



American Legion Cathay Post 384



Cathay Bulletin

November 2017

Welcome to our first Cathay Bulletin which is intended to provide important and useful information between our bi-monthly award winning Cathay Dispatch (CD), edited by Ms. Clara Pon. This Bulletin is not intended to replace the CD, but supplements it between bi-monthly CD publications. All Cathay Post members are encouraged to submit reports of interest to our veterans for future Bulletins. Your feedback and comments are welcome.

Important Dates to note:

November 11 - 1100 hours, our November post meeting at 1524 Powell St.

November 12 - 0930 hours Veterans Parade

December 9 - 1100 hours, our December post meeting

December 14 - National Commander visits District 8 at the Vets Building and Cathay Post 384 will host a banquet at New Asia Restaurant in the evening.

From Post Commander Nelson Lum:

Greetings comrades and friends, I like to thank Comrade Roger Dong, our Historian, for his efforts to produce this bulletin. The primary purpose of this bulletin is to keep you informed of events that have taken place and events that are scheduled. Our Dispatch will continue to be published quarterly.

Members of our post participated in the Italian Heritage Day Parade on October 8th. An Area 2 Caucus was conducted at Salinas. The National Executive Committee of the American Legion voted to approve the resolution that supports the award of Congressional Gold Medal for those Chinese Americans who served in the military during WWII. I attended a veterans' roundtable hosted by Congresswoman Nancy Pelosi and her staff on October 26th whereupon many topics of interest to veterans were discussed.

November promises to be a very busy month. In addition to the ongoing preparation for the visit of the National Commander that will take place on December 14, 2017, there are several important events on the scheduled. On November 7th, the War Memorial Commission will hold its regular monthly meet at 6:00 P.M. Our friend Comrade Romie Bassetto will be honored as Veteran of the Year at a luncheon in San Mateo County on November 9th. The Police and Fire Post 456 will host an award dinner that same evening at the Irish Cultural Center. The Swords to Plowshares annual fund raiser dinner will be held on November 10th. Our regular monthly meeting will be held on November 11th, Veterans Day, a festive Thanksgiving luncheon will be served following the meeting. The Veterans Day Parade will take place on November 12th along the wharf.

I would like to take this opportunity to wish all of you and your love ones a Happy Thanksgiving.

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Meet our American Legion Department of California Area 2 Commander, Nelson Lum:



1st Vice Commander, Helen Wong reports:

Members Matter! Once again our members participated in the Italian Heritage Day Parade on October 8, 2017. It was a beautiful day and we had beautiful young ladies riding in our members' vehicles. Again thank you to Chee Yee, Joel Li, and Carl Payne for providing their cars, and also to Dr. Dale King, his son Sherman, and Ed Wong for participating in the parade. Thanks to the members who marched as the Color Guard: Ernest Stanton, Randy Toy, Arlee Morgan, Ronald Leung, myself, and our Commander Nelson Lum. The group looked sharp and represented Cathay Post well.



At our regular October meeting, all members present got to celebrate past Post Commander Dr. Dale King's 98th birthday. His son Sherman was also on hand to enjoy the day with the group. Dr. King is one of the only WWII Veterans who has stayed active with the Post and is on the Board of Directors. Kudos to him and we hope he continues to be an inspiration to younger members.

Without members, these events wouldn't be possible. Without interest in helping each other out, it would be a very lackluster time. Veteran members have something in common and that's what keeps it interesting. Socializing with each other and providing the human connection at any level keeps us emotionally healthy and strong.

So a big THANK YOU to all who continue to come in, who continue to renew the membership fees. We really appreciate you! (BTW, if you haven't renewed yet, now is the time. And if you have, ignore the multiple renewal notices from National as it takes a while for dues to go to Department, then sent on to National for processing.)

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From 2nd Vice, Aaron Low "The New Normal?"

Remember when you only had to worry if someone would break into your house or stole your wallet/purse? You now need to be more vigilant and aware of the risks/dangers that you now face.

