



CATHAY DISPATCH

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TIME TO SPRING FORWARD

By Commander Helen Wong

In the month of March with Daylight Savings time ending, we had to “spring forward”. Besides spring forward time wise, it seemed to be a perfect mantra for these coming months as we pass a trying year of living: 1. with the COVID-19 pandemic causing over 500,000 deaths in the U.S.; 2. with a rise in anti-Semitism, anti-Armenians and anti-Asian American violence; 3. with Black men and women killed by police; 4. with mass shootings and deaths at the hands of gunmen who easily bought weapons to kill fellow Americans; and 5. with the most unthinkable January 6, 2021 attack on the U.S. Capitol, the home of democracy. It’s time to spring forward in a positive way. Spring time is the time of renewal, of new growth after a winter of dormancy, of hope for better times with a new President and Vice President which is greatly needed, of moving forward in thinking, and of helping one another in humanitarian ways. One example is the 75 year old Chinese grandmother, Xiao Zhen Xie, who was attacked by a white man on Market Street in San Francisco March 17. She fought back and sent her attacker to the hospital. She was injured and it left her traumatized according to her family. Her grandson used GoFundMe to raise money to pay for her medical treatment and therapy. It far exceeded the goal and at nearly \$1 million dollars, the family

said all the money will be donated to fight anti-Asian racism. Her grandson John Chen said “We as a community cannot stay silent nor be silenced anymore. That is why our family plans to donate ALL funds generated in this GoFundMe to help the AAPI community recover, and combat racism.” The San Francisco Giants honored her and her family at their first game of the season for their action in doing their part.

Stop AAPI Hate recorded 3,795 incidents between March 19, 2020 and February 28, 2021. But it could be higher as many incidents are not reported. I have a non-Asian veteran friend who thinks that Asians should not bring more attention on the Anti-Asian hate as it may enrage non-Asians to act out more violently. To which I replied, why should we stay silent? Why should we be the “model minority”? Why should the Black and Latino communities say nothing while our people are being assaulted and killed? It’s time to take action. The only way to change is to acknowledge something needs to change. While we cannot “Fall Back” to pre-COVID-19 times, pre-rise in violence, we all can do our part in speaking out and not be victims during these challenging times. We are all Americans and we deserve justice and equality! Time to Spring Forward!!



Above: 1951 WWI-WWII St. Mary’s Dedication



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SPECIAL EVENT: Challenges and Experiences of Chinese American Veterans



Chinese American Citizens Alliance
Presents



Unveiling of the film
"We Served with Pride-
The Road to the Congressional
Gold Medal"

Followed by a panel discussion.

Saturday, May 15
2pm PDT, 5pm EDT

Film premiere and panel discussion by Chinese American veteran and retired flag ranked Officers

Join us as we premiere the film "We Served with Pride - The Road to the Congressional Gold Medal" which will be followed by a panel discussion with WWII veteran and retired Chinese American flag-rank Officers as they discuss leadership challenges or unique experiences that they faced and their accomplishments in positions of responsibilities.

Moderated by

Ed Gor, National Director, CAWWII Veterans
Recognition Project
Past National President of Chinese American Citizens
Alliance (C.A.C.A.).



Guest Speaker

Pamela Young, Emmy and Peabody award
winning Broadcast Journalist with KHON2
in Honolulu, Regional Vice President for
the National Academy of Television Arts &
Sciences, NorCal, and contributor to
MidWeek, Condé Nast, and Off Camera
periodicals.



More info and Registration here:

<https://www.eventbrite.com/e/experiences-and-challenges-of-chinese-americans-veterans-registration-151338879663>



ST MARY'S SQUARE CHINESE VETERANS MEMORIAL

On March 11, 1954, the San Francisco Recreation and Parks Department approved at the request of Lim P. Lee, Chairman of the Chinese American War Memorial Committee, permission to hold a formal dedication of the Chinese War Memorial Plaque, at St. Mary's Square on Memorial Day, May 30, 1954.

the American Legion Cathay Post 384, and The Veterans of Foreign Wars Chinatown Post #4618. On the face of the Plaque are both inscriptions of The American Legion, and The Veterans of Foreign Wars. The Plaque was presented and dedicated by both organizations to Chinese Americans who lost their lives fighting for the United



Above: photos circa 1954, courtesy of Nestor Tom

Mr. James Hall, and Mr Quan, were present at the meeting, and informed Commissioners of their desire to hold dedicatory ceremonies for the placement of a permanent bronze grille and structure for the Chinese American War Memorial in honor of servicemen of Chinese ancestry killed in line of duty in WWI and WWII.

