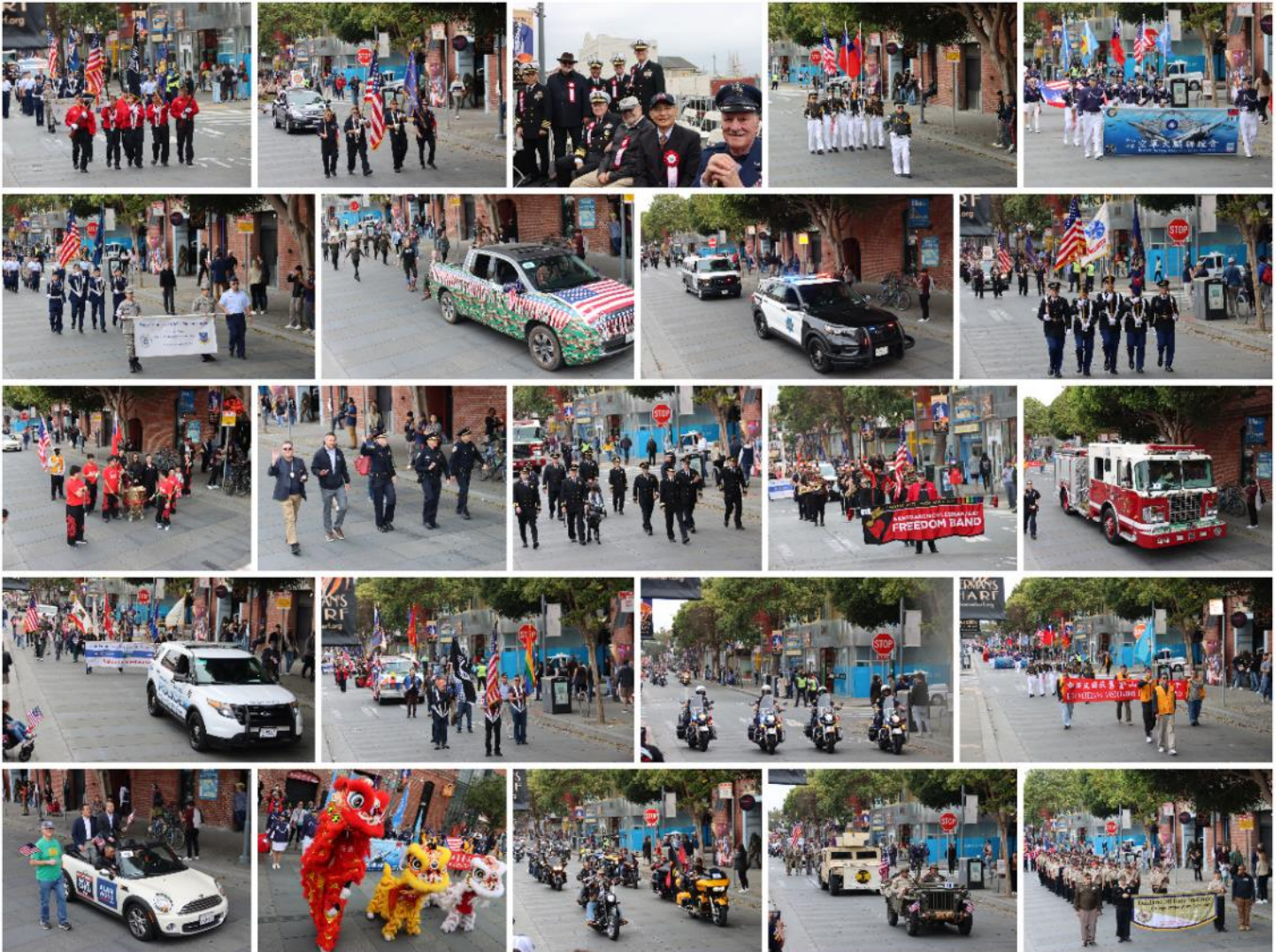




PHOTO COLLECTION

*San Francisco Veterans' Day parade cont.
- November 5, 2023*





OCTOBER GOES OUT WITH A BANG

What a difference a month makes. The post participated in a record number of events over the last few weeks. OCTOBER started out with a bang as we hosted our annual FLEET WEEK luncheon for nearly 200 Sailors, Marines and Coasties. Happy 248th Birthday to the Navy (Oct) and the Marines (Nov). This included Friday and Saturday at the Marina Green, where we hosted a pop-up for the Legion, Lions and AMVETS along with the Marine Corps League Detachment housing us both under their pop-up tent next door to the VFW tent and bus. Fleet Week typically culminates with our Post marching in the Italian Heritage Parade. Of course, we were accompanied by the Miss Global Asian ladies, as well as many muscle cars. This year was warmer than most. Also, during the busy Fleet Week

Free event at the Intercontinental, where Jeremiah won the second-place raffle CASH prize. Friday evening was the SF Firefighters dinner and on Saturday, the APOA and on Sunday, Helen, Nan and I attended the Brunch for the Breast Cancer Fundraiser at the Bill Graham Civic Auditorium with SFPD. It didn't stop there. Nelson was a guest at the Flying Tigers 88th Anniversary Dinner with the Post 384 Color Guard led by SGT@ARMS Don. We didn't forget the Veterans, as we had the free BBQ with a free tour on the USS Jeremiah O'Brien. See below for the one-of-a-kind pictures taken aboard this WWII iconic ship. We didn't miss a beat. This only goes to show you the community outreach shown by our Post and the various activities we do. Somewhere, in between all that, Helen and I managed to present the Post 384 check donation for Veteran transportation the SFVA at the quarterly VAVS meeting. And if all that wasn't enough – ok, well maybe for NOW it is.....Let's



weekend, the Post Color Guard posted the Colors for the BAGO Lions Club at the Masonic Lodge in South City. The following week, we participated at the Hep B

all that wasn't enough – ok, well maybe for NOW it is.....Let's all do our best to be present as we represent our Post at the Veterans' Day parade. Enjoy the photo montage below.





FROM THE OFFICE OF 2ND VICE COMMANDER CJ REEVES

Photo montage continued...
...Continued from page 8





VA NEWS & HAPPENINGS

MESSAGE FROM THE UNDER SECRETARY FOR HEALTH October 20, 2023

Buddy Check Week

Dear Colleagues,

This week marked the first National Buddy Check Week at VA since the passage of the Strong Veterans Act of 2022. I had the pleasure of honoring this event by sitting down with Marine Veteran Curtis “Gunny” Jones to talk about why checking in on your battle buddies is so important. He has this important message.

Buddy Check Week’s goal is to enhance peer-to-peer connections, improve mental health, and increase access to VA resources. Veterans and their families are encouraged take the pledge to Talk to 10 buddies during Buddy Check Week.

Buddy Check Week at VA was inspired by the American Legion and Veteran Wellness Alliance’s programs. Here’s how you can help:

Take the pledge to Talk to 10 Veteran buddies. Check-in, catch up, be a buddy. Learn more at: <https://www.va.gov/initiatives/national-buddy-check-week-talk-to-10-veterans/>

Take the training before talking – recognize the signs of distress and learn about resources you can recommend to your buddy if needed. Take S.A.V.E. training at: VA S.A.V.E. (Psycharmor).

No one can replace the trust built between Veterans who served together. Don’t let that bond fade, reconnect. If you need help finding buddies from your unit, try <https://togetherweserved.com/findpeople>

If you think that your buddy could use some help, tell them about the resources available to him or her:

1-800-MyVA411 (1-800-698-2411) is always the right number to call and a great place to get started with VA. Veterans Crisis Line is available 24/7. Dial 988 then Press 1, Chat Online, or Text 838255. Print the VA Welcome Kit to learn more about what VA offers, how we can help, and how to get started.

Thank you for doing your part to support this important event in ensuring our Veterans make important re-connections, have mental health resources, and are aware of other VA resources available to them.

Shereef Elnahal, MD, MBA
Under Secretary for Health

* * *

2023-2024 mRNA COVID-19 vaccine

When will the new COVID-19 vaccine be available at SFVA?

We currently have an initial supply and are now able to offer limited appointments to health care enrollees only.

Veterans can call the COVID-19 hotline (415-750-2204) to schedule appointments at our Medical Center’s Fort Miley campus and Community Based Outpatient Clinics (CBOCs).