If you want to participate in modern society, you need to be associated with the digital world. I recently met a gentleman at a party that said he doesn't do anything on-line because he didn't want to be hacked. He would do all his transaction by "snail mail" or phone calls. Although he may reduce his risks to being attacked/hacked he was still at risk. What he didn't realize was his information is still vulnerable to attacks if he has it in any institution. Almost every institution conducts business electronically and most of the data is stored in database(s) which is what hacker's target. I assumed he had to submit his taxes. Even if he did his taxes by hand with a stubby pencil. Once he sent the taxes into the IRS – his information would be at risk with the IRS. So again, unless he didn't do anything with any institution Short of him doing everything in cash and going off the grid – he was living with a false sense of security.

So, what should we do to protect ourselves? As we all know from being in the military, there are some things that you should do to protect yourself. Remember, you had to always clean your equipment/rifle/pistol/etc. Please read the article below for some items you should be aware of.

If you are on-line. You should have some antivirus installed on your device (computer, laptop, tablet, phone, etc.)

Be safe...

<https://www.navyfederal.org/resources/articles/security/nine-signs-of-identity-theft.php?cmpid=em|nl|life-money|managing-your-money|security|nine-signs-of-identity-theft|10/27/2017|31689||cb1.0>

Nine Signs of Identity Theft

Every two seconds, an American becomes a victim of identity fraud. Watch for warning signs to make sure you don't fall prey.

By **Navy Federal** on October 3, 2014 | Tag(s): Security

Could you be a victim of identity theft? About 10 million Americans a year have their personal information compromised. Often, the stolen information is used to take over accounts, open credit cards or obtain medical care long before the theft is ever discovered. While many people first find out about identity fraud from their financial institutions, there are some red flags that indicate your personal information may have been stolen and used for fraudulent purposes.

1. Unexplained charges or withdrawals. Check your financial account statements each month and be sure you recognize the transactions. Thieves will often make small test purchases first, so don't ignore small charges that seem unfamiliar.
2. Medical bills for doctors you haven't visited. Likewise, if your health insurance carrier denies a legitimate claim, find out why. It's possible for a thief to use your identity to obtain medical care or max out your insurance benefits.
3. New credit cards you didn't apply for. If you receive an unexpected credit card in the mail, contact the company issuing the card right away. Similarly, any statements that arrive for unknown accounts are a red flag.
4. Errors on your credit report. Review your credit reports for any suspicious activity, such as accounts you didn't open. (You can review your reports for free once a year at Annual Credit Report.)
5. Collection notices or calls for unknown debt. Don't assume the information is in error. Find out what the debt is for. If you believe the debt isn't valid, send a letter via certified mail to the collection agency requesting proof of the debt and creditor within 30 days.
6. Your credit card or application for credit is denied. If you haven't reached your credit limit or normally have good credit, ask the reason for the denial. An identity thief may be racking up debt on your behalf or ruining your credit score with unpaid bills.
7. Missing mail or email. Haven't seen a monthly statement in a few months? A thief could be stealing your mail or may have changed the mailing or email address on the account to keep you from seeing fraudulent charges. Alternately, you may receive notice from the post office that your mail is being forwarded to another address when you haven't requested a change of address.
8. Errors on your tax return or Social Security statement. The Internal Revenue Service may notify you that more than one tax return was filed in your name or that you have income from an employer you don't know. Check that the earnings reported on your Social Security statement available at socialsecurity.gov/myaccount match your actual earnings.
9. A warrant for your arrest. While it may seem extreme, it's possible for someone to impersonate you while committing a crime. You may uncover the warrant if you're stopped for another reason or involved in an accident, for example.

Take Action

If you think you might be a victim of identity theft, act quickly. Learn more about how to report fraud to keep your information and identity protected.

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In this issue, all the following articles of possible interest to our veterans were written, or selected, by our CB Editor/Post Historian, Roger S. Dong. If you have any gripes, you can email me (rsdong@sbcglobal.net). I have a very large round file. For now, let's roll with our first article.

The latest MEDICARE information.

Most seniors and senior veterans have already received their 2018 "Medicare and You 2018 booklet (140 pages) in the mail. If you are finally eligible for Medicare and you are new to this very essential social program, make sure you spend a few hours scanning and reading pertinent sections of your handbook. Pages 132a - 132l compares the most popular secondary health insurance companies, their coverage and costs, so make sure you check his section out to help you make a decision that will be very important to you and your eligible family members. If you or an eligible family member has "special needs", pages 133a-133c are must read.