States of America.

Cathay Post & VFW will host an in-person joint ceremony on May 30, 2021 at 3PM. Last year was the 1st year we had to cancel the ceremony since 1954.

On motion of Commissioner Parr, seconded by Commissioner Dippel, the dedication of a permanent War Memorial was approved.

Together, in 2018, after 64 years of outside weather exposure, both The American Legion Cathay Post 384, and The Veterans of Foreign Wars Chinatown Post #4618, decided it was time to participate and raise funds for the restoration of the Bronze Plaque Memorial and Structure.



Above: current restored plaque

The First Dedication Ceremony of the Plaque at St Mary's Square took place on May 30, 1954. This was a joint venture of

In addition, our Memorial was accepted by the "100 Cities/100 Memorials", as one of the first 50 in the United States honoring WWI Veterans and they participated partially in financing this restoration.



Above: 2019 Dedication VFW & Cathay Post members



PICKING UP ON ROGER'S THEORY

Picking up on Roger Dong's theory of Life in Space, I served in my last year of USAF service after, Korean service, as a USAF Officer, also trained in Missiles Control, and Electronic Counter measures, in small Unit of the USAF, called the " UFO Command", in 1956, before discharge.

This Uni has been top secret up until 2020, when the US Navy advised that "they had been sending UFO sightings to the USAF for many years". They came to our team in a remote area of Washington State that had very elaborate electronic tracking equipment, and advanced radar.

There was a USAF General Officer on duty 24 hours a day in Colorado Springs to whom we reported any incident we observed or received from another source, like the US Navy. OUR

Site ran 24 hours a day , 7 days per week. The Commanding Officer on duty at our site, like me, had a red telephone on our desk, and we could immediately connect live to this USAG General in Colorado Springs.

I can now tell you unequivocally that there are Unknown Force in our outer space that show control of action, unheard of speeds, at that time, and were visible to us many times.

Someday... we can discuss this at a Legion Meeting.

CHUCK'S RECIPE FOR BEEF STROGANOFF

Made many times, family had for Easter, and a Birthday, Party April 4th. The recipe can be cut back, as this one is for 12 people, but 6 ate the whole thing in one setting!
Yum, Yum!

CHUCK'S BEEF STROGANOFF

INGREDIENTS

3 lbs. strip sirloin
1/1/2 lbs. mushrooms
6 medium sweet onions
1-2 full gloves garlic
9 tbsps. cognac (or white wine)
1 small container of sour cream
24 oz. of heavy whipping cream
8 oz beef stock to moisten, or as needed, (do not make too juicy)
Butter, olive oil, salt pepper

SERVES 12

PREP TIME: About 15 min

COOK TIME: About 2 hours

COOKING INSTRUCTIONS

1. In good deep saucepan, or crock, put olive oil and butter to heat to foam, but do not overheat or burn.
2. Sauté onions on medium heat until translucent, remove from pan, or leave in big pan, and use separate sauté pan for mushrooms.
3. Add butter, sauté mushrooms on medium heat, 3-4 minutes, do not overcook. (sometimes due to size of recipe can do this in a side sauté dish, while onions cooking).
4. Add mushrooms back to big sauté pan with onions, in it, add garlic, basil, and mix while on low heat. Now remove total mix to a side pan from big sauté pan.
5. In big sauté pan add oil, on medium heat brown meat strips, flouring, so they do not stick to pan, cook unit brown on both sides, keeping each piece separate, do not allow them to stick together.
6. Turn heat to low, and return rest of ingredients back to big sauté pan, including meat, and mix gently, then add 9 tbsps. of cognac (or the white wine), salt pepper to taste.
7. Add all 24 oz. heavy whipping cream, stirring in slowly on low heat, add sour cream mix slowly, but do not make too juicy, may use less than whole container of sour cream. Simmer 3 minutes, no more.
8. Raise heat to medium and cook until meat done. Sometimes, can take over 2 hours, depending on the meat. Check as cooking for tender meat, should fall apart to be done.

