



# CATHAY DISPATCH

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## THE HOLIDAY SEASON IS UPON US! HAPPY HOLIDAYS TO ALL!!

By Commander Helen Wong



It's hard to believe that 11 months of the year has already gone by, and December is bringing up the end of the year. So much has happened that we haven't even reported on some of the events that

our Post has taken part in. Going back to the end of October, we had 10 support & Legion members attend San Francisco Police -Fire Post 456's Annual Awards Banquet where we watched Firefighters Laverne Maliga, Lt. Hashim Anderson, Matthew Faris, and Police Officers Sergeant Mark Kosta, Sergeant Jarrod Yee and Sergeant William Pon receive awards recognition presented by Post Commander Gary Gee, 1st Vice Darby Reid, 2nd Vice Frank Wood, and Sergeant-At-Arms Michael O'Yang. SFPD Chief William Scott, SSFPD Chief Scott Campbell and SFPD Deputy Chief Thomas O'Connor also were present to give remarks. Our group enjoyed the event held at the S.F. Italian Athletic Club, and the time to honor these brave men & women.



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- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Aaron Low
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
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## AROUND THE COMMUNITY

On Nov. 6, the Mayor's Salute to Veterans Parade was held on a beautiful day. Several new members marched with the seasoned pros and afterwards, went to lunch at McCormick & Kuletos'.



On November 10, Sgt-At-Arms CJ Reeves and I attended the San Mateo County Veterans Recognition Event where Legion Post 105 Commander George Smith was honored as the Veteran of the Year, American Legion Riders State Commander Andrew Trapani & ALA Wendy Weller were honored as Patriots of the Year, and the Veterans Surf Alliance was honored as the Enterprise of the Year. Congresswoman Jackie Speier was given a lifetime award.





## AROUND THE COMMUNITY

Later that same evening was the United States Air Force Band of the Golden West Veterans Day Concert held at the Herbst Theater. Sponsored by Cesar E. Chavez Post 505 with assist from District 8, though the audience was small, it was still a very enjoyable musical program. Commander and Conductor Lt Col Cristina M. Moore Urrutia leads the 60 member unit from Travis Air Force Base. She has a

very impressive background over the years leading musical ensembles before US Presidents and foreign Heads of State. Members from Cathay Post and from Post 448 who attended the concert were very impressed with the musical selections. Sergeant-At-Arms CJ volunteered to cover the bar at the pre-concert reception in the Green Room.



At our November 12th meeting, we initiated 4 new members. Welcome to Paul Jones, Bennett Liang, Ernesto Ugarte, and Jerry Rentie. We also had a first: past Post Commander Jay Pon brought his AR-15 to show members what it felt like to shoot it. Member John Baumhackl brought photos of himself in Vietnam holding an AR-15,

and holding one at the Post. Support members Lary and Alice seemed very interested in trying it! Speaker Alan Wong, a Reservist talked about Military Leave Pay Protection Act, and Veterans Priority for Affordable Housing, and Veteran Free Access to Parks.





## AROUND THE COMMUNITY



On Wednesday, November 16, Sgt-At-Arms CJ Reeves and myself did the flag folding at the Memorial Service for WWII Randall Ching at the request of the family for a small ceremony. It is always so sad to have another WWII veteran pass away. Historian Monty Hom finally was able to interview him after many years of silence about his Army experience as the only known Chinese American Army Ranger serving in Europe. More on him will be coming in an article from Monty Hom. Rest in Peace-you have earned it.





Upcoming events include:

- the VFW Chinatown Post 4618's Holiday Dinner on December 3 at Imperial Garden Restaurant at 5PM.
- District 8 Oratorical Contest December 4, War Memorial Veterans Building from 1-5PM.
- Cathay Post meeting December 10 at 11AM & collection of toys for the Firefighters Toy Program. Please bring toys or a donation toward purchasing toys.
- Vip Invite to the Jim Irsay Classic Rock Show, December 10, 7-10PM at the Bill Graham Auditorium. Need to know how many want to attend.
- Nanjing Ji (Massacre) Event recognizing the victims and survivors of the Japanese atrocities during WWII, December 11, 1-3PM Hilton Hotel Financial District, 3rd Floor Chinese Cultural Center. Cathay Post to take part in flag folding.



## FROM THE OFFICE OF 1ST VICE GEORGE TSANG

Here are some pics of Legionnaires and support members that attended the VFW Dinner on December 3rd at the Imperial Palace Restaurant in Chinatown.

See you all at our next meeting Saturday December 10th! Please feel free to come and bring your family to our Christmas Lunch!





# FROM THE OFFICE OF 2ND COMMANDER AARON LOW

Comrades – Janice and I wish you and yours a very Happy Holiday season.

As many of you know, we split our time between San Francisco and Cool, CA, a small town close to Auburn (on the way to Reno).