If you need help to pay your health and prescription costs, be sure to check out pages 97- 102.

Your time investment to read this manual may be essential to both your personal health and financial health in your senior years, so please take sufficient time to review the manual and carefully read all parts that are relevant to you and your family.

No doubt our current senior veterans have been receiving the annual deluge of post cards, flyers and sealed envelopes that urge all of us to buy Medicare supplement insurance. Unless, you are very wealthy and healthy (and a fool), you need to purchase and own secondary Medicare health insurance policy to cover the approximate 20% of the cost of any major cost of major insurance costs (claims) you will need. Medicare, assuming you are covered by Medicare, only covers 80% of your major and routine medical expenses.

A three month stay in a quality hospital will cost approximately \$1,000,000. If you have Medicare, you will not be billed for \$800,000 of your total bill. The remaining \$200,000 is your responsibility - unless you have Medicare supplemental insurance. Unless you are a millionaire, and even if you are, it is highly recommended that you purchase this type of supplemental insurance.

A similar type of offering is needed if you are not yet eligible for Medicare and only have a health insurance policy from your company. I do not know of any policy that covers your entire hospital expense before you retire from your civilian employment. If you are still on active duty, you are safe. In the Reserves, and not yet eligible for Medicare, if your company does provide you with basic health insurance, you need to find a reputable insurance company and buy a secondary health insurance policy for you and your family.

This cost will not be cheap, unless you join as part of a large group. Even a healthy person joining alone will have high policy costs as joining solo does not give allow the insurance company comfort of reduced risk. You will also have to figure out how your family and children will be covered.

Health insurance is not a luxury. Medical costs for the past decade or so, has been the cause of bankruptcy for both companies and individuals. Nothing will ruin your day more than having a medical problem (you might have an accident, not a health breakdown) and then getting a large medical bill that you can't pay. It is presumed that most people reading this note is covered adequately, but if you are the 10% who does not have basic and/or secondary health insurance, this is your final dire warning.

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Veterans, R U ready for this?

Introducing autonomous weaponry aka: **robots** - with guidance and control from Artificial Intelligence (AI) software. Probably not us, but our offspring or grandkids, will be replaced by a super strong, bulletproof, men of steel and hardened weapon systems, with much higher reliability, range and durability, resulting in warfare that will eliminate the need for soldiers, seamen or airmen. For a few people, we are talking about job security here. This means that just a few years from now, there will no need for more volunteers for the military. We will be able to finally shut down the Selective Service and save big bucks! Does that mean that eventually the American Legion will be history? Keeping wishing

Sometime in the not too distant future (circa 2030 AD).

Researchers are warning that by 2030 future war will be conducted by weapons controlled by artificial intelligence (AI) - or killer robotics, for attacking and destroying their robots.

There are many reports that United States, China and Russia are all developing AI weapons systems for the land, sea, and air warfare that can communicate and select targets to attack autonomously, making decisions which were previously the domain of humans.

Most Artificial Intelligence programmers and researchers have no interest in building AI weapons — and do not want others to tarnish their disciplines by doing so, and potentially creating a major public backlash against all AI that may curtail its future positive and constructive developments.

These specialists state that “Starting a military AI arms race is a bad idea, and should be prevented by a ban on offensive autonomous weapons beyond meaningful human control.”

Whether AI, military or otherwise, will eventually be programmed to harm humans is a matter of serious debate. (Or is it already too late?) Are we smart enough to program robots not to harm humans? Or what does it matter, that Man is harmed by Man or machines. No matter what the source, getting hurt or killed is bad - period. Sadly, it is probably too late. Past drone weapons, and future drone weapons have been, and will be, used to destroy hard targets and kill people. They were, and are, usually aimed at physical targets, but humans will often assumed to be within or near the physical target.

But the more immediate concern is the military-industrial complex and the competition among nations that is just like the past, and current, nuclear arms race - very wasteful of humans and other resources.

How do we defend ourselves against autonomous weapons? The obvious defense is to build smarter autonomous weapons than your foes. Sounds like the same endless menagerie (arms race), that Man has trapped himself for hundreds of years. We haven't learned much, have we?

“Regardless, when there is a robotic threat approaching, your only logical response to robotic offensive attack will be smarter defensive robots - if you want to survive.