Wide egg noodles are traditionally served with Stroganoff, but you may use baked potato, rice, etc. If using egg noodles: while cooking Stroganoff, toward end, heat butter egg noodles, serve under the Stroganoff in a bowl.

ENJOY!



FROM OUR SERGEANT AT ARMS CJ REEVES

Last year 2020, we celebrated the 200th anniversary of the life of Florence Nightingale. She was named for the city of her birth, Florence, Italy. Also, she was nicknamed Lady with the Lamp, because she held a hand lamp while caring for soldiers in the night. She later moved to the UK and became the world's first nurse, after travelling to Turkey to care for British soldiers, injured during the Crimean War in 1850. She was born on May 12th. Thus, National Nurses Week was born. National Nurses Week 2021 will kick off on Monday, May 6, 2021 with Nurses Appreciation Day. Let's thank a nurse today for all they do. I want to personally thank Florence Nightingale for her dedication to soldiers and her forward-thinking theories. She was totally loyal to her profession, rebuking two marriage proposals and never having children, for fear it may impede her work as a nurse. Allow me to show all nurses a little love with a poem.



Nurses are like other folks
They work and sometimes play
They have a schedule they must keep
Whether night or day



She listens to the moans and groans
He is something like a preacher
They tell their troubles to the nurse
He is a busy creature

They know it is a thankless task
For nurses everywhere
Be on your feet eight hours a day
It seems that no one cares

She has some grouchy patients
A lot of nice ones, too
If there were no more nurses
What would this old world do



Speaking of Florence Nightingale, I want to introduce to you another Nightingale. His name was Geoffrey Nightingale and he may not be as famous as the former one. Yet, Geoffrey Nightingale's claim to fame was the \$15 million dollars he raised to end domestic hunger using a human chain linked by hands. Hands Across America was his brainchild after being inspired by the New York City Ballet's rendition of "We Are the World". It was this idea that changed the landscape in our country just by holding hands.

Where were you?

Where you there on Sunday, May 25th, 1986 when 5-6 million folks held hands with complete strangers for 15 minutes in a human chain which snaked through 16 states and DC covering a distance of 4,125 miles from NYC's Battery Park and ending in Long Beach, CA, where the cruise ship Queen Mary was docked.

I received my event T-shirt, certificate and location designation in the mail to stand post in LA across from the Mormon Temple around noon time. Fortunately for me, I was stationed at the Presidio, so the distance wasn't a major hurdle. Luckily, my barracks' buddy had a car and a place in LA and as the photographer for the FOGHORN, he was interested in documenting this epic event. It's amazing that total strangers from all walks of life were able to connect at that place and that time, even if it was for only 15 minutes. How did we all become so jaded and hateful? I guess we were really onto something those 35 years ago. It's just some food for thought during these hateful times. The Washington Post's headline for the next morning read, "At 3P.M., Hands Were Lined and Voices Raised". I was there making history in a joint symbolic assault on domestic hunger and homelessness. I was standing against hate. It was a very small step that made such a huge difference and impact.



FOCUS ON HEALTH

HAVING SLEEPING PROBLEMS?

You are not alone, many people are not sleeping well today.

By Roger Dong

There is some surprising news about our sleeping problems these days.

Key new conclusions:

1. Don't chase sleep. Don't go to bed early. Don't sleep late. Don't nap.
2. Don't go to bed until you are sleepy. There is a difference between being tired, and being sleepy. You are sleepy when your eyes are drooping.
3. Don't stay in bed unless you are falling asleep. Tossing and turning in bed tells the

brain's association awake (and negative emotions) and being in bed.

