



CATHAY DISPATCH

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HISTORIC FIRSTS FOR AMERICAN LEGION POST 384 & POST 105

By Commander Helen Wong

History was made in March 2021 when Cathay Post 384 and Redwood City Post 105 hosted Congressional Gold Medal (CGM) Ceremonies for Chinese American WWII Veterans. While the San Francisco Post only presented two Veterans, Alfred Chan and Sherman Young, with their medals on March 20th due to the uncertainty of receiving more medals on time, Redwood City hosted seven Veterans and family members in person and on Zoom March 27th. The Peninsula area Veterans who received their medals were: Grace T. Lee (the most senior of the group at age 103!), Wai S. Chinn, Raymond Choye, Sr., Arnold M.K. Hee (virtually to his

daughter), Wing Yoke Lai, Henry Louie, and Alfred M. Suen. Rear Admiral (Ret.) Jonathan Yuen appeared on ZOOM to bring greetings on behalf of the Speaker of the House Nancy Pelosi to recognize and thank them for their service. While Cathay Post is turning 90 years old, it has never had the opportunity to host and present Congressional Gold Medals (as far as members know), and which the Redwood City Post also has never done in their almost 102 years. Another first was Commander Helen Wong and Board of Director Raymond Wong (representing Veterans of Foreign Wars Post *Continued on page 2...*



Top Left: March 20-CJ Reeves, CDR Wong, VFW CDR Ray Wong, Mrs. Chan, Alfred Chan, CACA Oakland Doug Wong, CACA SF Davace Chin, VFW Chaplain Bob Buchart; **Top Right:** March 20-Sherman Young & son Nathan; **Bottom Left:** VFW CDR Ray Wong, 103 y.o. Grace T. Lee, CDR Wong, Melanie Chan; **Bottom Right:** CDR Wong, Henry Louie, VFW Ray Wong, Melanie Chan

CATHAY POST 384 AMERICAN LEGION 2020-2021 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Charles Paskerian
- Adjutant:** Ernest Stanton
- Finance Officer:** Vacant
(G. Tsang to cover)
- Secretary:** Vacant
(Aaron Low to cover)
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- Judge Advocate:** Stan Ellexson
- Jr. Past CMDR:** Nelson Lum
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4618 as Commander) being part of the Bay Area CGM Committee of the Chinese American Citizens Alliance (CACA) which organized lobbying Congress for support of the Congressional Gold Medal for Chinese American World War II Veterans Act signed into law in December 2018. CACA also did major fundraising for the medals so that registered living Veterans and families of deceased Veterans would receive a medal at no cost. The Bay Area has the most living Veterans so it was a big job to contact them and confirm the ability to receive the CGM in person and then schedule them. Also in the month of March, 7 other Veterans received their medal at their homes: Arthur Wong, Luther Lee, Jr, Everett Lee, Chester B. Lee, Bing N. Yee, Thomas Lee, and James Wong.

Many thanks to National President Melanie Chan who lives on the Peninsula for delivering the main speech and Post 105



Above: Wai S. Chinn getting his CGM



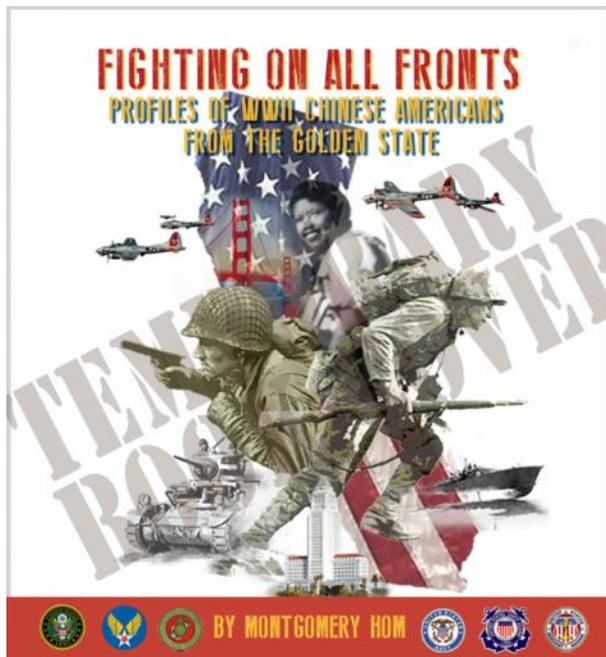
Above: Wing Yoke Lai served with the Flying Tigers 14th ASG

Commander Romie Bassetto for hosting the Redwood City ceremony which was very well received by the Veterans and their families. Many more thanks for the volunteers who helped with setting up the tables/chairs, decorations, reception food, photos and videos of the ceremony especially from Dara Wong, wife of Raymond Wong.