Ft. Miley’s vaccine clinic will be by appointment only for COVID-19 vaccine at this time (no walk-ins). Walk-ins are welcome for flu vaccine only.

At this time, we are unable to offer vaccines to employees unless you are also a Veteran enrolled to receive VA health care. Due to inconsistent and insufficient supply, Veteran access is being prioritized.

Once supply has improved, an announcement offering employee vaccination will be made through Public Affairs.

Employees who do not wish to wait until VA’s supply has improved are welcome to pursue vaccination in the community using their personal insurance plan. What COVID-19 vaccine will be provided at SFVA? Moderna (brand name: Spikevax)

Can Veterans receive the new COVID-19 vaccine in the community? Yes! Veterans can receive flu and COVID-19 vaccines in the community at no cost. We encourage health care staff to share the OCC-Billing-Information-Card.pdf (va.gov) (also located on SharePoint) and reference page 2 for the region that includes California. After Veterans confirm their eligibility and choose a pharmacy, we recommend they take a photo or print the page to take with them in the event the pharmacy is not familiar with the billing information.



VAVS REPRESENTATIVE FOR THE AMERICAN LEGION CJ REEVES

Who is recommended to receive the new COVID-19 vaccine?

Everyone ages 5 years and older is recommended to receive 1 dose of a 2023-2024 mRNA COVID-19 vaccine, given at least 2 months after the last dose of any older COVID-19 vaccine.

Individuals who recently had SARS-CoV-2 infection may consider delaying a COVID-19 vaccine by 3 months from symptom onset or a positive test (if they did not have symptoms). Discuss the benefits versus risks with your provider.

Additional doses are permitted for individuals who are moderately to severely immunocompromised. The number of doses depends on past COVID-19 vaccination history and can be discussed during your vaccine clinic visit or with your provider.

For individuals 65 years and older who are not immunocompromised, only 1 dose of the 2023-2024 mRNA COVID-19 vaccine is recommended at this time. FDA/CDC will monitor to determine if additional doses are needed.

Respiratory Syncytial Virus (RSV) vaccine

Who is eligible to receive the RSV vaccine?

VA health care enrollees who are 60 years of age and older may receive a single dose of RSV vaccine using shared clinical decision-making with their health care provider. Shared clinical decision-making means discussion of individual risks, characteristics, values, preferences, clinical

discretion, and characteristics of the vaccine.

Employees are not eligible to receive the RSV vaccine from SFVA unless they are also a Veteran enrolled to receive VA health care.

When will the new RSV vaccine be available at SFVA? Monday 10/16

What RSV vaccine will be provided at SFVA? Abrysvo
Where will it be available?
At Ft. Miley campus and CBOC locations

Outpatient clinics where providers will engage in shared decision-making and order patient-specific doses and staff have access to a medication refrigerator where the vaccine is stored.

Because shared decision-making and a provider order are required, the RSV vaccine will NOT be offered at Ft. Miley's vaccine clinic.

Inpatient pharmacy will have a supply to dispense once a provider has completed the shared decision-making discussion and written order for CLC patients and inpatients well enough for discharge from the hospital.



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:



VETERANS DAY PARADE



FISHERMAN'S WHARF

SUNDAY, NOVEMBER 5 • 11AM

**Jefferson Street
North Point St. to Leavenworth St.**

Veterans of Foreign Wars Community Service Project

ATTENTION

SFVA PHARMACY

MOVED TO FIRST FLOOR ACROSS FROM MEDICAL PRACTICE AS OF **MONDAY, 10/30**

NEW HOURS: 8 - 5:30

ATTENTION



Salesian Post 599
San Francisco, CA

Join us at San Francisco National Cemetery

Presidio of San Francisco @ Lincoln Blvd. & Sheridan Ave.

Saturday, Dec. 16, 2023, 11 a.m.
at main flagpole

to Remember, Honor, Teach



Following the ceremony, all are invited to help place wreaths on gravesites in this year's designated area. Reception immediately following.

Please dress warmly and wear appropriate footwear to walk on grass.
www.wreathscrossamerica.org

VETERANS DAY OBSERVANCE

at

GOLDEN GATE NATIONAL CEMETERY

1300 Sneath Lane (Veterans Way), San Bruno, CA

Join us in honoring our veterans on

Saturday, Nov. 11, 11 a.m.

Band concert begins at 10:30 a.m.

Speakers:

Brigadier General Steven McLaughlin, US Army
Colonel Christopher Starling, USMC (Ret.)

- ★ U.S. Naval Sea Cadet Corps Band of the West ★
- ★ Blue Star wreath presentation ★ Color Guard ★
- ★ Bagpiper ★ Capuchino H.S. Chamber Singers ★

Presented by the Avenue of Flags Committee

NO HOST LUNCHEON, IMMEDIATELY FOLLOWING THE CEREMONY, AT THE AMERICAN LEGION HALL, 747 SAN MATEO AVE., SAN BRUNO



WINTER COAT GIVEAWAY FOR VETERANS



12/05

OAKLAND VA CLINIC
2221 MARTIN LUTHER KING JR WAY
OAKLAND, CA

10:00AM - 1:00PM



In partnership
with the U.S
Department
of Veterans
Affairs





MEET “THE COMMISH”

There’s a NEW COMMISH in town and he’s cleaning house – actually, the American Legion War Memorial OR just the San Francisco Veterans’ Building. Also, in the interest of being accurate, the title is CHAIR of the Commission, but Commish rolls off the tongue ever so gently. Officially, I’m the Chair of the American Legion War Memorial Commission (ALWMC), but YOU can call me “the Commish”. The CHAIR is being occupied by NONE other than Post 384’s Vice Commander CJ effective 10/10/2023. Many of you, if NOT all know me and know that I play by the book and dish out a policy of justice and fairness. I believe I was elected on my past merits as your SGT@ARMS. I plan to be present and proactive in carrying out my official duties as “the Commish”. If this means scaling back my hours at the VA, then so be it. I will be in my new office weekdays from 1-6pm. Feel free to stop by and visit. I am happy to welcome you and take your room reservation request. I would much appreciate your support in this new year while executing my official duties in the ALWMC. Let me know how “the Commish” can help you and your Patriotic OR Veteran Service Organization.



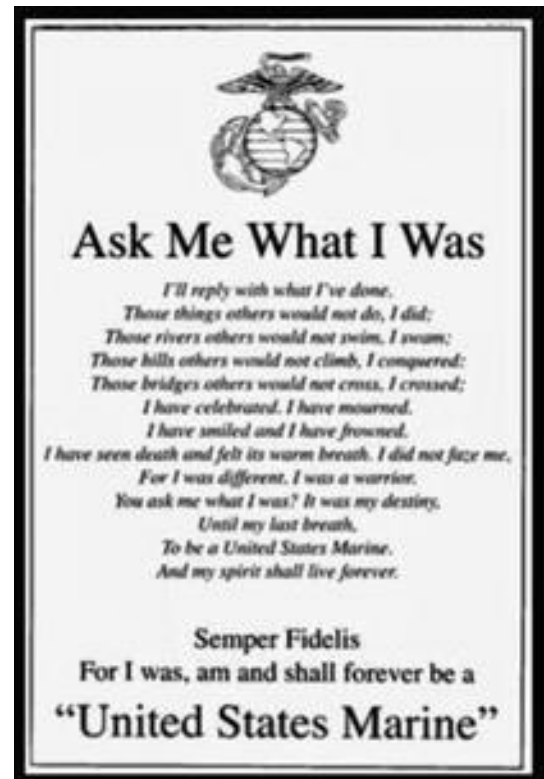


10 November 2023

A MESSAGE FROM THE COMMANDANT OF THE MARINE CORPS

For 248 years, Marines have earned a reputation as the most disciplined and lethal warfighters in the world. This legacy of honor, courage, and commitment passed on to us was paid for in sweat, blood, and sacrifice. From Belleau Wood to Inchon and Tarawa to Sangin, Marines have stepped forward to defend our Constitution when others either could not or would not. Our history is filled with heroes like Chief Warrant Officer 4 Hershel "Woody" Williams, Private First Class Hector Cafferata Jr., Sergeant Major Dan Daly, and thousands of others who performed acts of bravery which went unseen in the heat of battle. We stand on the shoulders of these Marines, and we owe it to them to earn our title "Marine" each and every day.