4. Establish Daily routines. Eat and Exercise at the same times, but not too late.
5. Stick to your natural circadian rhythm. It is not easy to change from being a night owl, or early bird.

[Source: "Can't Sleep? Here Are Strategies That Work," Elizabeth Bernstein, WSJ, March 24, 2021, A12]

Here is a YouTube video that might help you get to sleep. It has been downloaded many



million times. I use it regularly. "Guided Meditation for Sleep Problems and Insomnia." https://youtu.be/L12_GAi2UQ0

LATEST FROM HARVARD NEWSLETTER - MAY 2021

By Roger Dong

Here are some quick tips for this month's Harvard newsletter:

1. During the day, stop and take some deep breaths. This helps us expand all regions of our lungs and eliminate secretions. This can be done along with anyone doing yoga exercises, or just take a five minutes and slowly take some deep breaths. Doing this reduces heart rate and blood pressure.

Try deep breathing around 30 minutes each day. This can be done in most positions, including sitting or lying down in a comforta-

ble position. Breathe in deeply and slowly, keeping your shoulders still and allowing your stomach to expand outward. Relax your belly as you exhale through your nose or mouth.

2. Take an afternoon nap. Research has revealed it help your memory and thinking skills. Nap, but don't nap all afternoon, as that may cause you to have problems sleeping at night. If you can't sleep at night, get out of and read a book, and get back in bed when your eyes are tired. Frequent short naps can help reduce the development of Alzheimer's disease. Long naps appear to worsen cognitive function - although this is

not a solid conclusion.

3. If you have knee problems, it may be due to your shoes. Recent studies have revealed that a stable, supportive footwear with thick soles can relieve some knee pain. Those who did not use a strong supportive footwear were twice as likely to report ankle or foot pains.

Back next month with more Harvard health tips.

[Source: Harvard Health Letter, May 2021]

HERE'S A SUGGESTION TO REALLY GIVE SENIORS, AS WELL AS NEAR SENIORS - HELP

By Roger Dong

Maybe some of us will not admit it, but as we have all aged, we tend to lose track of things, like our keys, our combs, our wallets, our check books, our umbrellas or our cell phones. Searching for our keys or cell phones take up a lot of time. We seniors don't have as much time to waste, especially as we grow older.

Here's a suggestion to make life less frustrating, and livable:

We should always put down or temporarily store things we will need to retrieve quickly. Even when we try, it is not always easy to locate our keys, wallet, or cell phone. So when it is not convenient to put away any of these live essential items, one way to recall a different location is to verbally speak out the

location. A recent personal example for your consideration. Last evening, I was away from my normal location and needed to temporarily store my cell phone. So, when I decided the new location for storing my phone, I uttered, "freezer, freezer, freezer." Not only did I not forget the location I had selected, I quickly decided not to store it in the freezer.





AI AND MEDICINE - THIS IS REALLY BIG DEAL

Artificial Intelligence (AI) technology has already impacted our lives, and it has achieved a lot more than most of us realize. Recall that a few years ago, Mr. Elon Musk, CEO, Tesla compared the appearance of AI to the discovery of fire. Adding to that view, Mr. Sundar Pichai, CEO of Alphabet (Google) opined that AI technology is "more profound than fire." These were hyperbolic pronouncements.

AI will impact many disciplines and dramatically change life for everyone. But first let's quickly review how AI has already changed our lives. Most of us engage with Siri and/or Alexa, both are robust voice recognition systems (invisibly implemented with AI) which links big computers power to our cell phones or personal computers. These two systems gives users control all kinds of linked devices (including security) in our homes. Also, these voice-bots can provide answers to many questions so that you don't always need to ask Dr. Google. There are also many YouTube videos covering this topic.