As warped as an arms race to build more heinous machines appears, the unintended silver lining may be diversion from dependence on nuclear, biological and chemical warfare. Maybe...

One other benefit is that wars can be fought without body bags coming home, just electronic waste disposal vehicles. The President will not have to write letters of condolence or make tragic phone calls to the Father or Mother of machines. Whatever response is appropriate, it can be done with machines.

The follow-on to the American Legion might be the American Can Company, or the Veterans' Can, service organization. No more warriors with TBI or PTS, perhaps returning warriors will just be lot of damaged metallic rust and/or chemical residue.

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Russian Kilo submarines - Wikipedia

Advanced Russian Kilo-class submarine "Krasnodar" joins Black Sea Fleet in Crimea

Russian Navy's Black Sea Fleet now has an additional Kilo-class diesel-electric submarine at disposal with the arrival of submarine 'Krasnodar' to the Sevastopol base on Crimea.

Krasnodar arrived at her new homeport on August 9 after a tour in the [Mediterranean](#) Sea where she took part in operations against ISIS launching Kalibr cruise missiles at the insurgents' positions.

The submarine is the fourth of six improved Project 636.3 submarines built for the Russian Navy by Admiralty Shipyards in Saint Petersburg.

Krasnodar was launched on April 25, 2015 and commissioned into the Black Sea Fleet on November 5, 2015. Starting her journey to her Black Sea Fleet homeport in May 2017, Krasnodar traveled [under close watch of NATO member states](#).

The submarine was escorted all the way through the Baltic Sea and North Sea and into the Mediterranean. After reaching the Mediterranean Sea, Krasnodar met up with the new Project 11356 frigates and other Russian Navy assets [for counter-ISS operations](#).

Kilo-class submarines are armed with 18 torpedoes and eight surface-to-air missiles. The vessels can accommodate a crew of 52 submariners and can stay at sea for 45 days.

They displace 4,000 tons when submerged and 2,000 on the surface and [reach speeds](#) of over 17 knots.

http://navaltoday.com/2017/08/11/russian-kilo-class-submarine-krasnodar-joins-black-sea-fleet-in-crimea/#.WeusGr_pk90.mailto

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A cat-and-mouse game between NATO ships and a Russian sub hints at changes happening in naval warfare

- Christopher Woody, Oct. 20, 2017, BusinessWeek
- Russia has worked to enhance its naval capabilities since 2000.
- The war in Syria has given it a chance to test those new assets, and Western and Russian warships now both operate in the eastern Mediterranean.
- Their operations there underscore how naval tactics and strategy are shifting.

Western and Russian warships have been in close proximity in the eastern Mediterranean, where both sides are assisting partners fighting in Syria.

Both sides have used it as an opportunity to keep tabs on each other, studying their adversary's capabilities and tactics.

Russian attack submarine Krasnodar left the Baltic Sea in early May, heading to the eastern Mediterranean, according to The Wall Street Journal.



Russian attack submarine Krasnodar, seen in the North Sea in early May 2017.
Adm. Rob Kramer/Twitter

It was tracked along the way by NATO ships, including by a Dutch frigate that took a photo of the sub in the North Sea.

By the end of the month, it had arrived on station, and the Russian Defense Ministry announced the cruise missiles it fired hit ISIS targets near Palmyra in Syria.

A few days later, the USS George H.W. Bush sailed through the Suez Canal, meant to support US-backed rebels in Syria.

For sailors and pilots from the Bush, with little formal training in anti-sub operations, their duties now included monitoring the Krasnodar.

"It is an indication of the changing dynamic in the world that a skill set, maybe we didn't spend a lot of time on in the last 15 years, is coming back," Capt. Jim McCall, commander of the air wing on the USS Bush, [told](#) The Journal.

The cat-and-mouse game continued in the eastern Mediterranean throughout the summer.



A fighter jet is seen from taking off from the bridge of the USS George H.W. Bush aircraft carrier in the Mediterranean Sea, June 22, 2017. F-18 fighter jets launched multiple times a day from the carrier bombing ISIS positions in Iraq and Syria. (AP Photo/Bram Janssen)

US helicopters ran numerous operations in search of the sub. Flight trackers also picked up US aircraft doing what seemed to be anti-submarine patrols off the Syrian coast and south of Cyprus. In mid-June, the Krasnodar fired more cruise missiles at ISIS targets in Syria, in response to the US [downing a Syrian fighter jet](#) near Raqqa.