Photos courtesy of Dara Wong



Above: VFW CMDR Ray Wong, James Wong, RAD Jonathan Yuen, CMDR Wong in Palo Alto



A Chinese American GI Project:
Fighting On All Fronts
Profiles of WWII Chinese Americans
From the Golden State,

by military historian Montgomery Hom,
is anticipated to be available in April 2021.

A \$27 book pre-order price continues through April 1, after that the book will be \$35.

Pre-orders for \$27.00 can be placed [here](#).

Half of this book is full of new original content about the Chinese in California who served in World War Two. It also includes heartfelt tributes from the families.

This book's significant historical information honors the Chinese American story and their service for American for future generations. The book contains • 238 full color pages • 150+ heart felt tributes • 100+ historical individuals showcased • 100+ pages of new original authored content • Custom cover art by renowned illustrator Russell G. Chong

Thank you in advance for your support of our Chinese American WWII Veterans.

WWII Chinese American G.I. Program: <https://chsa.org/wwii-chinese-american-gi/a>



AROUND THE COMMUNITY

DON'T MISS OUT! [ORDER YOUR COPY TODAY](#)

HERE IS A SNEAK PEEK: FIGHTING ON ALL FRONTS — BY MONTGOMERY HOM



Above: A peek inside history



Above: 10-11 Sino Japanese War



Above: 16-17 SF Chinatown



Above: 102-103 Air Force



Above: 140-141 Factory Workers



Above: 180-181 Navy



Above: 202-201 immigrants



Above: 216-217 CGM



FROM OFFICE OF 1ST VICE COMMANDER GEORGE TSANG

Hundreds rallied over the weekend in St Mary's Square in San Francisco to protest anti-Asian hate, publicly sharing grief and rage over local and national attacks that have left multiple people dead and prompted a reckoning over the ways racism manifests in the diverse Bay Area and to call for an end to violence against Asian Americans. Organizers of this event were The Chinese Consolidated Benevolent Association, The Wah Ying Club and The Chinese Chamber of Commerce.

From March 2020 to February 2021, the group Stop AAPI Hate received reports of 3,795 hate incidents throughout the country, including

1,691 in California and 142 in Santa Clara County. In January, videos with footage of an elderly man getting shoved to the ground while walking in Oakland's Chinatown. In another video, a man slammed an 84-year-old man into a driveway in San Francisco where he later died.

Former San Francisco Superior Court Judge Julie Tang told attendees that they were there "to say no more Asian bashing and hate crimes," while S.F. police Chief Bill Scott drew loud applause when he told the crowd, "Hate is the virus and love is the vaccination."

In attendance were District Com-



mander Nelson Lum, Comrades Don Gorwky, W.T. JeanPierre, Alicia Ponzio and myself. Also attending were support members Virginia Yee, Sherman King and Joel Yu.

Here are some photos from the rally:





AROUND THE COMMUNITY

On Saturday March 27th, at 11 am there was an important March from SF City Hall to Sf Union Square, Cathay Post 384 support this effort by the "Chinese Consolidated Benevolent Association", and many attended the Parade led by our Past Commander Nelson Lum.



This Hate problem is long standing in our San Francisco, a Sanctuary City, that most San Franciscans feel is totally inappropriate. It has affected many groups in the last few months. The Armenian Christian Church Sunday school and offices on Commonwealth Drive, were completely

destroyed by fire, and destroyed the Armenian Christian Public School had hate graffiti on its walls. These both were declared hate SF Hate Crimes. In addition, other Christian Churches and many Jewish Synagogues have been attacked in the City. This must stop. I am proud our Legion Post is doing its part to stop these tragedies.

ORATORACLE / BOYS STATE UPDATE

Colonel Bullard advises that he has three Candidates who were considered for the 'Legion Oratoricals'. All three were from Lowell High School. They were: Donald Denton Aisnworth, Yiyuan Chen, also interested in Boys State, but not eligible until 2022; and Michael Brand, also not eligible for Boys State until 2022.

Jay advises that while Post 384 has four available slots, the following three have qualified so far: Vincent Fang - Lincoln HS, also in JROTC; Jack Cen - Lincoln HS, also in JROTC; Lachlan Gran - Saint Ignatius College Preparatory

District 8 Boys State orientation will be April 17th at 1pm

This Boys State session will be the 2nd time California has held an online Boys State.