When we use a browser (Google, Bing, Duck go Duck) the browser searches nationally, then if necessary, globally, to get us answers. These systems also track and retain data about us, our searches, and sells that information to companies that will use that information to set up robo sales calls, or sell you things related to your searches. Amazon, tracks everything we purchase or browse, and will send you similar or related offers that will naturally grab your attention. It also sells knowledge of our purchases and inquiries to vendors. Everything we do on our digital devices is a record that can be accessed by many people (including law enforcement, intelligence [domestic and foreign]). We must all be aware that everything you, or I, may do, or say, on the Web can be used to exploit us, or maybe send you to jail. Foreign intelligence monitoring social websites, can find potential sources or manipulate agents of influence, which Russians have used.

Who doesn't love those GPS (Google Map, Waiz) systems, which provides us with direct route mapping information, and also alternate routes that are less crowded, or have traffic problems, we must avoid to get us to our destinations efficiently.



The list of AI aided systems and applications is extensive and includes: Customer Service, IT, human resources, finance, sales, real estate, medicine, law et al.

And we need to know this too. AI has already eliminated thousands of jobs, and it will continue to obliterate jobs for current and future generations. We retired old timers are very fortunate that we do not have to compete for jobs that are being replaced by systems or AI controlled machines. No job is safe, not even doctors and lawyers.

Let's talk about AI and Medicine. Be forewarned that we have limited space and our reporter has limited brains, so we can only cover part of the big picture.

AI has had a priceless contribution on this pandemic. Recall that it has taken around 10 years of research to develop a vaccine for most viruses. The Mumps virus was an exception - solved in four years. AI technology has fostered the research of dozens of potential vaccines, and we now have at least 3 vaccines that are effective in preventing death, or need for ICU hospitalization. This is a historical AI contribution. If it had taken ten years before we could begin vaccinations, millions of people globally would have died, with many, many more millions infections. Check out:

<https://spectrum.ieee.org/artificial-intelligence/medical-ai/what-ai-can-and-cant-do-in-the-race-for-a-coronavirus-vaccine>

Academia has been aware of the value of AI to medicine for a long time. In the 1980s Stanford University has been developing AI technology in medicine.

AI has had a major impact on radiology. Today, scanning with AI technology allows computers to detect cancer cells much earlier than the trained eyes of a radiologist, or a

urologist. Why? A human radiologist can scan as many as 50 x-rays in a working day. A computer with AI scanning can review and analyze millions of x-ray images in the same time. The AI application sorts and compares similar images and identifies abnormalities early in health problems. Small malignant cells are found before the human eyes can detect them. This type of early warning saves lives.

MRI and ultra-sound scans reveal potential health problems much earlier today to intervene before a problem becomes life threatening. It gives a physician an inside view of the body, before surgery which is very helpful.

Ultra sound system introduced me to my granddaughter when she was just about 7 months old and squirming around on my cell phone. I know she will be better looking when she grows up!!

Brain research is another great potential for dealing with dementia and other brain issues. Especially during this pandemic period when we are all feeling fear, anxiety and anger. Who is not depressed during this period? Depression will need to be treated for millions of our citizens to avoid early dementia and forecasted suicides.

AI contribution in medicine is huge, broad-based, and just beginning. This article cannot cover all the various medical disciplines that have been and will be impacted by AI technology. If this subject matter is of interest to you, you need to do more research. Dr. Google (You Tubes videos) can help you a lot. Here are a few to get you started:

[Sources: MD vs Machine: Artificial intelligence in health care. Harvard Medical School <https://youtu.be/xSDfma4VEx8>
<https://youtu.be/sNmK8PPNCLc>
Artificial intelligence in medicine Mayo Clinic, <https://youtu.be/ZWANjdQy5kE>
Deep Medicine: How Artificial Intelligence Can Make Healthcare Human Again <https://youtu.be/ZWANjdQy5kE>]

Read more about this topic: See AI at at this link: <https://www.sfcathaypost384.org/rc.html>



WHAT IS DARPA?

DARPA is the Department of Defense's Weapons Research Agency

The Defense Advanced Research Projects Agency (DARPA) was developed in 1958 by direction of President Dwight D. Eisenhower to conduct research and development of the most strategic systems for the offense and defense of America. The Russian launch of their Sputnik satellite alerted the U.S. for a need to accelerate our military R&D.