Marines have given, and have been willing to give, their lives for Country and Corps in every fight our Nation has entered. Our actions turned back the tide of tyranny in Europe during the Great War, defeated fascism in Asia during World War II, fought for democracy in Korea and Vietnam, and offered the hope of self-determination in the Middle East. We go to war whenever our Nation calls, and in the interwar periods we train, we prepare, and we innovate. We have chosen a life of service and sacrifice — an honorable life that has meaning. We sacrifice so our fellow citizens don't have to, and we seek nothing in return but a chance to be first to fight. Most will never understand why we choose to attack when others do not, why we revel in being covered in mud, why we snap to attention when "The Marines' Hymn" is played, or why we say, "Ooh Rah." We understand it, and this message is for us, for the Marines. Protect your fellow Marines and our shared legacy.



Happy Birthday Marines!

Semper Fidelis,

Eric M. Smith

General, U.S. Marine Corps
Commandant of the Marine Corps



Eternal Father, grant, we pray
For all Marines, both night and day
The courage, honor, strength, and skill
Their land to serve, Thy law fulfill
Be Thou the shield, forevermore
From every peril to the Corps.

-J.E. Seim, 1966



A Marine's Prayer

Almighty Father, whose command is over all and whose love never fails, make me aware of Thy presence and obedient to Thy will. Keep me true to my best self, guarding me against dishonesty in purpose and deed and helping me to live so that I can face my fellow Marines, my loved ones and Thee without shame or fear. Protect my family. Give me the will to do the work of a Marine and to accept my share of responsibilities with vigor and enthusiasm. Grant me the courage to be proficient in my daily performance.

Keep me loyal and faithful to my superiors and to the duties my country and the Marine Corps have entrusted to me. Make me considerate of those committed to my leadership. Help me to wear my uniform with dignity, and let it remind me daily of the traditions which I must uphold. If I am inclined to doubt, steady my faith; if I am tempted, make me strong to resist; if I should miss the mark, give me courage to try again.

Guide me with the light of truth and grant me wisdom by which I may understand the answer to my prayer.

A Prayer for the United States Marine Corps

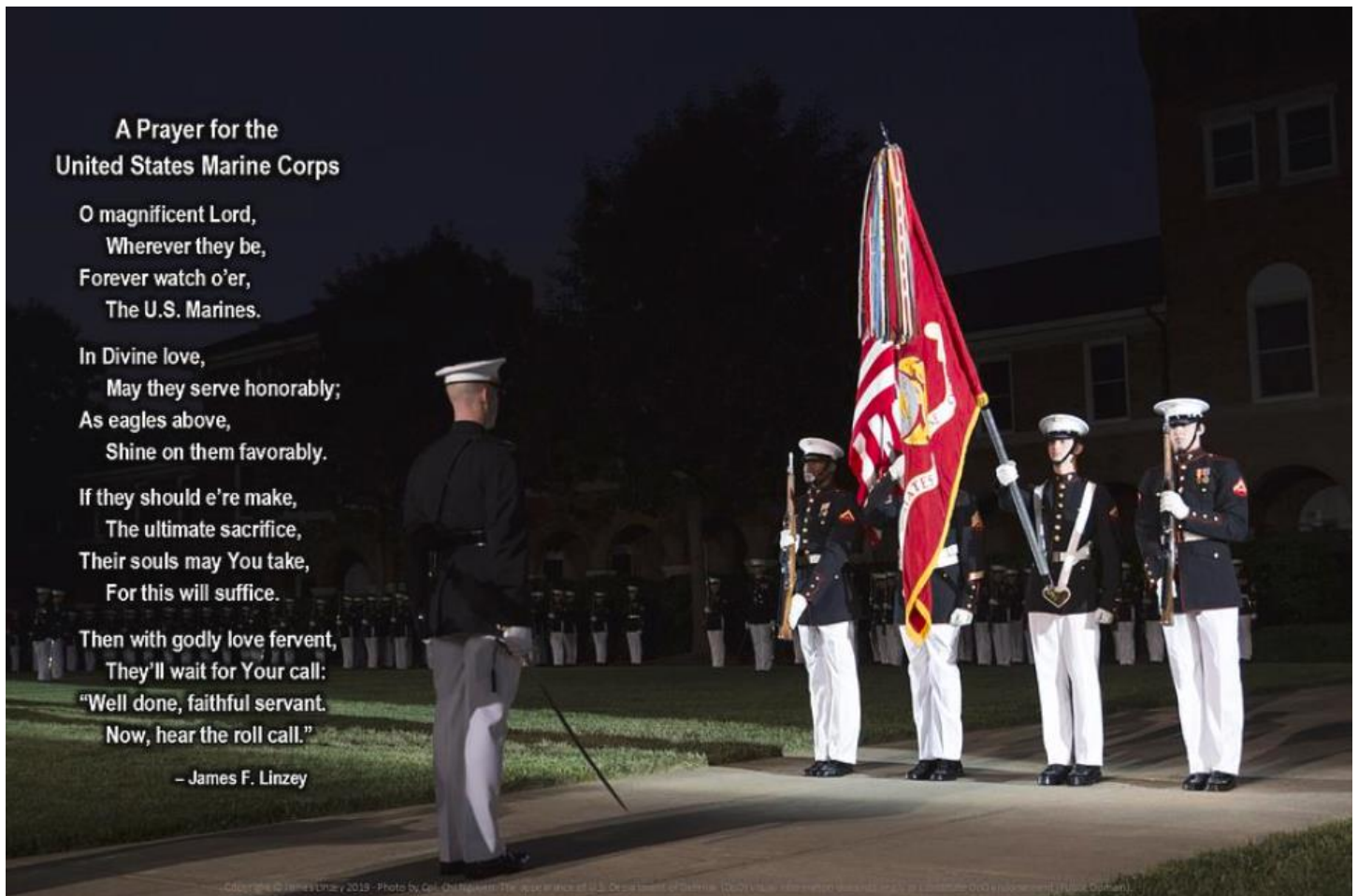
O magnificent Lord,
Wherever they be,
Forever watch o'er,
The U.S. Marines.

In Divine love,
May they serve honorably;
As eagles above,
Shine on them favorably.

If they should e're make,
The ultimate sacrifice,
Their souls may You take,
For this will suffice.

Then with godly love fervent,
They'll wait for Your call:
"Well done, faithful servant.
Now, hear the roll call."

- James F. Linzey





USMC Rifle Pledge

THIS IS MY RIFLE

There are many like it but this one is mine. My rifle is my best friend. It is my life. I must master it as I master my life.

My rifle, without me is useless. Without my rifle, I am useless. I must fire my rifle true. I must shoot straighter than any enemy who is trying to kill me. I must shoot him before he shoots me. I will....

My rifle and myself know that what counts in this war is not the rounds we fire, the noise of our burst, nor the smoke we make. We know that it is the hits that count. We will hit...

My rifle is human, even as I, because it is my life. Thus, I will learn it as a brother. I will learn its weakness, its strength, its parts, its accessories, its sights and its barrel. I will keep my rifle clean and ready, even as I am clean and ready. We will become part of each other. We will...

Before God I swear this creed. My rifle and myself are the defenders of my country. We are the masters of our enemy. We are the saviors of my life.

So be it, until victory is America's and there is no enemy, but
Peace.....





FLEETWEEK ACTIVITIES AND ITALIAN HERITAGE DAY PARADE

We knew the beginning of October would be tremendously busy due to the arrival of Fleetweek. We've spent months in preparation for the events associated with this annual celebration. This year however, there were unexpected anxieties due to the threatened closure of our government if Congress continued its stalemate revolving around the budgetary issues to fund our government.

Our usual luncheon for the 200 plus sailors, Marines, and Coast Guards was thrown into an unpredictable state of uncertainty since no one could say with any certainty that the naval ships will be allowed to enter the San Francisco Bay if the government is forced to shut-down. We went ahead and ordered the food and marched ahead to fulfill all the tasks involved in facilitating the event. A great amount of appreciation should be accorded to the Board of Directors of our post, led by Commander George Tsang, who steadfastly labored and supported this event with alacrity.