COMMUNITY

I'm writing this after a bittersweet incident in our locale – North Beach/Chinatown. The sweet part was the auspicious ceremony held at Cathay Post 384, where two (2) WWII Chinese Veterans were presented with the Congressional Gold Medal for their service during the war. But at the same time, an organized gathering was happening on Grant Street. This was the bitter part. Why are Asian Americans still being targeted with random acts of violence?

On Friday, March 19, VA Secretary McDonough ordered flags at half-staff to mourn the tragic events befallen the Asian American community in Atlanta. This was done as a show of support to all Veterans and Department of Veterans Affairs (VA) employees affected by this tragedy.

American exceptionalism and strength stem from our ability to bring together diverse peoples and perspectives, united in our pursuit of life, liberty and happiness.

Asian/Pacific Island Americans are an integral part of our American cultural mosaic, encompassing a wide range of diversity. These communities consist of approximately 50 ethnic groups speaking over 100 languages with connections to Chinese, Indian, Japanese, Filipino, Viet-

namese, Korean, Hawaiian and other Asian/Pacific Island ancestries.

An estimated 2 million Asian/Pacific Island Americans have served on the front lines during this crisis. They make up 7.3% of our population and 38% of the SFVA staff.

There is no room in America for such hate. We need to come together now to redouble our efforts to eliminate the taint of racism. We voice our support for our fellow Americans of Asian and Pacific Islander descent, including over 30,000 VA employees, 60,000 active-duty Service Members and 300,000 Veterans.

RAMADAN

With the start of Ramadan on April 12, 2021, I thought this would be a great time to support our Muslim Veterans and Service Members. Thousands of Muslims have served in the military since at least the Civil War. The military has made huge strides in making Muslims and other religious minorities feel welcomed. Guidelines say that hijabs and turbans can be worn in lieu of traditional headgear. The US Air Force has granted a religious accommodation to an active-duty Sikh airman, which allows him to wear a turban, beard and unshorn hair in accordance with (IAW) his faith.

So, what is RAMADAN?



The ninth month in the Islamic calendar, Ramadan is the most sacred month of the year in Islamic culture. Muslims observe the month of Ramadan, to mark that Allah, or God, gave the first chapters of the Quran to the Prophet Muhammad in 610, according to the Times of India. Fasting during Ramadan is the fourth of the Five Pillars of Islam. Observant Muslims fast from sunrise to sunset. The observance of Ramadan is very personal and individual and is a time for sacrifice and renunciation, as well as a period of reflection and spiritual growth.

So, what are the Five Pillars of Islam?

- * Shahada – faith in the Islam religion
- * Salat – pray five times per day facing the direction of Mecca
- * Zakat – give support to the needy
- * Sawm – fast during Ramadan
- * Hajj – make the pilgrimage to Mecca at least once during one's lifetime

Just for a little holiday fun, see if you can identify each of the 13 various languages for saying 'HAPPY EASTER' around the world. I selected 13 as a sign of luck. There is an actual phobia to the number 13 called Triskaidekaphobia. The superstitious Italians, however, embrace the number 13. They use the phrase fare tredici, which means literally to do 13 or simply, to hit the jackpot! It is in that spirit, that I give to you the 13 different ways to express HAPPY EASTER! Buona Fortuna/Good Luck! Correct answers to be printed in next edition.

Joyeuses Paque
Frohe Ostern
Buona Pasqua
Felices Pascuas
God Paske

Geseende Paastees
Kalo Pascha
Melkam Fasika
Vrolijk Pasen
Szczesliwej Wielkanocy

Feliz Pascoa
Bona Pasqua
Paste Fericit





What would Easter be without a poem?

THE FIRST GLAD EASTER

The first glad Easter morning
On the first day of the week
Came Mary and Magdalena
To the tomb where Jesus did sleep

And as they reached the sepulcher
They saw the stone rolled away
Stooping, they entered the chamber
And saw his clothes where they lay

Then a man appeared in white garment
Saying, whom came you here to seek
He is not here, he is risen
Then Mary began to weep

What have you done with the Master
And will you not tell my why
She heard a voice say gently
"Come Mary, why do you cry?"

She gave a cry of rejoicing
Ran quickly to his side

Pray, do not touch me, Mary
I am not yet glorified

I must return to my father
His blessing, I must receive
I shall return to you shortly
And teach others they must believe

Mary, her heart filled with gladness
Ran telling the news o'er and o'er
How Jesus the Savior is risen
And he is alive EVERMORE



Can't we all just get along? What a great place this would be if everybody could just trust and be accountable. It's everybody's job to accept everyone. Enjoy this funny story.