Knowing the potential power that DARPA would have, it was Eisenhower who recognized that DARPA had to be a DoD agency and warned about a potential Military Industrial Complex. He did not want that defense contractors to be part of this DoD research organization to avoid conflict of interests that would be in the best interests of defense contractors, and not necessarily in our nation's best interests.

DARPA's research has also benefited our civilian sector as their research has resulted in the development of products including the internet, GPS, and email.



Thank you DARPA.

It's staffing is composed of world-class scientists and engineers who come from industry, and universities, and federal government laboratories. These technical personnel are rotated every 3-5 years. Program managers are selected who have great technical skills and an entrepreneurial vision. HQ, DARPA is located in Arlington, VA (centered between the Pentagon and the White House).

This list of DARPA projects is quite long. Here are a couple of projects that have

piqued my interest.

Fast and maneuverable lightweight drones for our Air Force.

Lightweight combat robots for our Army.
Smart bullets using advanced sensors for snipers to hit specific targets precisely.
Submersible Aircraft - DARPA's Flying Sub for our Navy

The author of this article while serving in the Air Force worked closely with DARPA scientists to assess the threat of enemy weapons which were essential for developing counter-weapons. (Information for this report is sourced from open sources.)

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

HOW OUR AIR FORCE MIGHT USE AUTOMATION WITH DRONES

If you read about the research forged by DARPA to automate our Air Force and use drones, here is what I understand is in our future plans. How soon these plans will be in play, is the only question. DARPA calls these mixture of piloted and drones "Mosaic Warfare."

Automated drones change the entire air battle situation dramatically. Automated drones are already used for surveillance and reconnaissance. One next mission for the automated drone is to fly wing for a piloted jet fighter. With additional software, drones in a varying numbers can fly in formation with one or more piloted jet fighters. That will greatly increase the effectiveness of our manned fighters by saturating, confusing and attacking air defense systems and easing final target approach. Drones can also be armed with rockets to attack enemy aircraft or ground targets.



Above: USAF RQ-4 Global Hawk

Drones can also be used to accompany long range bombers, again to complicate the enemy defense systems by being very maneuverable decoys, and if armed, the drone can complete its mission by attacking air defense systems or air defense locations.

They will also be very valuable to protect our future airborne decoy transporters that can be used to transport many decoys into the proximity of the target area where

dozens of decoys can be launched support our offensive air operations. A large C-5, or C-17 transporter can be configured to transport dozens of decoys into the proximity of offensive air operations.

In terms of costs, drones are very cost effective. Without a pilot, and life support systems, drones will be developed much faster and much cheaper. Compared with the cost of an F-35 (\$80 million), many drones will cost around \$2 million. The maintenance crews for drones is miniscule compared to the teams of maintenance specialists who must support the life support systems for one or more pilots.

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



OUR US ARMY IS ALREADY AUTOMATED WITH MUCH MORE AUTOMATION COMING

DARPA isn't just supporting the Air Force, it is also supporting our Army. It will not be long until automated machines replace the foot soldier. There are still obstacles to overcome, but with Artificial Intelligence, in a few decades, maybe sooner, we will be deploying soldier robots, first to augment our human fighters, but eventually, it will be our robot vs their robot. We will not need as many human combat troops and that will reduce the cost of medical care for the wounded and reduce the size of medical support units. Robots also don't get PTSD. They also don't need medical insurance, or housing, or eat MREs and potable water in combat, and don't get paychecks or retirement pay. They don't need barbers, commissaries or BXs. Requests for R&R will be denied. A lot of money will be saved with Robby the military robot, if properly maintained, can fight 7/24. Future wars

will be resolved in short order. No more ten year wars.



Above: DARPA robot concepts

Cyber warfare will be advanced and everyone's military will try to foil the robots with electronic warfare tools. Today we are already using robots to carry heavy loads to keep our soldiers fresher, and reduce the fatigue of our combat troops. Robots are moving heavy weapons and support material for the foot soldier which makes the foot soldier much more

effective as they are not worn out by carrying heavy loads. Hooray!