We received the good news that a Continuing Resolution to fund the government was passed late on Sunday (October 1, 2023) to allow the funding and functioning of our government temporarily. With the help of over 30 volunteers (members and support members) arriving at the War Memorial Veterans Building early in the morning of Tuesday October 2, 2023, the second floor of the building was transformed into a convivial and welcoming hall for the visiting sailors, Marines, and Coast guards as they arrived. Added to the prestige of our event was the arrival of the Secretary of the Navy, the Honorable Carlo Del Toro, who charmed everyone with his down to earth manner as he addressed and took questions from the troops.

There were mountains of food ranging from Japanese California Rolls, Italian Pastas, Salads, Chinese Chow Mein, Veggies, and fried rice, fried chicken drumsticks, pie, and most importantly, draft beer. Everyone had their fill of delicious food and the luncheon was a great success.

There were other events that took place during the week, notable were the E-7 and above party hosted at the Lion's Den in Chinatown, and the concert performed by the Marine Band at the War Memorial Veterans Building. Writer's note: Even though I was only an E-5 when I separated from the Army, I snuck into the E-7 and above party without being noticed.

The following Sunday, October 8, 2023 was another busy day for the members of our post. Along with the conclusion of Fleetweek, it was also the annual Italian Heritage Day Parade which our post has participated in for many years. This year, we featured our post banner, color detail, and 5 convertibles enhanced with the presence of the beautiful and talented contestants of Miss Asian Global. A special



mention goes to Mr. Mike Mak who devoted a tremendous amount of effort to gather the magnificent convertibles.

Overall, it was a great week for our post and all our members and support members have every right to be proud of their association with American Legion Cathay Post 384.





THIS MONTH'S OSINT FOCUS IS: ARTIFICIAL INTELLIGENCE



What is artificial intelligence (best definition)?

Artificial intelligence (AI) is the theory and development of computer software and hardware systems capable of performing tasks that historically required human intelligence, such as recognizing speech, making decisions, and identifying patterns.

The first comment about Artificial Intelligence, which is frequently just called AI, is that it is a misnomer. The power and impact of AI in today's world, and tomorrow's world, is so powerful that it should really be called "Stupendous Intelligence," or "Super Intelligence," which is more appropriate. AI has already had enormous impact on our lives and many parts of our society.

At its roots, AI is the software that inhales huge amounts of data, compares the data ingested, and spits out one or more results. It requires huge amounts of data so that the huge amounts data acquired can be compared and bad data ignored. We are just not talking about a dozen, or hundreds, or thousands, but millions, or more, amounts of related data. The AI software learns from comparing huge amounts of like data and learns and draws conclusions based on analyzing all data accumulated for analysis. When there are only small amounts of data available, the AI conclusions are not reliable, and should not be used.

Humans also learn by comparing data, but we usually only need small amounts of data to make conclusions. We also have eyes and ears that gather data. Our brains do not require huge amounts of data to draw conclusions, and the capabilities of individual brains vary from person to person, as some people learn much faster than other people. We rely on our eyes to gather a lot of data and lead us to conclusions.

Today, there is a lot of evidence that AI is everywhere. AI and Automation (robots) are affecting all our lives. AI is part of the process of eliminating jobs. Initially AI has replaced humans in jobs that require repetitive effort, as machines using AI can perform tasks faster and more reliably than humans. A business owner greatly benefits when AI controlled robots perform repetitive tasks faster and more reliable than humans. AI robots do not need to rest and can work 24 hours – when necessary. The robots need to be properly maintained, but

AI software can track robots and perform maintenance when breakdown is predicted or detected. Monitoring active robots, it can detect and predict when maintenance is needed, to prevent breakdowns. This gives factories the capability to function 24 hours a day and indefinitely.

The operations in a company like Amazon, which must receive online orders 24 hours a day and then provide service 24 hours a day to receive, sort and store, millions of products, and then access and distribute stored products 24 hours a day, then deliver products to customers within 24 hours nationally, can only be operational and effective with AI automated operations.

AI and robots are now impacting education including robot teachers, robots for physical security of school buildings and even robots to fend off shooters to protect students, teachers, and school staff. This first generation of robots can quickly call 911 but can only disrupt shooters by positioning their metal bodies between the shooter and human targets. The next generation of school robots may be able to disable a shooter, or other type of trouble-maker.

Robots used for teaching will provide consistent course content so that lower income students attending convenient local schools get a quality education to prepare them for colleges and universities.

AI and robots are already augmenting fire fighters as the robots can initially enter a building, or any location that is on fire, and provide a picture of the situation to give firefighters with sufficient information to deal with the emergency effectively. They can also get closer to the fire to disperse water or retardant. They can also assist in taking victims away from the fire situation. AI and robots are used in some police organizations to initially approach a situation scanning for information to locate and protect victims, or potential victims, and locate any suspect(s) to strategize the resources and tactics needed to neutralize the suspect (s).

Robots can be used to teach firefighters and police officers different training topics. Controlled training taught by robots provides training that is consistent and approved as competent and necessary by management.



Robots are used in medicine to provide needed routine services such as the distribution of medicine for many patients which is more effectively done by robots controlled by computers that insure that accurate medication is always provided to patients with a glass of water to take pills. This simple task is not easily and accurately accomplished by human beings.

Robots are used to conduct actual operations (sometimes managed by doctors), or assist some doctors conducting operations. In Las Vegas, robots are doing bartending working long shifts and other robots provide food service to gamblers and guests in their rooms or on next to a slot machine. Today, anyone calling up a medical organization for an appointment, or calling your bank for service, or your local police, or most government offices, or your insurance company will be greeted by a robot. Owners like robots because they are always available, provide consistent information to the public, and save money by reducing manpower. Robots do not get overtime pay, vacations, retirement income, child-care expenses, healthcare expenses, locker rooms, bathrooms, and meal facilities. They don't need meals and won't sue their bosses. They also do not complain.

Management effort and staffing can be reduced as many personnel costs go away with the reduction of human staff. Robots do not get salaries, vacation, retirement planning, sick pay, health insurance.

The McKinsey Global Institute forecasts that automation will force as many as 70 million workers in the United States to find new skills, or find another way to generate income by 2036. (Source: "Robots could replace nearly a third of the U.S. Workforce by 2030" Danielle Paquette, Washington

AI...Continued on page 20



AI...Continued from page 19

Post, Nov 30, 2017.)

AI and National Security

The use of AI in national security is a huge issue with many opportunities for good and bad. In the past, the major nations that had the biggest guns, or biggest bombs that could be used against an opponent would be the winner. Guns and bombs are not irrelevant, but if one nation can stop another nation from using bullets or bombs, that would be the ultimate coup.

AI offers this opportunity. If one nation can stop another nation from employing traditional methods to kill their enemy, they will be the winner. The most potent power for any major nation is to be able to disable their opponent's ability to prevent their opponent from delivering munitions (warheads, conventional and/or nuclear).

Can the possession of superior AI skills determine the winner in a major conflict?

Communications has been, and will be a key component in warfare. If one nation can seriously disrupt, or destroy their opponent's primary communications capabilities, they can prevent their opponent from conducting offensive attacks. That doesn't mean the missiles, airplanes, and/or submarines would cease operations. But if communications can be disrupted or destroyed, accurate targeting will not be possible.

Recall that in the last 5 years, both the Russians and the Chinese have been practicing destroying satellites (and creating a mess with debris). The Chinese also have been attempting to physically manipulate satellites with physical extensions. Our opponents know that if they can disrupt or destroy our communications satellites, we will not be able to communicate with our ground troops, aircraft, missiles or submarines, or guided missile destroyers.

Satellites provide intelligence on the location of the enemy, their size and weapons. They provide midcourse and final course guidance for our long-range missiles, bombers, and missiles launched from submarines and our guided missile vessels.

We are aware of these threats, but can only

hope and pray that our strategic planners can counter the threats that our enemies are planning on employing.

For our Air Force, our Space Command has a huge and challenging mission, and this Command must be funded and skillful personnel recruited for this holy mission.

Recommend that serious readers read the November/December 2023 issue of Foreign Affairs magazine for the article "AI Is



Already at War," by former US Undersecretary of Defense for Policy, Michelle Flournoy, pp 56-69.