In Syria, an increasingly complex battlefield situation has sometimes set the US and Russian at odds. Russia has offered few details about [its operations](#), and the US-led coalition has had to keep a closer eye on Russian subs in the eastern Mediterranean.

The Krasnodar didn't threaten the Bush during these operations. But subs are generally hard to [detect](#), and one like the Krasnodar attracts special attention. Its noise-reducing abilities have earned it the nickname "[The Black Hole](#)."

"One small submarine has the ability to threaten a large capital asset like an aircraft carrier," US Navy Capt. Bill Ellis, commander of US anti-sub planes in Europe, [told](#) The Journal.



An MH-60S Sea Hawk assigned to Helicopter Sea Combat Squadron 9 lifts off from aircraft carrier USS George H.W. Bush, October 18, 2017. US Navy/Mass Communication Specialist 3rd Class Matt Matlage

Russia has beefed up its naval forces considerably since 2000, [seeking to reverse](#) the decline of the 1990s.

The Krasnodar marked an advancement in Russian submarines, and more a new class of subs — designed to sink aircraft carriers — is now being built, according to The Journal.

While Russia has gotten better at disguising its subs, the US and Western countries have kept pace with enhanced [tracking](#) abilities.

"We are much better at it than we were 20 years ago," Cmdr. Edward Fossati, who oversees the Bush's anti-sub helicopters, told The Journal.

But the Krasnodar's Mediterranean maneuvers appeared [to meet](#) Moscow's goals, striking in Syria while avoiding Western warships.

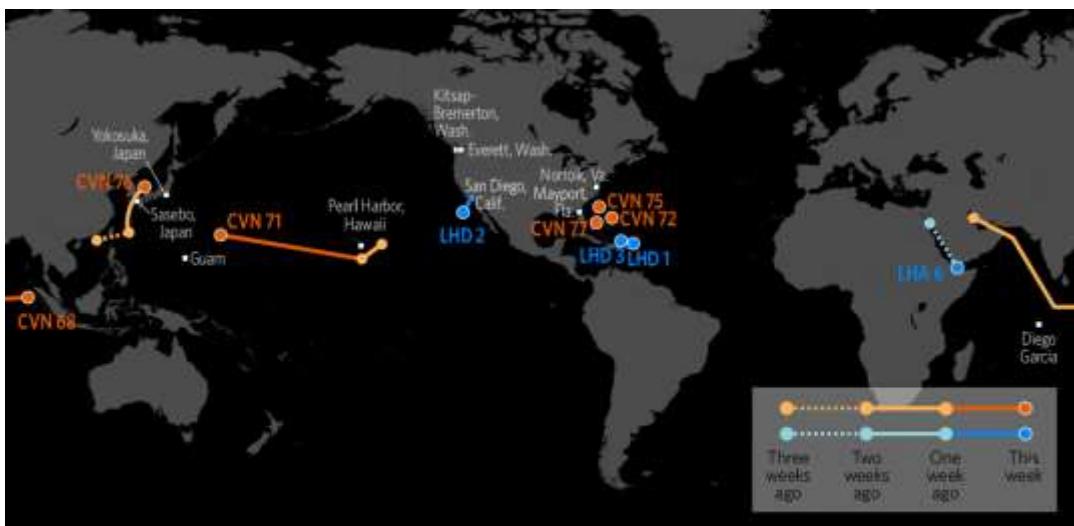
Moscow's naval activity around Europe now exceeds what was seen during the Cold War, a NATO official [said this spring](#), and NATO and Russian ships sometimes operate in close quarters around the continent.

When the UK sent its new aircraft carrier, HMS Queen Elizabeth, to sea trials in June, navy officials said they expected Russian submarines [to spy on it](#). During US-UK naval exercises — in which the Bush participated — off the coast of Scotland in August, a Russian submarine

This news not for "landlubbers." For those interested in our Navy deployments including some USN ships and crews that have visited our Post during Fleet Week. Here is some "hot" news, just a few weeks old.