IT IS NOT MY JOB

This is a story about four people named ANYBODY, EVERYBODY, SOMEBODY and NOBODY. There was an important job to be done and EVERYBODY was sure that SOMEBODY would do it. ANYBODY could have done it, but NOBODY did it. SOMEBODY got angry about that, because it was EVERYBODY's job. EVERYBODY thought ANYBODY could do it, but NOBODY realized that EVERYBODY wouldn't do it. It ended up that EVERYBODY blamed SOMEBODY when NOBODY did what ANYBODY could have done.



WHAT'S NEWS AROUND THE VA

By Sergeant at Arms CJ Reeves

President Biden is directing states, territories and tribes to make ALL adults eligible to receive COVID-19 vaccines by May 1. With the increased number of vaccines ordered for the United States, providers across the nation should be able to vaccinate 2 million people per day. We are now able to offer vaccines to ALL eligible, VA-enrolled veteran patients at the SFVAMC. To make an appointment at the SFVA Fort Miley campus, call the new vaccine hotline number at 415.750.2223.

When coming to the VA campus, be mindful to wear your facemask. President Biden has mandated face masks a requirement on all federal property and lands – inside and outside, at all times. In a major accomplishment across the nation, the VA has fully vaccinated 1.5 million Veterans and employees. Also, early March saw the arrival of a third vaccine, when the Johnson and Johnson/Janssen vaccine was approved and an Emergency Use Authorization – the same authority that was used to ap-



prove the Moderna and Pfizer vaccines. This vaccine is just a single-dose regimen, instead of two, and does not require the cold refrigeration of mRNA vaccines. This makes it much easier to distribute and store. The Department of Veterans Affairs will receive about 70,000 doses of the new vaccine by mid-March and more in the future.

While the state of CA continues to

move into less-restrictive COVID-19 tiers, it is vital that we all continue to employ the protective measures that minimize the spread of the virus – wear your masks, stay at least 6 feet apart and WASH your hands consistently. Yes, even if you are fully vaccinated, stay vigilant and continue with these protective measures, in order to protect all of us.

SFVA FORT 'MILEYSTONES'

By Sergeant at Arms CJ Reeves

- ◆ *As of March 18, 2021, the SFVA has distributed nearly 12,000 vaccine doses to about 3,322 employees and 8,674 to Veterans*
- ◆ *SGT@ARMS CJ surpasses 3,000 hours for the first half of Fiscal Year (FY) 2021*
- ◆ *SGT@ARMS CJ and SFVAVS Representative for the American Legion exceeds 10,000 cumulative hours for volunteering in mid-March*





FOCUS ON HEALTH

WHAT ARE THE BEST EXERCISES FOR SENIORS? ALSO GOOD IF YOU ARE UNDER 65.

By Roger Dong

All us senior guys and gals know we should be doing exercises, but what are the best routines to do that will help us, and not hurt us? This month's Harvard Health Letter gives us this advice:

After a long winter, and sitting out the pandemic, we seniors need to learn what the best and most important exercises to help us while we struggle with our aching bodies and creaking joints.

The basic strategy is to build up our Core Muscles. These muscles are key to supporting our lower back and foundation for standing up, getting out of a chair, bending, lifting, and maintaining balance. These core muscles provide stability for the above and below our mid-back, Or thoracic, spine which is involved with twisting and turning, and our hips when we move in any direction.

Where are the core muscles? They extend from our lower rib cage to our buttocks. (Pardon my French!)

Some of us may remember doing sit-ups and crunches. Now we know that these two routines are not as effective as we had hoped. They do strengthen some muscles, but they also pose some risk for us seniors!!

Here are the latest and best routines to emulate:

Before you do any exercises, it is highly recommended that everyone do a few warm-up movements. March in place for 5 minutes and rotate your arms to promote circulation.

If you are not in best condition, start slowly and gradually increase the repetitions to the recommended 10 repetitions.

1. **Bridges:** On your back, with your arms at your sides, lift



and hold your buttocks off the ground. Tighten that butt. Repeat 10 times, not 9. (I know you can do this.)

2. **Modified Planks:** On our hands and knees, tighten the abdominal muscles and lower your upper body down to your forearms, aligning your shoulders directly over the elbows, and keep your feet above the ground. Keep back straight, holding in this plank position for 10 seconds. Repeat 10 times.



3. **Opposite Arm and Leg Lifts:** Kneel down on all fours with head and spine in line. Extend left leg off the floor while reaching straight forward with your opposite (right) arm. The arm and leg should be a straight line. Hold for 10 seconds. Then repeat the motion with the opposite arm and leg. Repeat this complete motion 10 times.



These core muscle exercises should be done daily. The motions will develop to tighten the core muscles so that the body will be more stable.