Ms. Flournoy explains the importance of AI in any future conflict, especially with China which has focused huge funding to AI research.

The US Department of Defense and our Air Force, Navy and Army are all gearing up AI technologies to fight the next super war with China, not the Russians. Unfortunately, we are underfunded, and need money to support all the projects we need to employ to win any future conflict that utilizes AI technology. AI requirements are already impacting many aspects of our military, including the dire need for additional qualified personnel, new digital organizations that need both funding and competent personnel, and fiscal support from Congress. You can review this report as it is attached.

President Biden's staff saw this report briefed him on the contents.

On October 30, 2023, after his staff's briefing, President Biden was so impressed that

he immediately signed a sweeping executive order to guide the development of artificial intelligence. The order will require industry to develop safety and security standards, introduce new consumer protections and give federal agencies an extensive to-do list to oversee the rapidly progressing technology.

More amazingly, two days later, on November 1, 2023, China joined the U.S, UK, and the nations in the EU declaring AI very dangerous. China signed the declaration, which included the sentence: "We welcome the international community's efforts so far to cooperate on AI to promote inclusive economic growth, sustainable development and innovation, to protect human rights and fundamental freedoms, and to foster public trust and confidence in AI systems to fully realize their potential."

Dr Fei Fei Li, the Chinese American heroine we introduced in our October 2023 Post newsletter was featured in a full-page article "Fei Fei," Wall Street Journal, Nov 4, 2023.

We noted last month that she was focused on AI and Medicine. In this article she warns that AI cannot be left to be driven in the private sector, which is motivated primarily

by profit. Given the power of the technology, she says it's too dangerous to let big tech companies regulate themselves. Innovation is needed in these challenging times, our lawmakers must regulate AI without killing innovation.

Finally, perfectly illustrating how one dangerous capability of AI to manipulate reality, by altering imagery, including motion imagery can be harmful and most dangerous.

On the front page of the Wall St Journal, 4 Nov 2023, we read that "Fake Nudes of Teens Shake a School". One person(s) at Westfield High School in New Jersey, used AI technology and pasted the images of female nude bodies attached to the head shots of many female students. There were even images of people performing sexual behavior.

Welcome to the 23rd Century and the fact that we can no longer believe what we see. Our eyes, which we have all used to confirm reality, can no longer be trusted to show us the truth.

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



CHINA DISCOVERS RARE EARTH ELEMENT SET TO TRANSFORM BATTERY TECHNOLOGY

The ore contains niobium, a metal crucial to the steel industry and known for its superconducting properties.

Sejal Sharma, Oct 16, 2023

Niobium is a strong and silvery metal that is extracted from the mineral columbite. Used in alloys for making parts of jet engines and rockets, niobium is also an essential component in semiconductors. It's mainly found in abundance in Brazil and Canada, but Chinese geologists have found niobobaotite – a rare earth iron ore with niobium – in the Bayan Obo Mining District in Inner Mongolia.

The niobobaotite ranges in size from 20 to 80 centimeters and contains barium, niobium, titanium, iron, and chlorine. It's the 13th newly-discovered mineral since the establishment of China's nuclear geological system 70 years ago, said the geologists in a press release by China National Nuclear Corporation (CNNC).

About 85% to 90% of niobium in the world is used for iron and steel production as a form of niobium iron. The steel can increase more than 30% of strength by adding 0.03% - 0.05% niobium.

Why is this significant for China? Niobium is a superconductor with exceptional current conducting properties at low temperatures. It is also widely used in

areas of medical diagnosis, like in magnetic resonance imaging (MRI) apparatus and nuclear magnetic resonance (NMR) spectrometer for spectral line analysis.

This newfound discovery of niobobaotite means China may not have to import niobium in the near future. The country imports 95% of its niobium requirements. South China Morning Post spoke to Antonio H. Castro Neto, a professor of electrical and computer engineering at the National University of Singapore, who said that the “discovery is significant for China since most of the niobium China uses in the steel industry is imported.” “Depending on the volume and quality of this niobium it could make China self-sufficient,” added Castro Neto.

Moving away from lithium battery The Brazilian Metallurgy and Mining Company (BMM), a company specializing in the processing and application of niobium, has in the past partnered with the Chinese steel industry. But there's a growing interest in niobium technologies for lithium batteries. According to a Xinhua report, CBMM has partnered with more Chinese researchers, companies, and manufacturers to improve the technology.



Tiago Amaral, the manager of the environment and technological support of the CBMM, said that China is the world's major steel producer and consumer and that niobium technology fits very well in this aspect and the new trend of electric vehicles.

Niobium gets its rarity from the property that it's a fairly dense element and that its occurrence in the Earth's crust is valued at only twenty parts per million. The mineral ore has already received its classification from the Commission on New Minerals, Nomenclature and Classification (CNMNC) of the International Mineralogical Association (IMA) with an official approval number IMA 2022-127a.

AIR FORCE UPGRADING ENGINES ON THE B-52 BOMBER TO EXTEND USE FOR 30 MORE YEARS

In September 2021, the USAF awarded a \$2.6 billion contract to Rolls-Royce to deliver 608 F-130 engines to replace the aging TF33 engines on B-52 strategic bomber.

This is hard to believe that we are going to spend money to keep the B-52 flying for another 30 years. One of the big issues confronting our Air Force is the cost to keep legacy systems operating which takes funds away from the innovations we need to keep our Air Force as advanced as it needs to be to compete effectively against China. China has been spending a lot more money developing her military



than we have. If we do not spend wisely and focus on innovation, our future success is in serious jeopardy.

Sources: See **B-52** at this link: [https://](https://www.sfcathaypost384.org/rc.html)



www.sfcathaypost384.org/rc.html



IT HAS EVOLVED TO THIS. ROBOTS WILL BE PROVIDING SECURITY AT SCHOOLS

The ore contains niobium, a metal crucial to the steel industry and known for its superconducting properties.

When even our human security staff cannot provide enough security for our school children, we must now use security robots. At least these robots will not stay stationary when an armed suspect is shooting school staff, school teachers and/or school children.

These robots will to be upgraded so that they can perform more complicated functions when a shooter shows up during school hours, which needs more complicated actions when there are school children present.

None of us needed this type of protection when I/you were in school.

Another flag that we are all living in different times.

Sources: See **ROBOT** at this link <https://www.sfathaypost384.org/rc.html>



ROBOT TAXI SERVICE SUSPENDED IN SAN FRANCISCO



For the right reasons, GM's Cruise robot taxis are suspended from service due to recent incidents/accidents. Automobile drivers around San Francisco (and all other locations, foreign and domestic) must deal with many situations that require good driving judgment and special concerns for the safety of pedestrians.

If we use the same safety criteria to evaluate human drivers, we would have to suspend the licenses of many drivers.

This is the opinion of our Post Historian who has been driving since his 18th birthday, 62 years ago. He recently purchased a 2023 Toyota Camry SE and after several months, is still learning how to take advantage of all the new capabilities of his car.

One of the best new features is the roof top camera which provides 360 degree view of the situation surrounding him. And the sensors that monitor the camera warns of any approaching object to his vehicle.

The camera discerns human beings and gives a special sound and visual warning that a human being is approaching, or nearby. There is also a sound "beep" warning when other objects, especially other vehicles, get in proximity to his car. This type of situational awareness is a great safety feature, although each driver must respond properly to the warnings that are visually, or audibly provided by the many sensors that are installed.

The unfortunate fact of life is that the greatest threat to pedestrians and other drivers, are drivers with bad driving habits. Almost all accidents are due to human error or unsafe driving habits. Since the pandemic, more people have been killed due to speeding. Many young drivers are also guilty of speeding. Drunk drivers, or drivers under the influence of drugs, are another major cause of accidents. Drivers in a hurry, or driving when emotionally upset, are more likely to cause an acci-

dent. Many senior drivers will be eliminated.

Fact is, bad drivers are much more dangerous than robot taxis. And what is relevant is that auto drive, or taxis or the replacement of human drivers, is improving rapidly as sensor technology continues to improve.

Auto drivers will not speed, go through red lights, keep a safe space between vehicles and put the safety of pedestrians first. That day is not today, but in a year or so, will be a reality.