From Stratfor.com, here is a recent US Naval Update Map shows the approximate current locations of U.S. Carrier Strike Groups and Amphibious Ready Groups, based on available open-source information. No classified or operationally sensitive information is included in this weekly update. CSGs and ARGs are the keys to U.S. dominance over the world's oceans. A CSG is centered on an aircraft carrier, which projects U.S. naval and air power and supports a Carrier Air Wing, or CVW. The CSG includes significant offensive strike capability. An ARG is centered on three amphibious warfare ships, with a Marine Expeditionary Unit embarked. An MEU is built around a heavily reinforced and mobile battalion of Marines [spotted](#) shadowing the drills.

Article continues on next page . . .



● Carrier Strike Groups

CVN 68: The USS Nimitz CSG is underway in a deployment in the U.S. 7th Fleet AOR after concluding operations in the U.S. 5th Fleet AOR.

CVN 71: The USS Theodore Roosevelt CSG is underway in the Pacific Ocean on a deployment to the U.S. 7th and 5th Fleet areas of responsibility in support of maritime security operations and theater security cooperation efforts.

CVN 72: The USS Abraham Lincoln is underway in the Atlantic Ocean for carrier qualifications.

CVN 75: The USS Harry S. Truman is underway in the Atlantic Ocean for a Tailored Ship's Training Availability (TSTA) and Final Evaluation Problem (FEP).

CVN 76: The USS Ronald Reagan is on a scheduled port visit to Busan, South Korea.

CVN 77: The USS George H.W. Bush is underway in the Atlantic Ocean participating in exercise Bold Alligator 17.

● Amphibious Ready Groups/Marine Expeditionary Units

LHA 6: The USS America ARG is underway in a deployment in the U.S. 5th Fleet AOR supporting maritime security operations and conducting theater security cooperation efforts.

LHD 1: The USS Wasp is providing humanitarian relief efforts in the eastern Caribbean while in transit to Sasebo, Japan, to conduct a turnover with the amphibious assault ship USS Bonhomme Richard (LHD 6) as the forward-deployed flagship of the amphibious forces in the U.S. 7th Fleet area of operations.

LHD 2: The USS Essex is underway in the Pacific Ocean participating in the annual landing exercise Dawn Blitz.

LHD 3: The USS Kearsarge is underway in the eastern Caribbean conducting disaster relief operations.

Status

● At sea

● In home port

Carrier Strike Groups (home port)

- **CVN 68 Nimitz** (Everett, Wash.)
- **CVN 69 Dwight D. Eisenhower** (Norfolk, Va.)
- **CVN 70 Carl Vinson** (San Diego, Calif.)
- **CVN 71 Theodore Roosevelt** (San Diego, Calif.)
- **CVN 72 Abraham Lincoln** (Norfolk, Va.)
- **CVN 73 George Washington** (Norfolk, Va.)
- **CVN 74 John C. Stennis** (Kitsap-Bremerton, Wash.)
- **CVN 75 Harry S. Truman** (Norfolk, Va.)
- **CVN 76 Ronald Reagan** (Yokosuka, Japan)
- **CVN 77 George H.W. Bush** (Norfolk, Va.)
- **CVN 78 Gerald R. Ford** (Norfolk, Va.)

Amphibious Ready Groups (home port)

- **LHA 6 America** (San Diego, Calif.)
- **LHD 1 Wasp** (Norfolk, Va.)
- **LHD 2 Essex** (San Diego, Calif.)
- **LHD 3 Kearsarge** (Norfolk, Va.)
- **LHD 4 Boxer** (San Diego, Calif.)
- **LHD 5 Bataan** (Norfolk, Va.)
- **LHD 6 Bonhomme Richard** (Sasebo, Japan)
- **LHD 7 Iwo Jima** (Mayport, Fla.)
- **LHD 8 Makin Island** (San Diego, Calif.)

Coast Guard Rumors

In our June 2017 American Legion magazine, page 52, a short report was published entitled:

Defense

Coast Guard move to DoD?

Quote:

Rep Duncan Hunter, R-Calif., is calling for the Coast Guard to be shifted from the Department of Homeland Security to the Department of Defense, The Hill reports.

"Over time, the Coast Guard's mission importance has not been properly recognized or advocated for - as demonstrated by years of underfunded budget requests, and perhaps most clearly by this year's grossly inadequate proposed Office of Management and Budget funding guidance." Hunter wrote in a letter to President Trump, after reports emerged that the administration was considering a 14% cut in the Coast Guard's budget.