This Veteran’s Day, I wanted to participate in some meaningful way but was not in the city to join in activities with Post 384. Over the past several years, I have met other veterans in Cool, so I asked them about how they commemorate Veteran’s Day.

I found out that Auburn has an annual parade so I did some quick research to learn more about the event. (<http://www.auburnveteransparade.org/>). The parade in Auburn is very much a small town celebration, with children, animals, police, local organizations (Veteran and other) and some local politicians as well. I asked my friend, a Vietnam Vet who served in the Army, if I could join him this year.

My friend suggested we arrive early to get the commemorative 75th Anniversary of the US Air Force medal that the town hands out to veterans. We ventured to the parade starting location at 8:30 a.m. and received our medals. We were then treated to a breakfast of eggs, pancakes, sausage, coffee, and juice.

The parade included many service vehicles (fire, police, etc.) with some military vehicles, both vintage and modern. Since the schools were closed on Friday, November 11, the local high schools were represented by their marching bands and JROTC squads. There were lots of young children waving flags and wearing patriotic colors, including a few red, white and blue cowboy boots. I also saw a 2-star Admiral (Rear Admiral Upper Half) participating in the parade.

I spoke with some individuals from the local Marine League and they invited me to attend their meetings. The commander of the Marine League told me she is the person that keeps the local veterans’ organizations coordinated.

The parade finished at the Auburn fairgrounds and participants were treated to a free lunch.

While the Auburn parade was of a different size and scale as the one our Post participates in in San Francisco, I was grateful for the opportunity to be a part it. I’m glad to know that I have the opportunity to interact with other veteran’s there as well as in San Francisco. So just a reminder, for those that live outside the city, consider checking out local veteran events and organizations near your home, in addition to Post 384 activities.





# REMEMBRANCE

BY CJ REEVES

VA MEDICAL CENTER - SAN FRANCISCO, CA



*Observance  
 Perseverance  
 We are gathered here today to remember  
 Our comrades fallen.  
 Duty, Honor, Country  
 Two centuries, two score and seven years ago  
 Our nation observes.  
 From the halls of Montezuma We remember  
 To the shores of Tripoli  
 We remember  
 We will fight our nation's battles We persevere  
 Molon labe  
 Come and take them.  
 We shall overcome  
 We shall prevail.*



*We remember  
 To the Army  
 Hanc defendemus  
 This we'll defend.  
 Hooah.*

*We remember  
 To the Marines  
 The few, the proud  
 Semper Fidelis  
 Always faithful.*

*Oorah  
 We remember  
 To the Navy  
 Semper Fortis  
 Always courageous.  
 Non sibi sed patriae  
 Not for self, but for country. Forged by the sea  
 Hooyah*



*Anchors away  
 De oppresso liber  
 Liberate the oppressed.  
 We remember  
 We observe  
 We overcome  
 Aim high  
 Fly, fight, win  
 Aut vincere aut mori  
 Conquer or die.  
 The red poppy  
 We remember  
 In Flanders Field  
 We observe  
 The white clover  
 We remember  
 The corn poppy  
 Never to forget.*



*We remember  
 To the Air Force  
 Aim high, fly, fight, win. To the Coast Guard Semper  
 Paratus  
 Always ready.*

*Born ready  
 Vigilantia aeterna  
 Eternal vigilance.*

*We remember  
 To the Merchant Marines Acta non verba  
 Deeds, not words.*

*We remember  
 To the Space Force Semper Supra  
 Always above.*

*Until Valhalla  
 Let us this day remember Let us this day never forget.*



*Armistice Day  
 We observe  
 The daisy*



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GLADYS FELD HELZBERG MEMORIAL AWARD

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## An Affinity With Acronyms (OTUS and OTY)

By CJ Reeves

VA Medical Center—San Francisco, CA

Army calls me SATA,  
Navy says I'm MATA.  
At the SFVA,  
Just an average YATA.  
Isn't that IRONIC  
Or just RHETORIC?

This year I'm PLOTY;  
Last year I was VOTY.  
At the CAPO,  
I'm never SMOTY.  
Sounds so PLUTONIC  
Maybe PEDANTIC.