Cheers, and happy bridging, planking and lifting!

[Source: "[The Best Core Exercises for Older Adults](#)," Harvard Health Letter, April 2021, p6]



FOCUS ON HEALTH

DEALING WITH STRESS

Stress is one thing that is very harmful to our minds and our bodies; and the Pandemic gives everyone stress. Here's a suggested game plan to reduce stress.

By Roger Dong

These days we are all stressed out. And this is a problem that requires a plan to reduce stress. Stress harms human bodies in many ways, and the harm can negatively affect many organs in our body, including our brain. Here are suggestions for actions we all need to take to reduce the harm that stress causes.

1. Get all the sleep and rest you can. Most of us need 7-8 hours daily. We must follow a consistent sleep-wake routine that tells our brain that the world is safe. This will reduce anxiety and foster resilience. Set a routine for your resting time and your wake up time. Wind down about an hour before you get into bed. Disconnect from technology to avoid negative or upsetting sensorial input. Take a warm bath, read a book, reduce lighting and the thermostat. Toning down is essential to falling asleep.
2. After rising at the same time, get dressed and create a morning ritual. Relax and enjoy your java or juice or water (and my blueberry muffin). Do 15-20 minutes of yoga, stretching or meditation. During your day, take several breaks and do deep breathing exercises combined with quick tension movements e.g. make a tight fist with one hand and grip for ten seconds, repeat with the other hand.
3. Use positive language that is supportive, e.g. "This is a challenge, and I can handle it." Rather than being defeatist like "I'm overwhelmed."

Positive affirmations influences our feelings and affects our mood and thoughts.

4. Practice Compassion. Research has found that compassionate people are happier, more optimistic, more moti-



vated and more resilient. Treat yourself and others with kindness and understanding.

5. Do not be sedentary. We should all exercise at least 30 minutes daily. Aerobic movements reduce fatigue, and tension. Also improves alertness, concentration, sleep, mood and self esteem. Exercising in nature is more beneficial than as reduces more stress, lowers cortisol levels and blood pressure. The exercise routines can be broken up into partial intervals totaling 30 minutes.
6. Control your media input. The negative news in the media should be limited to small doses (no more than 10 minutes). Eliminate negative sources of social media. Seek positive

media sources to follow and focus.

7. Select activities that are positive and pleasant. These types of input gives humans a purpose and feelings of accomplishment such as volunteer work. Fulfillment experiences are also most useful, such as learning a new language, or a new hobby, or playing a musical instrument, or improving your tennis game. Our ability to improve our minds is good for the soul. These actions result in feelings of self-satisfaction and contentment.

8. Cultivate supportive relationships. People with good friends are emotionally healthier. Positive human interfacing is needed for a happiness and a healthy mind. Grandparents should be bonding with their grandkids. Remember to keep social distance and wear your face mask.

9. Be grateful. Especially with your family and close friends. We are all challenged today, all our close contacts should support each other to make us all stronger.
10. We recognize that each of us is different, but it is essential that each of us works out a plan to will help all reduce dangerous stress so that we can all age safely and gracefully.

[Source: "A Workout for your Mental Health," Elizabeth Bernstein, WSJ, Jan 19, 2021, A11]



FOCUS ON HEALTH

HOW'S YOUR BRAIN DOING?

*No one is 100% sure, but an "expert" has some excellent Advice.
Who is that expert? And how did he/she get the expertise?*

By Roger Dong

He is Dr. Sanjay Gupta, a medical consultant on CNN for 20 years. Dr Gupta is a practicing Neurosurgeon, so he knows about the subject matter, our brains.



One of his most meaningful medical successes occurred during the Iraq War. A Marine lieutenant was shot in the head, had no pulse, and was declared dead. However, he was not totally dead, because he still had a faint heart beat. Lucky for him Dr. Sanjay Gupta, serving as a war-time journalist was nearby. Gupta noted the faint heart beat, so removed his journalist badge and instantly reverted to being a doctor. He surgically excised the bullet from the Marine's noggin and voila! saved the Lieutenants life.

Subsequently, Dr. Gupta has traveled to and reported from many places, including: New Orleans after hurricane Katrina (2205), Japan after its 2010 earthquake, New Guinea during an Ebola outbreak (2014), Nepal after its 2015 earthquake, and in Puerto Rico after Hurricane Maria (2017). Not many other doctors have such varied experience with reporting from around the world. Today, Dr Gupta, consulting on CNN is 51 year old, may have 100 years of experience in medicine and journalism.

Gupta is an Associate Professor of Neurosurgery at Emory University and Assoc

Chief of Neurosurgery at Grady Memorial Hospital in Atlanta, GA.