"The Coast Guard is a military force," Hunter added. "It deserves to be housed in a department that recognizes the importance of its mission, and has the capabilities to properly advocate for greatly needed resources."

Unquote

Follow up great news. Our Post Historian asked Coast Guard Captain John Hickey, Commander, Base Alameda about the budget cut that Rep Hunter discussed in the article above. Captain Hickey advised that the news about the cut in the CG budget has been challenged and the suggested cut will not be taken.

For anyone not too familiar with our Coast Guard history, you might recall that our Coast Guard has a birthday in August 1790 when it was part of our Department of Treasury. In 1967, it became part of the Department of Transportation. Then in 2003, it was integrated into the Department of Homeland Security. If we go to war, the Coast Guard gets integrated into our US Navy. Not everyone knows these important facts about our Coast Guard's history.

Additionally, when the big "E" strikes the Bay Area, the Coast Guard and US Navy have disaster emergency plans to conduct recovery operations. We can **Thank** our Post member **Major General Michael Myatt** for coordinating and directing these planning operations several years ago.

In other exciting Coast Guard news, two of CG Alameda Base National Security Cutters returned recently to Base Alameda after very successful drug interdiction operations conducted jointly with the US Navy. Coast Guard Cutter **Stratton** returned to home base after seizing 50,550 lbs.

of cocaine and heroin with a street value of almost \$700 million dollars. We are very proud of our Alameda Coast Guard who have removed a lot of addictive drugs from the streets of San Francisco and streets all over our nation. **Bravo Zulu.**

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Some very nice surprising news.

Many of us have not run into Cathay Post member Navy Commander Otto Lee recently. I just received a note that he recently retired and because most of us missed his retirement ceremony, here are a few photos we received. Congratulations Commander Lee, welcome to our Cathay Post retired ranks.



What happened?

As most of us have read on the media, in the past year, we had four major incidents/accidents with our US Navy ships running into civilian vessels in the Pacific. Two of the most recent events involved two modern destroyers, Arleigh Burke class DDGs, which have multiple, advanced sensor systems that detect ships on the surface and below the surface in the oceans. There were also sailors assigned on the surface/bridge of the ships to visually monitor ships in proximity and give warnings when other ships approach within a few hundred yards. But these two destroyers ran into civilian vessels despite multiple sensors and several sailors trained to visually scan the horizon and warn if other ships are approaching their own vessel. Media reports, including Defense News, published reports the past week initial investigations did identify severe breakdown in Navy procedures and poor decision making by the sailors on the bridge of both ships.

IMO, perhaps there is one variable that caused many sailors to have made simple, but deadly mistakes. That is fatigue. Yes, our Marines and Army troops are exhausted, but all our military services are over extended and pooped after over 16 continuous years of war. If our national leader(s) wants to start another war, we better be putting the burden of war on more than 1% of our population. It is just too much stress for 1% of our population to fulfill our continuous, long term wartime manning requirements. The OPTEMPO is just too high, which is, IMO, one important reason we have had four major incidents involving our Navy ships this year.

Do we have sufficient military manpower to go to another war against North Korea?

Do you remember . . . Just a few weeks ago, when we rumbled.



Lunch at Cathay Post for our the USS Essex Navy crew and 1st Division Marines

Our annual honorable shindig was held this year on October 16, 2017 during Fleet Week at our new digs on the first floor of our remodeled Club House. Many of US Navy crew from the USS Essex and accompanying members of our Marine Corps, 1st Division visited our Post and we thanked the active duty warriors for their exception service to our Country. A good time was had by all, despite a damaged and unyielding keg.

President Trump to meet the Emperor of China?