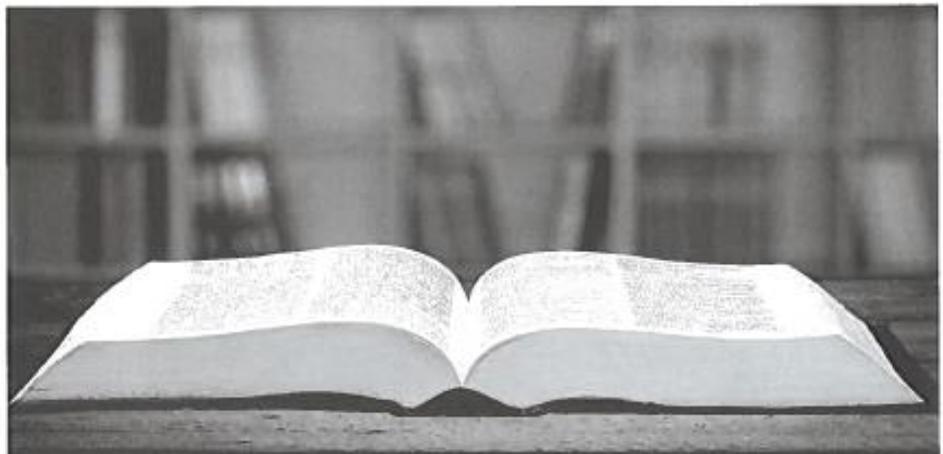
On CAPITOL hill  
Joe is POTUS,  
Jill is FLOTUS,  
There is no SLOTUS.  
It's so SATIRIC,  
Hint of SEMANTIC,  
Just plain ROMANTIC.

Our first ever SGOTUS,  
Will he be FGOTUS?  
And, Justice on the SCOTUS,  
Read your COTUS  
On the TOTUS.  
Just ask the VEEP.

Intent here was DIDACTIC  
To employ neither TACTIC,  
Nor make one FRANTIC,  
Nor TRAUMATIC.  
Not to be HYPNOTIC,  
Rather HYPOSTATIC,  
Or OXYMORONIC!

To Help You:

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





### *A Different Christmas Poem*

The embers glowed softly, and in their dim light, I gazed round the room and I cherished the sight. My wife was asleep, her head on my chest, My daughter beside me, angelic in rest. Outside the snow fell, a blanket of white, Transforming the yard to a winter delight.

The sparkling lights in the tree I believe, Completed the magic that was Christmas Eve. My eyelids were heavy, my breathing was deep, Secure and surrounded by love I would sleep. In perfect contentment, or so it would seem, So I slumbered, perhaps I started to dream.

The sound wasn't loud, and it wasn't too near, But I opened my eyes when it tickled my ear. Perhaps just a cough, I didn't quite know, Then the sure sound of footsteps outside in the snow. My soul gave a tremble, I struggled to hear, And I crept to the door just to see who was near.

Standing out in the cold and the dark of the night, A lone figure stood, his face weary and tight. A soldier, I puzzled, some twenty years old, Perhaps a Marine, huddled here in the cold. Alone in the dark, he looked up and smiled, Standing watch over me, and my wife and my child.

"What are you doing?" I asked without fear, "Come in this moment, it's freezing out here! Put down your pack, brush the snow from your sleeve, You should be at home on a cold Christmas Eve!" For barely a moment I saw his eyes shift, Away from the cold and the snow blown in drifts.

To the window that danced with a warm fire's light Then he sighed and he said "Its really all right, I'm out here by choice. I'm here every night." "It's my duty to stand at the front of the line, That separates you from the darkest of times.

No one had to ask or beg or implore me, I'm proud to stand here like my fathers before me. My Gramps died at 'Pearl on a day in December," Then he sighed, "That's a Christmas 'Gram always remembers." My dad stood his watch in the jungles of 'Nam', And now it is my turn and so, here I am.

I've not seen my own son in more than a while, But my wife sends me pictures, he's sure got her smile. Then he bent and he carefully pulled from his bag, The red, white, and blue... an American flag. I can live through the cold and the being alone, Away from my family, my house and my home.

I can stand at my post through the rain and the sleet, I can sleep in a foxhole with little to eat. I can carry the weight of killing another, Or lay down my life with my sister and brother. Who stand at the front against any and all, To ensure for all time that this flag will not fall."

" So go back inside," he said, "harbor no fright, Your family is waiting and I'll be all right." "But isn't there something I can do, at the least, "Give you money," I asked, "or prepare you a feast? It seems all too little for all that you've done, For being away from your wife and your son."

Then his eye welled a tear that held no regret, "Just tell us you love us, and never forget. To fight for our rights back at home while we're gone, To stand your own watch, no matter how long. For when we come home, either standing or dead, To know you remember we fought and we bled. Is payment enough, and with that we will trust, That we mattered to you as you mattered to us."



## VETERANS DAY PARADE

*Photos from the 2022 San Francisco Veterans Day Parade submitted by Chuck Paskerian*



*Top Left -Parade marching,  
Top Right -Chuck Paskerian and Grandstand Officers  
posing for a photo op,  
Left - Admiral John and Sandra Yuen.*



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



# WHY IS OUR AIR FORCE WEAK?

*Study by Heritage Foundation that our Air Force has severe issues that reveal it is not up to basic standards.*

I am shocked that my Air Force is described as weak by the conservative Heritage Foundation. If true, what happened?