Auto insurance premiums will decrease dramatically as accidents will be much less frequent. Warning: many auto insurance companies will go out of business, so we can expect these companies to fight against auto drive. Actually the resistance of auto insurance companies to auto drive, proves the potential value of auto drive.

Sources: See **TAXI** at this link: <https://www.sfathaypost384.org/rc.html>



OUR AIR FORCE'S F-35, PREMIER FIGHTER IS ONLY AVAILABLE 55% OF THE TIME DUE TO INADEQUATE PARTS AND SYSTEM MAINTENANCE ISSUES.

Gao reports that the F-35, built by Lockheed Martin Corp, is having parts and maintenance problems. The F-35 should be mission capable 85-90% of the time, but is only been mission capable 55% of the time.

More than 950 of the planned 3,000 jets have been delivered. This is a very serious problem for the Air Force. I believe that there is also a shortage of trained maintenance personnel to make the problem really difficult to solve.

The long-term total cost for the F-35 system is \$1.7 trillion which means the problem must be solved, or our nation's defense is in significant trouble.

Additionally, several of our close allies are expected to order F-35s at a cost of \$200,000,000 per aircraft. Lockheed Martin has a lot a stake to help solve the F-35s maintenance issues. For the Air Force, this issue is also compounded by the reality

that it is more than 2000 pilots short in the service. Who's going to fly the remainder 2000 F-35s when the jets are delivered?

Will we have similar problems with our future Next Generation Air Dominance (NGAD) fighter? Unfortunately, we must presume so, as manpower issues that affect maintenance will not go away. Perhaps, some of these issues can be solved with robotics. With the right robots we can assemble more reliable parts and even perform maintenance. The NGAD fighter will have unmanned versions which will partially address the shortage of pilots.



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

GENERAL MOTORS HAS AN AIR BAG PROBLEM. AT LEAST 20 MILLION GM CARS IDENTIFIED WITH FAULTY AIR BAGS

This is a very serious problem for GM. Lawyers are scanning the media for any reports on GM cars that had accidents that are related to the failure of air bags. Air bags inflate when the vehicle has had a serious collision. When a collision is serious, and air bags do not deploy, the occupants of the vehicle will likely be seriously injured. The ambulance chasing lawyers will seek victims to seek hefty profits from recovery of costly medical

bills and pain and suffering claims.

The vendor for these faulty air bags is Tennessee based ARC Automotive which has installed their air bags in 52 million cars including in Ford Motor, Volkswagen, Toyota Motor and Hyundai Motor. Suddenly, the potential for more people to be seriously injured has greatly expanded. Likely, the air bag vender will also be sued.

A decade ago, the Japanese firm, Takata provided many Japanese cars with faulty air bags, and the subsequent lawsuits put company out of business. The Japanese government had to step in and demanded much higher safety standards, which they did.

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

ACT SCORES HIT NEW LOWS, AS OUR HIGH SCHOOL GRADUATES ARE NOT AS PREPARED FOR COLLEGE (AND LIFE) AS THEIR PREDECESSORS

Some colleges are making sending in their ACT scores an option. At Harvard, applicants need not send in their ACT scores until 2026.

petitive world of the future. This is a big mistake!

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

We are ignoring, rather taking action, to improve the performance of our children, In a world where innovation will determine who wins or loses in the future, our acceptance of declining academic standards will insure that we don't win in com-





OUR VERY VULNERABLE POWER GRID!

Most of us have heard in the last few years that our national power grid is very vulnerable to serious destruction. Since we haven't had a major incident that brought us to our knees, most of us have stopped worrying about it. This is normal human behavior, as most of us prefer not to be paranoid. That defense mechanism does not mean that we are not at risk, it just means most people don't want to think about it.

BUT, America, and other countries, are very vulnerable to a crippling national power disruption, if by accident, or deliberate sabotage by one of our enemies, the nation loses the ability to provide electricity to our citizens and cannot quickly recover from an attack on our national power grid.

Today, more than 3,000 different companies, large and small, provides all our homes with electric power. We are so accustomed to having reliable power, or receiving quick recovery of our power, that it is hard to imagine, or believe that we could lose electric power for more than a few hours, or a few days.

BUT, experts who know how our electric power is linked together in a large and complex network, also know that the destruction of a handful of critical junctions in our network, will shut down the whole power grid.

We must realize that losing power, just isn't just living in a dark room, or dark house. Without electricity in our homes, means that we lose refrigeration, tap water, stoves, medical devices for many different health problems, the capability to recharge our cell phones, tablets and desk top computers. I hope I have your attention now.

Away from home, access to ATMS, functioning hospitals and medical gas stations, schools, banks, food delivery services and food stores, and pet services. For many seniors, senior homes will stop functioning and provide life essential services. Staffs for most services may no longer be available.

Police and fire services not be available after week or two.



For a day or two, it will be tough and miserable. Longer than that, many people will have difficulty surviving, especially seniors.

Since our enemies and potential enemies have similar vulnerabilities. We must let them know that if they attempt to disrupt or destroy our power grids, we will retaliate in kind.

That may be our only and best defense. Attacking your opponents national power grid is likely an objective of Cyber Warfare (think Artificial Intelligence and National Security).

BILLIONS OF GMAIL AND OUTLOOK USERS WARNED TO DELETE BANK-EMPTYING EMAILS – TWO PHRASES REVEAL YOU'RE A TARGET

Charlotte Edwards, Assistant Technology and Science Editor, <https://interestingengineering.com/innovation/china-rare-earth-element-battery-game-changer>, The Sun, Oct 15 2023

SECURITY experts have urged vigilance when it comes to checking your emails.

A few scams have been spotted recently that could trick you into giving away important banking details.

The first is a scam PayPal email that contains an Update My Account button.

According to the experts at Trend Micro, this button will take you to a fake login page.

This can give scammers you're real login details.

They can then use these to access your official account and steal your money and personal details.

If you receive an email about your PayPal account, be very cautious.

Don't click any links before going to the actual PayPal website on a separate browser.

Login and check your account status on the official page.

If in doubt, contact PayPal directly via the official customer service details listed on its website.

DID YOU HEAR?

"Hurting for recruits, Air Force will now accept applicants as old as 42." Reported in San Antonio Express-News: https://apple.news/Aj_OqVCOUSfOal45_CnoZlw

When the Air Force accepts new applicants over 65, the Air Force may be able to meet their recruitment efforts.

Is this true in your life?

You are not required to answer this question*



When a woman says "What?", it's not because she didn't hear you.

She's giving you a chance to change what you said.

Thanx to W. R. Arnold, Col, USAF (retired)



WWII VETERAN HONORED WITH THE PURPLE HEART POSTHUMOUSLY

by Shirley L. Ng, AsAmNews Staff Writer, October 12, 2023

Nearly 80 years after World War II, Chinese American veteran Private Wing O. Hom of Boston, MA, was posthumously honored with a Purple Heart. Private Hom went missing during the war, but his remains were recently discovered, giving his family a sense of peace.

A funeral service on Wednesday in New York City's Chinatown was held for the hero. Private Hom was only 20 years old when he went missing in a "fierce battle near the town of Cisterna di Latina, Italy," on February 2, 1944, as described by his nephew Kenneth Hom of New York. Private Hom was a member of Company B, 7th Infantry Regiment, 3rd Infantry Division.

Photo of Private Wing O. Hom of Boston, MA as displayed at the funeral in New York City. Private Hom enlisted in the US Army and was missing in February 2, 1944. Private Hom was not reported as a prisoner of war nor was his body found. The military declared him deceased in February 1945.



The private's nephew Kenneth Hom and his brothers were always curious about their uncle. They had early memories of their mother honoring her brother, Private Hom during Memorial Day, Veteran's Day and Ching Ming, a Chinese festival also known as "tomb-sweeping," when families pay their respect with offerings to their ancestors. Kenneth Hom's parents and grandparents didn't speak much about him as he felt there was too much pain involved in sharing about his missing uncle.

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

CHING WAH LEE, (1901-1980) A REAL CHINESE AMERICAN HERO

Our Post Historian Roger Dong met Ching Wah Lee 60 years ago when Roger was giving tours in San Francisco, Chinatown.