Recent media reports that President Donald Trump sent a congratulations message to President of China Xi Jinping (XJP) and noted that Trump had referred to XJP as the Emperor of China. What gives? Our Historian reports that after the Chinese 19th Communist Party Congress held from 18-24 October in the Great Hall in Beijing and after XJP was unanimously re-elected as President for another 5 years, Western media including the New York Times, the Washington Post, Foreign Affairs magazine, articles from the Wilson Center and the Henry Kissinger Institute have noted that XJP has been accumulating more and more power during his first five years as President. And with the election of a new Politboro Standing Committee (the seven most powerful politicians in China) who are closely aligned with Xi, his political power has appears to be growing immensely. Because XJP has accumulated a lot of political power, some people have called him the Emperor of China. His critiques forget that to run a country as large and diverse as China, with many tycoons (at least 600 billionaires), and other ambitious people, any leader of such a large country needs a powerful leader to get things done effectively. Such a leader must use good judgment and not be corrupt, or he becomes one of the many corrupt dictators in Mankind's history.

In the "I don't believe it" Department.

Last week a retired, very senior Marine Officer who now sits in one of the highest positions in the current White House, made some very interesting statements about China. The report published in **Global Times**, considered a voice of the Chinese government, might be considered "fake news," but the senior official has not denied the report. We are not publishing the report, but if you wish, click on the **Global Times** article reported in **Breitbart News**, considered by many as "alt right" media. You may be very surprised at the senior official's comments.

<http://www.breitbart.com/national-security/2017/11/03/china-praises-john-kelly-saying-communism-worked-chinese-people/>

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This lengthy Cathay Bulletin may be putting you to sleep right about now, therefore, we close with a special report on "Sleep." Don't nod off yet. This may be very beneficial to you.

The importance of adequate sleep.

Most of us know that sleep is important. After all, if our brain doesn't get to rest properly, most of we assume that if our brain does not get needed rest, we should not expect it to work right. U R right! Everyone who has any memory problems, instinctively knows that our brain is not working like it did, a few years ago. For some of us, our memories have been deteriorating decades ago. Inadequate sleep is a major contributor to memory lost. Don't you forget it!

Recent studies of many patients suffering sleep apnea and other sleep disorders have disclosed at least one alarming fact. As some of us get older, it gets harder to fall asleep, and sleep through the night. **Did I get your attention?**

Inadequate sleep which most seniors, and those approaching 65, are experiencing, does, **not may be**, have serious negative health consequences. We are talking about impacting your cardiovascular system, your immune and metabolic systems, and you're learning and memory systems. **Don't fall asleep on me now.**

Everyone needs to not just fall asleep, but fall into restful **deep sleep**. It is during deep sleep that our brain gets refreshed. If we don't get adequate deep sleep, we will be more vulnerable to the issues we just mentioned. In simple English, we are talking about heart problems, obesity, stroke, and brain shortcomings that **can lead to Alzheimer's disease**. If this information does not scare you, I confess that I am pretty scared. Who doesn't get a good night's sleep these days? Especially with all the good news we get each day, we can assume that many, many people are not getting sufficient deep sleep and proper brain rest and recovery.

Many experts recommend not watching the news late at night, maybe don't even turn on the news after dinner. If you need to detox yourself from alarming information and bad news, you may wish to consider meditation. Just do something to forget how ugly the world has become, and think positive and good thoughts for at least 30 minutes to get you ready to fall asleep. Do this before you put on your jammies.

There is nothing much scarier than losing so much memory, that you don't know who your best friends and family are, and the scariest is to forget who you are. YIPES!

Do not consider this report as definitive of the important sleep advice. This article is not written by a neurologist and sleep specialist. If you can't sleep or need to get more facts. Suggest reading the book, "**Why we sleep**" (Scribner) by Dr. Mathew Walker, Director of the Center for Human Sleep Science at the University of California, Berkeley.

When you are through reading "**Why we sleep**", I would like to borrow it from you, then circulate it throughout our post.

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Post Everlasting

Some of us knew Colonel Benson Hom, US Army, a Korean War veteran and very active veteran and servant of his community in the Sacramento area. While on active duty Colonel Hom served in the Pentagon with the Pacific Joint Command doing strategic studies, and was Commander in Military Intelligence for many years. In his civilian life Hom was Commander of the Communications Section of the California Highway Patrol. Hom joined Post Everlasting on October 25, 2017 and we send our deepest condolences to his family which includes Lt. Col. Milton Hom, US Army, retired.

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Until our next issue, see you at our next Post meeting the coming Saturday, Nov 11, 2017. Same Bat time, Same Bat place at 1524 Powell Street. We will be celebrating Thanksgiving with turkey, ham and all the trimmings. See you there to enjoy the food and comradeship.