The report concludes that we are weak because "The Air Force's readiness has hit new lows due to pilot shortages, low flying hours, and aging aircraft."

Additionally, the Air Force must support an unsustainable number of aircraft with similar tactical missions. Her tactical aircraft inventory now includes the F-16, F-15, U-22, F-31 and F-35. Each system has a large inventory for spare parts and engines. Each system has a separate maintenance crews. Competent replacements for retiring senior systems experts are extremely difficult to support. Maintenance specialists who wish to transfer must identify their qualified replacements.

Defense contractors must step up to support the systems they sell to the Air Force, especially when the reduce our limited qualified staff when they hire our highly trained Air Force specialists and reduce the number of our well trained staff from our Air Force.

In regard to our Air Forces' Space Command, aka Space Force, limited assets and little public knowledge of it's offensive and defensive weapons systems adds to the uncertainty of its actual capabilities. It is generally acknowledged that the Space Force needs more funding. These are not easy times to get major funding boosts when our budgets are tight and budgets may shrink in the future.

The Air Force, IMO, is in deep trouble if



additional funding is not available in the future. Our Air Force has many challenging systems and personnel gaps that will keep us weak until these challenges are successfully met. Hope that my pessimism is off the mark.

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

# THE NATURE OF WARFARE HAS CHANGED

*Hey GI, we don't need you in future wars!*



Of course, we are not advocating more wars, but Man has not changed, so we are not assuming that Man has changed and that we can expect peace in the future. BUT, future wars will be very different. Automation is now taking precedent over tradition warfare, and the next war, especially when the wars involve the major combatants, are in battle, the big change in warfare has already been revealed in the last few years.

We can fully expect that war will involve automation. Putin has used automation in Ukraine, and the Ukrainians have responded with automated weapons from America. You have heard and read about the use of drones in Ukraine.

What has been displayed is the just version 1 of automation in war. The heavy automated artillery weapons have not been revealed yet. The good news is that human beings will be less involved, and robots, some not revealed in combat yet, are being tested, modified, and will be even more effective in combat.



news is that new exoskeletons will be worn by ground forces to increase the physical strength of Army fighters by several fold. The role that these enhanced soldiers will play is not clear to me, but they are being tested behind the lines at this time, so we will need to check this out in the future. The American Legion may someday have a post or two, of automated veterans. Whether the American Legion will allow that is not yet clear. No doubt, there will be resistance, and most of us may predict

U.S. Army DARPA For anyone still in the US Army, there will still be few humans needed for managing ground combat. And, the good

that senior American Legion leaders will not let that happen. The world is changing so much these days, who can predict what will happen? A few years ago, who would have predicted that eligibility in our American Legion would only require one day of active duty?

This is the reality, in 30-40 years, there may not be sufficient numbers of humans who have served in the military to sustain viable American Legion organizations. Even if automating the military is not going to happen in a significant degree, the size of all veterans organizations will shrink dramatically. Check out what is happening to the VFW nationwide. Looking just at the age of our veterans in our California American Legion District 8, you can easily see that our District will shrink by roughly 50% in ten years due to the ravages of aging. This is not related to automation.

Part of our American Legion preamble is to promote peace and goodwill. If the leaders of the world promote peace and good will, our membership could hit zero in a few decades, or sooner. Do the math.



## DO YOU KNOW WHO KATRINA LEUNG IS?

*She was the most damaging Chinese double agent in history, and she fooled many of our best counterintelligence officers in our FBI.*

The FBI's golden Chinese intelligence asset was a double agent the whole time (msn.com)

By: Team Mighty, August 4, 2022

Counterterrorism is more of an art than a science at times, it seems. When FBI special agents launched an investigation into an LA-based importer, they discovered she was feeding sensitive technology to the People's Republic of China. So they did what any good counterintelligence agency would do: Discover her weaknesses and then flip her.

It seemed like the intelligence coup of a lifetime, at least, it was at first. After 20 years, the FBI discovered her intelligence reports were of little to no value and she was secretly flipped back to Chinese intelligence. The worst part was that no one knew because she'd been having an extramarital affair with her FBI handler.

Katrina Leung was definitely an intelligence win, just not for the FBI.

Leung immigrated to the United States in 1970, claiming to be a citizen of Taiwan. She was educated in New York City and earned an MBA from the University of Chicago. After that, she moved to Los Angeles, into an apartment building the FBI called a "nest of spies," filled with potential Chinese informants. She managed an import-export business that was known to have ties to illegal technology transfers to China. That's where she first showed up on the FBI's radar.

The headquarters of the Ministry of Public Security near Tiananmen Square are reported to also function as MSS headquarters, but the degree to which operations are run out of the official address of No.14 Dong Chang'an Jie vis-à-vis the secretive Xiyuan compound is disputed.