His latest book is "Keep Sharp," which addresses a topic of keen interest to some of us, keying on the brain. OK, OK, some of us who are not really brainy, still have a lot of interest in our brains. Most of us think we are losing our minds, and are dying to find out how to slow down, or stop losing our ability to concentrate and recall.

I would give up my 401K to save my memory. So would a lot of people.

So, while it is suggested that you go out and buy Dr. Gupta's book, "Keep Sharp," here is poor man's summary of the key points in the Doctor's publication.

A word of caution, while his suggestions are generally sound and based on a lot of research, the brain is very complex, and we still have a lot to learn about our brains.

One key issue is that all our brains are different, and so, even following sound advice is not a guarantee that if you, or I, follow religiously these suggestions, that we will get 100%, or near 100% results. Nevertheless, I am following the guidance provided, as I have found no better advice elsewhere.

The Doctor "identifies five main contributors to brain health that people can control: being more active, keeping the brain stimulated, getting restful sleep, nourishing our bodies, and having a vibrant social life." You may not be surprised by these

suggestions, now just seriously follow the advice. Of course during these Covid-19 days, our social lives are not too vibrant. We will soon get our vaccinations, and our social lives will be better. Although we may still need to wear masks, and not hug everybody right away.

Following the guidelines recommended above, it is strongly believed that our brains can absorb some insults and injury without collapsing. A relatively healthy brain is believed to be able to withstand some harm and resist serious injury. This is almost an assumption, but an assumption that is worth assuming.

Studies with Parkinson's disease, reveal that motor exercise with humans taught to box reinforces function, balance and strength. It is suspected that that this activity also is beneficial for other mental issues including dementia and perhaps even Alzheimer's.

And what might one initial and least painful solution be?



Exercise, and a walking exercise is an easy and cost effective 1st step. Begin with **walking** for at least 30 minutes - five (5) times a week. The walk should include

...continued on page 13—SEE HEALTH



ROGER'S THEORY OF LIFE IN THE UNIVERSE—PART 2

ERRATA: Last month in my hypothesis that there is other life in our universe, I erroneously noted that our visible universe is composed of "millions of stars ringed by millions of planets." My statement was way off base, I was wrong by light years. A reader with a strong science background corrected my description of the visible size of our universe. What our astronomers can now see, is that our universe is at least comprised of "billions" of stars and "billions" of planets. I am sorry for downplaying the visible size of our universe, and truly apologize that no one of us will ever know how big, the universe, assuming it



has a size limit, really is. It is a trap those of us with small minds, cannot avoid.

But, what that means is, instead of millions of probable earthlike planets in the universe, it is more accurate to say that there

are "billions" of stars with "billions" of circling planets that should have environmental conditions that can support life. It is very narrow of me to assume that the life forms that develop in distant planets parallel our life forms. Even if there are other life-forms, there still could be life-forms similar to Earthlings.

For our readers who do not believe in evolution, then hypothesizing the possibility of life in other parts of the universe, is the crazy imagination of our author. You are entitled to your opinion, just as I am to mine.

MEET SU BIN - AKA: STEPHEN SU A VERY, VERY SUCCESSFUL SPY



Stephen Su (SU Bin) was a very, very successful spy. It is unbelievable how successful he was with a lot of unintended cooperation from many American businessmen and engineers who worked for our most advanced and sensitive defense firms. SU was operational from 2009-2014, before he and his intelligence collecting operations were finally exposed and neutralized. He collected around 630,000 detailed files on our newest Air Force Transport, the Boeing C-17.

Even more distressing were many, many data files on the development of our premier Air Force jet fighters, the Lockheed Martin F-22 and F-35, including our flight training plans. This multi-objective espionage effort lasted from

2009-2014. The harm done to our national security is un-measurable. Even Russian collection operations had not been this successful.

How was this done? Stephen Su cultivated and befriended many Americans and focused on key defense contractors and engineers and acquired their friendship. He wined and dined dozens of loyal defense contractors and did not 'squeeze' or blackmail anyone. His M.O. started with smiles and handshakes, and then persuading his American citizens that he was working for everyone's benefit. Through his contacts, he was able to convince many unintentional collaborators to provide him with passwords to access relevant files in the computers at Boeing and Lockheed. If it were just a few people, it would have been damaging, but Stephen Su recruited around 80 Americans, and no one seemed to have been suspicious of providing sensitive and classified information to a foreign national who was openly a Chinese citizen.