We are already using automated vehicles with machine guns and cannons. Laser weapons are not far away. Warning: our enemies are likely developing similar combat systems.

This is the greatest threat to the American Legion (for humans). Maybe there will be an American Legion for robots.

Check out this YouTube video for an exciting preview of our future military: <https://youtu.be/IO3J1xHB5Mw>

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

WHAT'S HAPPENING IN NORTH KOREA?

We are receiving strange messages on the web about the situation in North Korea and we ask why people are suggesting that the North Koreans are going to test missiles and nuclear warheads. As we have previously reported, in September, 2017, during their 6th nuclear test in North Korea, there was a bad accident that destroyed their entire test site and multiple sources reported many deaths at the site. Since it was a nuclear test site, presumably the personnel at the test site were people involved with the test. If true, there would have been nuclear scientists include among the dead. It is not easy to replace nuclear scientists in a small nation like North Korea, so we can assume that this was likely a major setback to her nuclear program. I could be wrong, but we need some intelligence to support any other logical conclusion.

Ever since that September 2017 accident, there has been no further nuclear testing, but to distract outsiders, they have launched several missiles covering only a

range of a few hundred miles. I am reminded that unless an enemy missile lands on your head, a missile without a warhead is not a serious threat, and a missile without a nuclear warhead is just a big bluff.

One reporter claims that Kim Jong-un has ordered his military to ensure missiles are combat ready.

Another report has suggested that the North Koreans were planning to have 200 nuclear warheads by 2027. According to the Bulletin of Atomic Scientists, the North has around 40 nuclear warheads.

An NBC News reporter claims (without sourcing) that the North now has more nuclear weapons than ever, plus ballistic missiles that intelligence officials say could deliver a warhead to the U.S. If true, we are going to have to quickly take action to prevent any North Korean missile launch. In the absence of supporting evidence that the North is planning to start a nuclear war,



which she cannot win, Kim Jung-un is not stupid. The South Korean military with major air superiority (800 modern jets), can level North Korean (with only 100 old Migs) in 2 weeks. With our American military support, the defeat of the North would not take more than one week, just using conventional weapons. The North, reportedly, has access to our war preparation plans with the South and is fully aware of the consequences if they initiate an attack.

Continued on page 12 - SEE N. KOREA...



THE SOCIAL MEDIA AS A WEAPON

A decade ago, who would've thought that Social Media would become a powerful weapon, used to cause confusion, and promote discord and influence democratic institutions?

Digital warfare has come a long baby! The hackers have come a long way, a very long way.

Beginning in December 2018, hackers flooded German politicians with mischievous emails, chat-logs and exposure of the home addresses of public officials. Over 1000 politicians from the Free Democrats and Greens, including the Christian Democratic Union were attacked by cyber-ware. Next, many other European members including France, the UK, Italy, Brazil, the Philippines, Mexico and the U.S. were cyber invaded. Similar cyber tactics were used in Ukraine and Syria.

In America, Facebook (FB) estimates that 146 million FB users were hacked by Russian cyber warriors who disrupted users and



exposed Russian misinformation and propaganda on millions of Americans. They overwhelmed American Twitter users and elicited over 140 million "Likes". It is almost impossible to determine whether foreign hacking efforts tilted close elections. The Russians believe they were effective and continued during our 2020 Presidential elections.

Analysts have noted that the Russians have used data on our NFL controversy, debates on gun laws, and racial issues to foment lack of trust in government and elections. Their intention is to alter or amplify real-world

beliefs and actions. Russian and Chinese hackers have also been probing our utility computers. Today, if any nation has their power stations disrupted, they could be in deep trouble. Look what happened in Texas when their power grid was lost.

Little wonder that our Intelligence Agencies and President Biden have declared the Russians as the greatest threat to America. If any foreign entity can alter the true results of our elections, they will have achieved a great victory by altering the will of the American people. We could have another capital assault like on January 6, 2021. Causing your enemy to fight among itself would be a big victory for any nation trying to destroy its enemy with little risk or cost.