While running the business, some of her associates were passing technology to the Chinese government, something the FBI also knew. The FBI began to suspect she had a role in the same kinds of transfers. Leung left the business, and the bureau closed its case against her.

The investigation was reopened by FBI Special Agent James Smith, specialist in Chinese counterintelligence. He discovered a weakness and convinced her to supply information to the United States. Smith became her FBI handler in 1982 and code-named Leung "Parlor Maid."

After Smith helped her gain legal American citizenship, the two hatched a plan to get Leung recruited by China's Ministry of State

Security (MSS) which came to fruition in 1984. The Chinese MSS paid Leung for low-level information on the workings of the FBI's LA field office, while the FBI paid her expenses, including flights to and from China. It worked beautifully.

Leung became a high-profile member of the Chinese-American community and occasionally held diplomatic receptions for Chinese officials. The President of China, then Yang Shangkun, supported her involvement so much that she was asked to advise the Chinese government on where to locate its new Los Angeles consulate building in 1998.

Neither the FBI nor the CIA had any reason to doubt Leung's bonafides. She had passed multiple polygraph tests and the information she provided was verified by Chinese defectors. In May 2000, the FBI received credible evidence that Leung was indeed spying on the U.S. for China. A month later, Smith retired and the FBI launched an investigation. What it found shocked the bureau to the core.

Its first revelation was that Smith, who was married, and Leung had been carrying on an intimate relationship for nearly the entire time he was her handler, more than 18 years. The investigation also found numerous red flags in Leung's history with the agency that were never reported or investigated.

MSS facilities in Xiyuan, Haidian District, Beijing, China.

© Provided by We Are The Mighty (WATM) MSS facilities in Xiyuan, Haidian District , Beijing .

Smith was a star agent, according to the FBI's Inspector General (IG) report of the incident, and required little supervision. Except neither he nor anyone else in the LA bureau at the time fully vetted Leung before taking her on as an asset. The IG criticized the field office for its early handling. But Smith had begun his sexual relationship with her in 1983, almost immediately after she was recruited.

The FBI also found that Leung began using untapped payphones to contact Chinese officials, an act that was not reported to higher authorities. Leung had also begun a sexual affair with another FBI agent in the bureau's San Francisco office around this time, which the IG disregarded. It wasn't until the 1990s that Leung's loyalty should have been called into question.

In June 1990, Leung began reporting technical details of an American operation on the West Coast to officials in China. The evidence was lost or placed in multiple files, so the FBI

never thought to do a full investigation. Leung continued providing information to the PRC, and the FBI knew it, but no one questioned how she knew the information.

She was getting it from her handler, Smith, who was talking openly about ongoing operations and bringing classified materials to their intimate sessions. Leung would photograph or make copies of these documents and send them to China. Smith knew about the disclosures, but kept quiet because he was afraid of being exposed. These failures went on for a decade.

When Smith was promoted in the bureau, he continued to keep Leung briefed about the FBI activities in Los Angeles. Her handler had become the intelligence asset. No one questioned Smith because his credibility was considered beyond reproach.

In 2001, Leung's apartment was searched and the FBI found FBI phone directories and secret memos about Chinese fugitives. They later discovered she was providing the PRC with the photos of FBI agents still active in the field, along with more than a decade of updates about FBI counterintelligence ops in Los Angeles and the West Coast. When the investigation concluded in 2003, Leung and Smith were arrested.

The case against Leung was thrown out due to prosecutorial misconduct, but the FBI came back at her for tax-related crimes. She signed a plea deal for three years of probation, 100 hours of community service, and a \$10,000 fine. She also had to cooperate with FBI debriefings.

No one really knows the full extent of the damage done by Katrina Leung. It remains one of the biggest counterintelligence failures in American history.

The FBI's golden Chinese intelligence asset was a double agent the whole time appeared first on We Are The Mighty.

Leung was indicted and charged for spying on April 9, 2003, but on July 30 2015, Katrina Leung was cleared in court of any spying charges.





## DO YOU STILL DOUBT CLIMATE CHANGE?

Today, there are a few people who still do not believe that climate is really changing. These souls believe the past generation of scientists who had used past climate change cycles to explain what is happening today.

Anyone who follows the news, even if one just follows our national news can see that our climate is changing. (It's also changing globally.)

The size and frequency of storms, wild fires and the damage to our nation are catastrophic.

Just the example of our state of Florida and the tornado damage to the entire state is unprecedented. This state may never recover, because there is not enough money (insurance companies are abandoning their clients), or enough wood (shortage due to wild fires), or laborers (mainly carpenters, electricians) to rebuild all the 4 million homes destroyed.