Little did he know that Ching Wah Lee (CWL) was a veteran of WWII, and the Commander, of our American Legion Cathay Post 384 in 1945. Neither was he aware of the many tremendous, unusual, and special contributions CWL made in his life when they met in 1975.

How was Ching Wah Lee so important and unusual?

He was the Co-founder of our Boy Scout Troop 3 (in 1923) and published "Scout Wig Wag" the historical publication of Troop 3.

Lee was the Co-founder of the first English language publication of Chinese Americans known at the Chinese Digest, co-founder of the Chinese Historical Society of America (with Thomas Yinn), served as a leader at the Chinatown YMCA, cofounded the Chinese Cultural Center.

CWL also founded the Vacation Daily Bible school in Chinatown after WWI and several other social organizations in San Francisco including the Chinese Christian Students Association.

CWL graduated in 1928 at UC Berkeley in anthropology.

Ching Wah Lee was a WWII veteran who served in the 6th Army Headquarters at the Presidio of Monterey. Sorry, but no additional information is known about his Army service time.

He was our American Legion Post Commander in 1945. Sorry no image located.

Lee opened his own local shop in Chinatown collecting artifacts and giving Chinatown tours to tourists and provided a positive image of Chinese Americans who were cursed with stories of Chinese gangs, Tong wars, and opium dens. CWL was the sole source of any positive information about Chinese Americans during the first half of the 20th Century. He preached that Chinese Americans admired Confucius and Jesus, liked literature, art, festivals, danced to American music and liked Chinese American music and attended theaters like other Americans.

Lee was such an unusual, talented and person that he even became a movie star, featured in "The Good Earth," "Flower Drum Song," "China Smith," "Thirty Seconds over Tokyo," "Bloody Alley," and several other movies. He worked

WHAT IS CHINA POST #1?

GENERALS WARD AND CHENNAULT

CHINA POST #1



SOLDIERS OF FORTUNE - OPERATING IN EXILE
华将军和陈纳德将军壹号在华协会

Not many people, including American Legion members, know much about China Post #1. Formed in 1919, by veterans at the American Club in Shanghai. Ironically, Chinese American veterans were not welcomed in the American Legion, and that resulted in Chinese American veterans forming our Cathay Post.

Here is more information on China Post. Our Historian has reached out to their website and invited the current China Post members to visit us here in San Francisco. China Post does not have a permanent home anywhere. When they meet, they meet at different "Watering Holes."

Source: See **CHINA POST 1** at this link: <https://www.sfcathaypost384.org/rc.html>



with Anna May Wong (she's now on our 2022 silver quarters) and Key Luke.

In 1951 he even was part of a TV series, "Number Nine Chinatown Lane."

While his efforts to project a positive image of Chinese and Chinese culture, he had very limited success, as movie industry made money from stories of the seedy side of the Chinese and Chinese culture in America.

Ching Wah Lee is certainly a true Chinese American Hero for his service to American, the American Legion Cathay Post 384, Boy Scout Troop 3 and several of the Chinese American social and historical organizations he was intimately involved and provided leadership. Ching Wah Lee died on January 2, 1980 in San Francisco.

Many Thanks to Atha Fong, whose manuscript "Chingwah Lee, San Francisco Chinatown's Renaissance Man," provided the guts of this report.

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



THE HISTORIC MURDER CASE OF VINCENT CHIN

41 years ago (1982) near Detroit, Michigan, a 27-year-old Chinese American, Vincent Chin, was brutally murdered by two Caucasian men who believed they lost their jobs because of Japanese labor. They knew Chin was Chinese, and not Japanese. Having met at a bar, the two men (Ronald Ebens and Michael Nitz) pursued Chin and battered him to death with a baseball bat. The beating was truly brutal as Chin's head was split open and he bled to death.

In state court, the murderers were provided public legal representatives, but they didn't even show up in court. The attending judge sentenced the prosecutors to 3 years in probation, and fined court costs. Vincent did not receive any justice even in the Court.

Eventually there would be two federal prosecutions, two civil lawsuits, a national protest movement, and more attention than had ever been paid to any single incident involving an Asian American.

The Vincent Chin story was reported nationally. It significantly united Chinese

and Asians for the first time. The case also coagulated many groups of people of all backgrounds and colors, who suddenly realized that racism was a threat to all minorities. Support came from National Association for the Advancement of Colored People (NAACP), Christian organizations, Jewish groups, and labor groups. Whites and Blacks who had not hitherto been aware of Asian Americans recognized the universal nature of the appeals made by Chin's grieving mother.

The brutal and heinous murder of a young Chinese man was immortalized by Full-Bright scholar Helen Zia who organized the landmark civil rights movement for justice for Vincent Chin and is the Executor the Estate of Lily and Vincent Chin.

Chancellor Frank Wu, Hastings Law School deserves all the credit for his detailed article on Vincent Chin. As a Chinese person growing up as a minority near where Vincent Chin grew up, Dr. Wu fully understood the challenges felt by most Chinese and Asian people growing up in an America as a small minority and having to put up with the difficulties of



growing up as a not too relevant individual.

Be sure to read Dr Wu's article which is the primary source for this article.

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

CHINESE AMERICAN PETER WANG TO RECEIVE POSTHUMOUS AWARD FOR BRAVERY

BY AKEMI TAMANAHA, AsAmNews, OCTOBER 12, 2023

The Chinese American Museum in Washington D.C. presented a posthumous award to teenager Peter Wang this Friday for his bravery during the 2018 shooting at Parkland High School.

The honor is part of the museum's 2023 Golden Lantern Awards. According to the Chinese American Museum website, the award was presented during a ceremony at the John F. Kennedy Center on Friday, October 13.

On February 14, 2018, Wang was shot and killed in a hallway by a mass shooter at Parkland High School in Florida. He was 15.

Wang had been holding the door open so his teachers and classmates could escape when he was shot. He was praised for his brave actions.

The teenager had dreams of one day attending the U.S. Military Academy. He was wearing his Junior Reserve Officers' Training Corps (JROTC) uniform the day he was shot. According to NBC News, the U.S. Military Academy at West Point posthumously accepted Wang a week after the shooting.

AsAmNews is published by the non-profit, Asian American Media Inc. Please fill out this 2-minute survey which we will use to improve our content. We are supported in part by funding provided by the State of California, administered by the California



State Library in partnership with the California Department of Social Services and the California Commission on Asian and Pacific Islander American Affairs as part of the Stop the Hate program. To report a hate incident or hate crime and get support, go to CA vs Hate.



SOMEONE WE MUST ALL ADMIRE – MR. CHARLES FEENEY

This is an amazing story - totally unrelated to the American Legion or our AL Cathay Post, that needs to be told about someone really special. Who is that?

This the story of Mr. Charles Feeney, who was a billionaire and he planned to give away all his money to charities. He did, after he died at 92. Some of his vast fortune was distributed before his death.

Charles Feeney served four years in the Air Force in Japan after WWII, studied hotel management in college and got into the duty-free shopping business by selling liquor, cigarettes and perfume to homeward-bound American servicemen in Europe in the 1950s. The business went global and was a smashing success.

His philanthropic donations were made anonymously. After donating \$7 million to his Alma Mater, Cornell University, his remaining wealth of billions of dollars was donated to

public-health facilities in Vietnam; the University of Limerick and Trinity College in Ireland; AIDS clinics in South Africa; the Rotary Club's Operation Smile's free surgeries for children with cleft lips and palates; a medical campus for the University of California at San Francisco; and earthquake relief in Haiti.

A truly modest man who distained luxury, Feeney always flew economy class, bought his clothing off the rack and did not eat in fancy restaurants. He sold his limousines and took subways or cabs. He donated his money away anonymously, a course followed by only 1 percent of American donors.

Before his death, Feeney confessed "I cannot think of a more personally rewarding and appropriate use of wealth than to give while one is living, to personally devote oneself to meaningful efforts to improve the human condition."

Charles Feeney, we all salute you, you are a



real HERO.

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

RECORD ORANGE-JUICE PRICES POISED TO CONTINUE

The Wall Street Journal | Page B009, 23 October 2023

At the grocery store, prices are up more than 10% due to disease and weather.

Al Underwood used to drink a glass of orange juice almost every day with his breakfast at a diner before the pandemic. After the price shot up to about \$3 a glass last year, he cut back to once or twice a week.