Continued on page 13...see CHINA

EVIDENCE OF NORTH KOREAN PANDEMIC



Russian Diplomats in North Korea who have not been able to leave the country due to the coronavirus pandemic, were recently seen fleeing the country on wheels, including buses, trains, and hand power rail carts. Departing N. Korea had been blocked as borders were closed, and exiting the country through China would have required a three week quarantine.

North Korea officially claims zero cases, a doubtful situation. They have been begging European embassies to get access to vaccines. The only exit was at the Russian border town of Khasan, which was near Vladivostok airport.

[Source: "Russian Diplomats Flee North Korea in Cart," Ann Simmons, WSJ, Feb 27 -28, 2021 A10]



CHINA

Continued from Page 12

We may all be shocked that our family jewels were so easily pilfered, but it really happened. Stephen SU, was not a typical Chinese visitor. He was a very affable businessman, kind and generous to his key American contacts. It is incredible that no one seriously suspected that they were sucked into one of the most damag-

ing intelligence operations targeting our most precious defense secrets.

One alarming reality is obviously this: Our defense of our defense businesses, (and other highly sensitive data. e.g. our OPM files in the White House), is highly inadequate. We should make it really hard for unauthorized people and hackers to access our data whether it is in government computers or the computers of our de-

fense contractors. It is their bad that they stole from us. It is our bad that they could do it so easily and not detected for years.

[Source: The Shadow War, Inside Russia's and China's Secret Operations to Defeat America, Jim Scitutto, HarperCollins Pub.]

HEALTH

...Continued from page 11

varying speed, intensity and effort. Adding strength training is highly recommended.



Next, a **healthy diet** is essential to "lessen the likelihood of obesity, diabetes, or high blood pressure." These problems are not good for brain health. In regard to diets, all of us should "minimize intake of refined

sugar (natural honey is a good substitute), and eat smaller portions. Minimize fast foods and deep fried foods. Omega-3 fatty acids from natural sources such as salmon and oily cold water fish is best.

Omega-3 nutrient is the most beneficial suggestion to support brain and cognition. Eating healthy and proper exercise are most effective before you get sick. Omega-3 nutrients are also available in flaxseed, chia seeds, and walnuts.

Once symptoms appear, you must still adhere to exercise and eating well to minimize further harm. Eating at least one serving of oily fish per week is highly suggested. Many of us are ingesting Omega-3 nutrients from supplements, researchers

are studying the value of this method of ingesting Omega-3 value and hope to have a response soon.

Not to be overlooked, but humans all need healthy **socializing**. Positive human interactions satisfies human needs and hormonal changes when we are happy and laughing with family and friends. We can't measure the positive internal reactions that happen when we have positive social interactions, but there is little doubt that socializing is good for everyone. Hopefully this will happen once we all get our vaccinations, and with quality face masks, we can all shake hands and hug again. We are all craving for normalcy; we all need it.



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 call **(800) 273-8255** and Press 1 to speak with a caring and qualified responder.

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

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

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



**WHAT HAS OUR
SERGEANT @
ARMS
BEEN UP TO THIS
PAST MONTH?**



TOP ROW: SGT@ARMS CJ standing at his COVID screening post; Easter 2019 at the SFVA Info Desk; MIDDLE ROW: SGT@ARMS CJ wearing his EASTER finest; CJ says STOP, COVID! BOTTOM ROW: CJ finds time to grab a frozen bite of ice cream; Legionnaires/Lions dual members donate lunches to front-liners; CJ in spirit at his daily post.





MARCH POST MEETING



CPT JAMES AHN MEMORIAL SCHOLARSHIP OPPORTUNITY



The annual CPT James Ahn Memorial Scholarship is available for application for a student who served in the U.S. Army Special Forces and is now a full time student.

The award is for \$1000.

REQUIREMENTS:

- Former Special Forces Service Member
- Full time student pursuing degree/certification completion at an accredited post secondary institution including graduate school, university, college, community college, or vocational/technical institution.
- Applicants must complete the application in full by June 1, 2021

For more information and an application check out the website:
<https://rotcconsulting.com/cpt-james-ahn-memorial-scholarship/>