And it is not just Floridians who are suffering, as agriculture has been severely damaged (the shortage of Florida oranges will be felt by all) and loss of Florida sea food distributed nationally will also be missed. Droughts are impacting a half dozen western states which will have a dramatic impact on food production resulting much higher prices for limited supplies and unprecedented food shortages affecting everyone.

Recently, even the Rockefeller Foundation announced in July that it was "reimagining its philanthropy so the existential threat of climate change would be at the heart of all its giving.

It was an extraordinary decision for a more than \$5 billion traditional philanthropic institution, particularly one founded by John D. Rockefeller, whose fortune was made from the world's first and most notable fossil-fuel industry - Standard Oil," as Rajiv Shah, the foundation's president says.

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

## NOW WE MUST WORRY ABOUT THE BIRD FLU



If we haven't already had enough of infections, now it is the bird flu, which is unlikely to affect humans, but anyone who has been in contact with birds must sanitize themselves, first by washing our hands carefully.

According to USDA data, at least 3,700 confirmed cases among wild birds.

This data represents birds like chickens, ducks and turkeys from commercial poultry farms, backyard flocks and facilities such as petting zoos. While the CDC believes the risk of infection to humans is low. Anyone who owns domestic birds should keep their birds away from wild birds.

In the wild, bald eagles, vultures, seabirds and pelicans have been found to be infected.

Viruses can be a threat to many living creatures, so our constant vigilance is necessary.

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

## DO YOU KNOW WHO IS THIS YEAR'S MISS ALOHA HULA?

You could get \$100, or more, bucks if you knew and could spell her name.



The 2022 Miss Aloha Hula is:

Miss Pi'ikea Kekihenele-huawewehiikekau'onohi Lopez. Copying from the original report, I may have misspelled the name. My apologies in advance if these old eyes, or my bi-focals failed me.

She is the first native Hawaiian to be honored by Nike, the famous shoe manufacturer. Miss Lopez will be honored in New York's Times Square billboard performing her award winning hula kahiko.

Don't need to fly across country NYC, just check out her Times Square billboard display in this video: <https://youtu.be/QW8-3m55jNU>

## FOR THOSE OF OUR READERS WHO ENJOYED LAST MONTH'S VIDEO ON ANNA MAY WONG HERE ARE TWO MORE VIDEOS YOU SHOULD ALSO ENJOY:



Preview YouTube video Anna May Wong: The first Asian American Movie Star | Unlady-like2020 | American Masters | PBS

Click here: <https://youtu.be/ovuVTpsDfXg>

And one more video for your enjoyment: Anna May Wong: Hollywood's First Asian American Movie Star"



Click here: [https://youtu.be/q7ccOL\\_QEHU](https://youtu.be/q7ccOL_QEHU)



Let's See who is the first person to get their hands on this coin!



# FENTANYL AND CHINA

*With China the provider of illicit Fentanyl to America with devastating results, Americans are mad at China*

Note that there are legitimate medical reasons for the use of Fentanyl, but that is done under physicians care.

Since 2013, most sources advise that China became our number 1 provider of illicit Fentanyl to America. In 2021 more than 19,000 Americans have died from the illegal use of this deadly drug.

That makes us mad that China is the manufacture of illegal Fentanyl, and it is now the number one killer in America. In 2021 there were 625 deaths due to illegal use of Fentanyl in San Francisco.

While it is pretty clear that China is the manufacturing source of illicit Fentanyl, it is also important to know that Chinese laboratories that produce illicit Fentanyl, were the intent and plan of American drug dealers. The Bu-

reau of Alcohol, Tobacco, Firearms and Explosives (ATF) had been improving its law enforcement activities and had neutralized a number of illegal Fentanyl plants in America before the China, aided by our drug syndicates, took over the manufacturing efforts.

For drug dealers, China was the ideal partner. First, the product was made a lower cost, and more importantly, the manufacturing source could not easily be neutralized overseas. Losing local Fentanyl plants to ATF seizures was both costly and disruptive.

Transferring the technology to China was good for cost savings to drug dealers, AND their production locations were no longer neutralized by the ATF. It was a win-win for the drug dealers.

While this explanation may not stop anyone



from getting mad at China, we should realize that China would not be making Fentanyl if there were no demand for it domestically, and a great source of revenue to our American drug dealers.

Sources: See **FENTANYL** at this link: <https://www.sfcahaypost384.org/rc.html>

# YOU, OR SOMEONE YOU KNOW, MAY NEED AN MRI IN THE FUTURE

Until recently, we did not know that having an MRI can be very dangerous.

Many of us have had MRIs, needed to assist in dealing with any number of different types of health issues. Those who had strokes most likely had at least one MRI, so that the treating doctor could view our brains and detect where and to what extent, the stroke damaged our brains. In some of these instances, victims were injected with Gadolinium, used to darken our tumors and inflammation to help with diagnosis.