"Now it's like, 'forget the orange juice.' That money will go toward the tip," said Underwood, a 69-year-old optical wholesaler from Ridgeland, Miss. "Some things you just don't need like you used to because prices are up."

Orange-juice prices have been climbing as citrus groves have faced a spreading greening disease and extreme weather. Prices for frozen concentrate orange-juice futures have more than tripled since late 2021 and emerged as one of this year's top-performing commodities, with prices setting records week after week. On Friday, they jumped to a record of \$3.91 a pound, up from \$2.11 last October, according to FactSet.

In grocery stores, a gallon of orange juice on average cost \$9.18 during the four-week period ended Oct. 7, up more than 10% from the same time last year, according to data from the Florida Department of Citrus and Nielsen.

Rising prices could drive away shoppers, analysts say, deepening the years-long slide in

orange-juice demand as Americans reach for a growing variety of alternatives in the beverage aisle, including those with less sugar.

This year, orange production from the Sunshine State is expected to increase from 2022's hurricane-marred output but is down more than 50% from two years ago, according to the Agriculture Department.

Brazil, the world's largest orange producer and the source for roughly 70% of the world's orange juice, has been hit by the citrus-greening disease and won't be able to fill much of the supply gap, analysts said.

"It became clear once the harvest started, because now you're seeing a direct impact on the crop as fruits are just falling off the trees prematurely," said Harry Campbell, a fruit-and-vegetable analyst at price-reporting agency Mintec.

In Florida, farmers say trees are slowly recovering from Hurricane Ian's devastation, but that there are no signs of relief from the disease, which can render fruit from infected trees bitter and impossible to use for juice.

"There probably isn't a tree that's not infected with greening," said Steve Johnson, a citrus farmer with a 600-acre grove in Hardee County, Fla. He said his yields plummeted from about 500 to 600 boxes of oranges an acre in previous harvests to just 150 to 200 boxes this year.

Many Florida farmers left the business, Johnson said, with some pivoting to growing other fruits or raising cattle. Those still growing oranges are struggling to keep trees healthy.

Christian Spinosa, a fifth-generation citrus farmer in Polk City, Fla., said he has had to double the applications of fertilizer for his citrus to ensure it gets the nutrients it needs. "You're just fighting the symptoms of greening, and trying to relieve that stress," said Spinosa, who has about 1,000 acres of trees.

Higher labor costs also are hurting bottom lines; farmers say the break-even price for oranges has grown to \$3 a pound or above, which they say is the highest they have seen. Still, hedge funds and other speculative investors are betting that prices will keep rising. Commodity Futures Trading Commission data show there have been more wagers on prices gaining than on losing for 95 consecutive weeks.

Some traders think prices have neared their peak, given the volatility in wider markets that has weighed on commodity prices. Despite the pressure from the greening disease, Florida farmers say the state's orange groves are being replenished by new plantings.

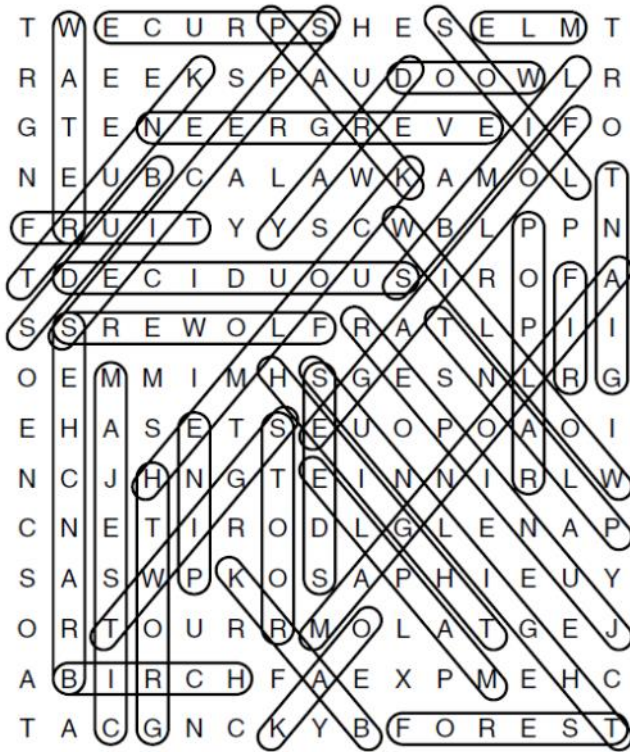
"I do see a future in Florida citrus, without a doubt," said Spinosa.



OCTOBER PUZZLE SOLUTIONS

WORD SEARCH SOLUTION

The solution: The tree surgeon always promises to increase your leaf expectancy.



- BARK
- BIRCH
- BRANCHES
- BUDS
- DECIDUOUS
- ELM
- EVERGREEN
- FIR
- FLOWERS
- FOLIAGE
- FOREST
- FRUIT
- GIANT se-
- quoia
- 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



SUDOKU SOLUTION

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

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

JUMBLE SOLUTION



- LUCID
- ALTAR
- BIKINI
- CAUGHT

BUILD A QUOTE SOLUTION

If you don't risk anything you risk even more.

Where King Arthur and his pals relaxed —
AT A "KNIGHT" CLUB



WORD SEARCH: HIDDEN PHRASE

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

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

- CONDITIONER
- CUT
- DYE
- FEATHERED
- GEL
- HEADBAND
- HIGHLIGHTS
- LAYERED
- LENGTH
- LONG
- MOUSSE
- PERMANENT
- PONYTAIL holder
- PRODUCTS
- ROLLERS
- SHAMPOO
- SHORT
- STYLE
- STYLING spray
- TEASE
- TRIM

- BANGS
- BARRETTE
- BLACK
- BLOND
- BLOWDRYER
- BOBBY pins
- BRAID
- BRUNETTE
- BRUSH
- CLIP
- COLOR
- COMB

CAN YOU SUDOKU?

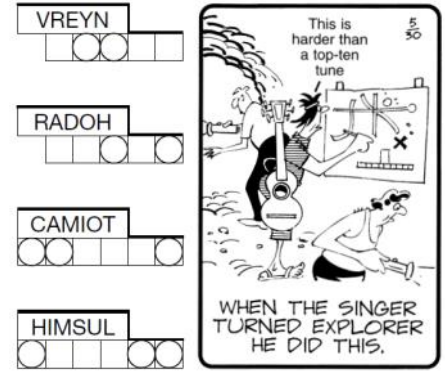
SURE YOU CAN! How do I play Sudoku? Sudoku is a logic game so you just need to use your brain to play it! The goal is to fill the grid, so that each row, each column and each region of 3x3 boxes contains all the numbers from 1 to 9. Good Luck!

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

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

JUMBLE

unscramble the given letters, one letter to each square, to form four ordinary words. Then arrange the circled letters to form the surprise answer for that puzzle, as suggested by the cartoon for that puzzle.



VREYN
 RADOH
 CAMIOT
 HIMSUL

Answer here:

THE

ALL FOUR ONE

Using only the four digits shown above each diagram and the function signs for addition, subtraction, and multiplication, fill in each diagram so that the mathematical problems, from left to right and top to bottom, equal the answers given. Do not repeat a digit or function sign within a row or column with no black squares. The first row of diagram A is filled in as an example. Each diagram has one entry to get you started.

3	4	6	8				
4	×	3	+	8	-	6	= 14
							= 47
							= 34
							= 11
=		=		=		=	
56	38	62	6				

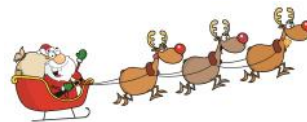










NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
<p>NATIONAL VETERANS & MILITARY FAMILY MONTH WARRIOR CARE MONTH NATIONAL FAMILY CAREGIVERS MONTH</p>			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 		

DECEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 	5 ALW/MC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	6 EXECUTIVE BOARD MEETING 7:00 PM	7 PEARL HARBOR DAY	8	9 POST MEETING 11:00 AM VETERANS DAY
10 	11	12	13 NATIONAL GUARD BIRTHDAY	14 	15	16
17	18 WREATHS ACROSS AMERICA	19 	20	21	22 	23
24 CHRISTMAS EVE NEW YEARS EVE 31	25 CHRISTMAS DAY	26 BOXING DAY	27	28 	29	30 