SOLUTIONS TO MARCH'S PUZZLES

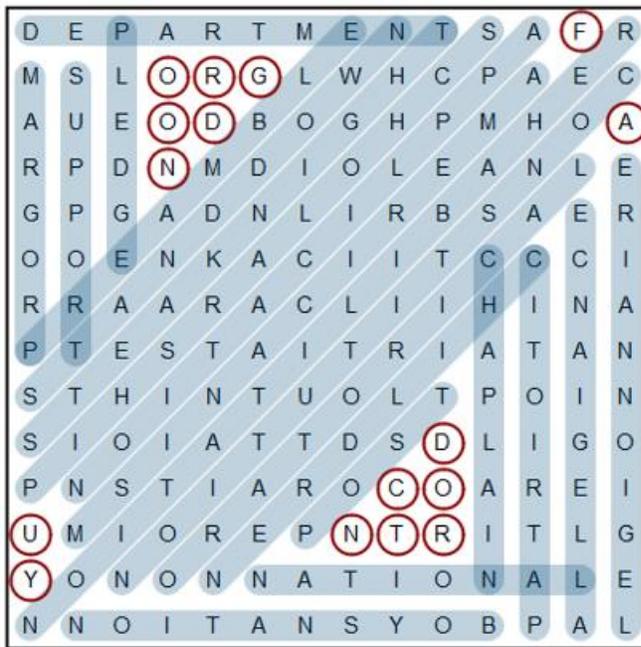
Did you solve everything?

WORD SEARCH SOLUTION

THE AMERICAN LEGION

was founded on Mach 15, 1919 by a group of WWI AEF officers and servicemen that met in Paris, France. Over the course of three days' time, these veterans held a caucus, and drafted a tentative constitution for a group that was called "American Legion." This marked the beginning of what became the largest wartime veteran service organization.

The hidden phrase: **'FOR GOD AND COUNTRY'**



- ALLEGIANCE
- AMERICANISM
- APPLICATION
- BOYSNATION
- CHAPLAIN
- CHILDREN
- CONSTITUTION
- DEPARTMENT
- LEGIONNAIRE
- NATIONAL
- ORATORICAL
- PATRIOTIC
- PLEDGE
- POST
- PREAMBLE
- PROGRAM
- REHABILITATION
- SCHOLARSHIP
- STAND DOWN
- STEAK NIGHT
- SUPPORT

JUMBLE SOLUTION

Here are the unscrambled words - Did you get all of them correct?

RTCEEPS
RESPECT

GIATTHRS
STRAIGHT

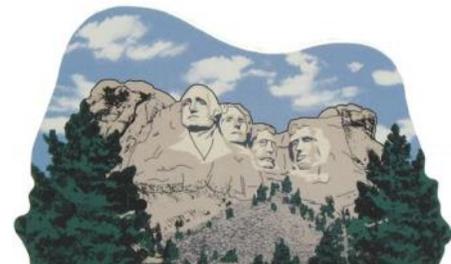
CEAMEN
MENACE

CRDOAMENM
COMMANDER

ROCETUN
COUNTER

CENOU
OUNCE

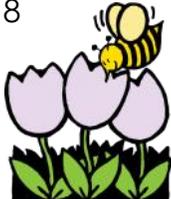
NELCU
UNCLE



MOUNT RUSHMORE



APRIL 2021

SUN	MON	TUE	WED	THU	FRI	SAT
<p>CHECK OUT OUR WEBSITE: https://www.sfcathaypost384.org</p>				1 	2	3 
4 EASTER SUNDAY PASSOVER ENDS	5  GOLD STAR SPOUSE'S DAY	6 ALWMC MEETING 3:00 PM DIST 8 MEETING 4:00 PM	7  NATIONAL FORMER POW RECOGNITION DAY	8	9 POST MEETING 11:00 AM	10 REMINDER: 2ND ROUND OFFICER NOMINATIONS & ELECTIONS
11	12 	13	14  AIR FORCE RESERVE BIRTHDAY	15 PURPLE UP! DAY (MIL KIDS WEAR PURPLE)	16	
18 	19	20 	21	22  EARTH DAY	23  ARMY RESERVE BIRTHDAY	24 
25 	26	27 	28	29 	30  MILITARY BRATS DAY	NATIONAL MILITARY BRATS DAY

FUN FACT:

The POW / MIA flag, also known as the League of Families POW/MIA flag was designed in 1972 by a former WWII pilot, Newt Heisley for The National League of Families of American Prisoners and Missing in Southeast Asia. Depicted at the center are a silhouette, a strand of barbed wire fence, a guard tower, POW MIA, and the words, "You are not forgotten." In 1979 Congress and the president proclaimed the first National POW / MIA Recognition Day (observed every 3rd Friday in September). In 1982 the POW / MIA flag became the only other flag to fly under the Stars and Stripes at the White House. National Former Prisoner of War Recognition Day, which is different than National POW /MIA Recognition Day, was designated by an Act of Congress in 1989, and is observed annually on April 9th. In 2019, the president amended PL 116-67, Title 36, Section 2 such that the POW / MIA flag display days are on all of the same days tha he National Flag is displayed.