We now know that Gadolinium can have serious consequences, and therefore, if you, or I, need an MRI, we might be told that the doctor thinks the injection of Gadolinium might be useful in diagnosing the situation. But, we now know that for some patients, Gadolinium, has had some very dangerous side effects. In the one instance of the Gena Norris, spouse of the famous action actor, Chuck Norris, she suffered burning pains all over her body, violent shaking, numbness, tingling and numbness. She also suffered breathing difficulties, cognitive deficits and kidney damage.

Had the Norris's known in advance of the risks, they probably would have rejected the injection of Gadolinium.



We now know that Gadolinium can also be toxic. We have also learned that traces of Gadolinium can linger in the brain, bones, or tissues for a long time. Gadolinium can also trigger a rare, but serious skin and joint ailments.

Now that we have you scared, make sure the use of Gadolinium is absolutely necessary, before you take the risk. In fact the Food and Drug Administration once approved it's use, but in 2017 issued a warning of its side effects.

Sources: See **MRI** at this link: <https://www.sfcahaypost384.org/rc.html>

# DO YOU KNOW WHO AMONG ASIAN AMERICANS IS MOST OBESE?

Survey among Asian Americans in California reveal that Chinese Americans are not the Most Obese. Who are the Most Obese?

Northwestern University's Physician Weekly's study revealed that Chinese American obesity is at only 6.5%. How bad is this statistic? Statistically, only Vietnamese Americans scored lower at 6.3%. Feeling better?

Overall, the most obese at 16.8% are Filipino Americans, followed at 15.3% by Japanese Americans, 11.2% for Asian Indian Americans, and 8.5% for Korean Americans.

In California, the Obesity of Asian Americans is the highest! In this state, regarding Asians, the overall Obesity percentage is 23.3%. Exposure was most predominate among men between 45-64 years old with higher income and smokers, never married, and low physical activity and constant ingestion of fast food.

Bottom line is, if anyone smokes, stays single, doesn't exercise and eats a lot of fast food, you will be Obese and live shorter than other people in any group.

Most people know about these bad habits, but most people are not seriously interested in changing their life styles to outlive their friends.



## AMERICA, IT HAS COME TO THIS . . .

With guns, especially assault weapons, owned by people in most states of our Country, we know that schools at all levels, hospitals, athletic fields, shopping centers, sporting arenas, government buildings, police departments et al, are all targets for demented gun owners, who want to take the law into their hands. Most shooters have mental problems, but that does not protect the public from their insane acts. It is impossible to identify and control all the mentally disabled capable of shooting innocent people in their gun range.



Now it has become necessary to train potential victims (school kids) how to render first aid if another anyone in their class/school gets shot in their presence. No wonder, so many young children are having mental problems. This is a national security problem because of the tremendous impact on our minds of many people. Who knows how our nation will be transformed when the trauma of training how to provide emergency first aid to severely bleeding victims.

We have never had such severe problems where we need to train our students to render first aid to shooting victims in our schools. Even if we can miraculously train students to practice first aid, asking anyone to render the correct medical procedures for a seriously injured victim bleeding profusely is an insane plan. Most adults would have difficulties caring for people who have been shot with dressings and the using pres-

sure to stop bleeding.

Believe this, in Canton, Ohio kids from 3-12 years of age are being trained to use gauze and apply pressure to the wound until help arrives. They should also be taught that if the victim is shot in the arms or legs, to apply a tourniquet to stop bleeding immediately.

What should we be doing, in addition to teaching kids to be first responders.

The first step that is logical to take is to band all assault weapons. That won't put us out of danger, but that is a necessary first step, if we are to ever get gun ownership under control in America.

Today, even though we are the number 1 promoter of democracy around the world, it is much harder convince other countries to be democratic when the number 1 democracy in the world is in chaos and our citizens no

longer feel safe in America.

Latest news: On November 13, 2022, there was a mass school shooting at the University of Virginia and then the next day, November 14, 2022 there was a mass school shooting at the University of Nebraska, then on the same day, there was a school shooting at the University of Pennsylvania. We have had more than 600 mass shootings in 2022. And it is not always an outsider, on November 22nd, a Walmart Manager, killed colleagues and customers at a Walmart in Virginia.

Anyone still doubt that we have REALLY serious problem with school shootings. Who else needs to be shot before we are energized to take action.

When are you, and I, going to do something about it?

Sources: See **GUNS** at this link: <https://www.sfcathaypost384.org/>



# NOVEMBER PUZZLE

OOPS! Cathay Dispatch Editors left the November word search out!

Here is November's puzzle, one month late but still fun! Find all the words to reveal a hidden Thanksgiving favorite!

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

acorn  
 arrowhead  
 baste  
 bolas  
 canoe  
 celebrate  
 cook  
 cornucopia  
 dessert  
 drumstick  
 feast  
 gobble  
 gravy  
 holiday  
 longbow  
 napkin  
 oven  
 pie  
 roast  
 sauce  
 stir  
 America  
 autumn

beans  
 bread  
 carve  
 cider  
 corn  
 cranberries  
 dinner  
 fall  
 frybread  
 grandparents  
 ham  
 kayak  
 maize  
 Native  
 pans  
 pie  
 rolls  
 serve  
 tray  
 apple  
 bake  
 bison  
 cacao

casserole  
 colonists  
 cornbread  
 delicious  
 dressing  
 family  
 giblets  
 gratitude  
 harvest  
 leaves  
 meal  
 New  
 pecan  
 recipe  
 sail  
 snow  
 World

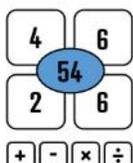


## SUDOKU SOLUTION

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

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

## 4 NUMBERS SOLUTION

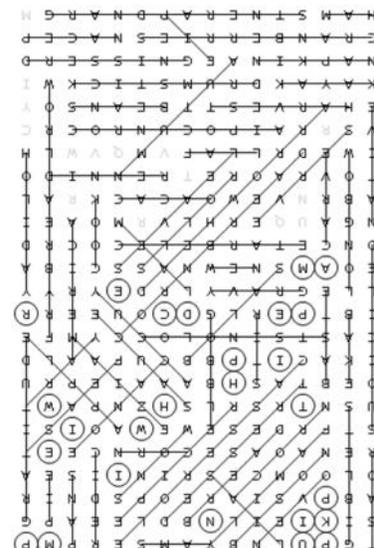


$$(6 \times 4 \times 2) + 6 = 54$$

$$6 \times 6 + (7 / 7) = 37$$



## WORD SEARCH SOLUTION



Answer: PUMPKIN PIE WITH WHIPPED CREAM



# WORD SEARCH

Find all the words to reveal a secret message!

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

- |             |            |            |
|-------------|------------|------------|
| ARCHIPELAGO | GRID       | ROAD       |
| ATLAS       | GULF       | SOUTH POLE |
| BAYOU       | HARBOR     | STATE      |
| BORDER      | ISLAND     | TOWN       |
| CANAL       | KEY        | VALLEY     |
| CANYON      | LAKE       |            |
| CITY        | LATITUDE   |            |
| COASTLINE   | LONGITUDE  |            |
| CONTINENT   | MOUNTAIN   |            |
| COORDINATES | (range)    |            |
| COUNTRY     | NORTH POLE |            |
| COVE        | OCEAN      |            |
| DESERT      | PENINSULA  |            |
| EQUATOR     | PROVINCE   |            |
| GLOBE       | RIVER      |            |



## 4 NUMBERS

Use the four numbers in the corners, and the operands (+, -, x, ÷) to **build an equation** to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions.  
 For example:  $6 + (7 \times 3) + 1 = 28$  and  $1 + (7 \times 3) + 6 = 28$

6	31
<b>16</b>	
3	23
+	-
×	÷

9	9
<b>92</b>	
2	9
+	-
×	÷

## 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!

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

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

## JUMBLE

- RYFIA
- BROAN
- TRAGEY
- NACUNE



Answer here: A

WORK SPACE





# DECEMBER 2022



SUN	MON	TUE	WED	THU	FRI	SAT
				1 CIVIL AIR PATROL—USAF AUXILIARY BIRTHDAY	2 	3
4	5 	6 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	7 PEARL HARBOR DAY EXECUTIVE BOARD MEETING 7:00 PM		10 POST MEETING 11:00 AM FIREFIGHTERS' TOY DRIVE – TOYS COLLECTED AT POST MEETING/ HOLIDAY LUNCHEON	
11 NANJING JI – COLOR GUARD MEET AT POST AT 11:00AM	12 	13 NATIONAL GUARD BIRTHDAY	14 	15	16 BATTLE OF THE BULGE, 1944	17 WREATHS ACROSS AMERICA @ SAN FRANCISCO NATIONAL CEMETERY @ THE PRESIDIO AT 11AM
18 NATIONAL WREATHS ACROSS AMERICA HANNUKKAH BEGINS		20 	21	22	23	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 BOXING DAY	27	28	29	30 	31 NEW YEARS EVE

# JANUARY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1 NEW YEARS DAY	2	3 ALWMC MEETING 4:00 PM DIST 8 MEETING 5:00 PM	4	5	6	7 
8	9 	10	11 EXECUTIVE BOARD MEETING 7:00 PM	12	13	14 POST MEETING 11:00 AM
15 	16 MARTIN LUTHER KING JR. BIRTH-	17	18	19 SFVA VAVS VIA ZOOM	20	21 
22 	23	24	25	26	27	28 
29	30	31	JAN 13-15: CA LEGION DEC IN ANAHEIM			