[Source: "The Real Cyber Threat is your 'Likes.' Weaponizing of Social Media," P. W. Singer and Emerson Brooking, The Intelligence, Journal of U.S. Intelligence Studies, Spring-Summer 2019]

WE ARE FINALLY GOING TO BEGIN DEALING WITH CLIMATE CHANGE

We've ignored that many negative effects of Climate Change, and are now beginning to pay a very high price.

Climate experts have been warning for years about the damage done by Man to our environment. Some big businesses (e.g. oil, coal) have focused on profits and now we are on the precipice.

On April 22, 2021, the United States, China and Russia pledged international cooperation on cutting climate-wrecking coal and petroleum emissions in a live-streamed summit showcasing America's return to the fight against global warming. We will have to watch and see what will actually be done to reduce this one of the biggest threats to mankind as the ravages of changing climate has already caused billions, perhaps trillions of dollars of damage, to nature and man-made structures globally.

This report will utilize the expertise of Dr. Parag Khanna, one of the world's greatest forecasters to show us how much damage

has already taken place, before our very eyes.



Who is Dr. Parag Khanna? Dr. Khanna is recognized as one of the world's top futurists. His education credentials span from the School of Foreign Service, Georgetown University (BA and MA), then his doctorate from the London School of Economics. He is currently a Managing Partner of Futuremaps, a consulting firm for strategic planning. Also a fellow at the Brookings

Institute, New America and the Lee Kwan Yew School at the National University of Singapore. (This institution is in a partnership with Harvard University and a robust faculty exchange program.) He is involved with the U.S. government as an Advisor to both our National Intelligence Council and our Special Operations Forces.

Dr. Khanna discusses two main topics that illustrate how climate change has already caused very disruptive changes and will have even more dramatic changes as the temperature is rising to warm the earth causing our seas to rise as the polar ice caps are melting and shrinking dramatically, and causing our weather to evolve with as the earth warms up causing tremendous storms that devastate our cities, firestorms our forests and destroy our farm lands.

Continued on page 12 - See CLIMATE...



OP ED: ANTI-CHINESE/ASIAN HATE ACTS

Why do some Americans hate China and extend their hate and violence to Asian/Chinese Americans?

In normal times, we would not tell this story, but these are not normal times. Chinese and Asian Americans have been attacked, seriously injured, or murdered by fellow Americans who are angry at deaths, infections, and stress caused by the Corona Virus -19. The threat is so invasive and frightening that many people have to blame somebody for all the pain that we are all suffering.

Historically, our Country has not warmly welcomed minorities, especially people of color. The current ugly situation regarding anti-Chinese/Asian violence began years ago before the arrival of Chinese and other Asians in the 1850s. The first Asians, our Native Americans, were dealt with violently and almost exterminated by 1890. Actually our English settlers did not know that Native Americans were Asian, but they hated them anyway. Called the natives, "savages." They were slaughtered with long guns (Winchester rifles) and germ warfare. Someone got the brilliantly sick idea to gift blankets used by small pox victims, so that the recipients would get small pox and die. Of course, in those days, no records were kept on the number victims. The native tribes were not all living in one location, so 10% of the Native Americans of the total population escaped death.

After thousands of immigrant Chinese labored to help build and complete our Transcontinental Railway in 1869, we were, and still are, perceived as a threat to labor. That resulted in laws that were intended to eliminate Chinese immigrants by attrition. You can't grow a population without families, so the brilliant plan was stop Chinese women immigration. This was the first instance of ethnic cleansing.

In 1875 the Page Act was passed, the 1st restrictive immigration legislation designed to prohibit the immigration of Chinese women. All Chinese women immigrants were assumed to be prostitutes and had to prove otherwise, or be denied entrance to America.

Next, in 1882, the Chinese Exclusion Act (CEA) was passed to prohibit the immigration of Chinese laborers and denied citizenship to all Chinese. The CEA was not cancelled until 1943 after thousands of Chinese Americans volunteered to serve in our military during WWII.

In 1911 the Alien land law, initially passed to

stop Japanese ownership of farm land. The law prohibited anyone ineligible for citizenship the right to own agricultural land, but in fact, this law was used to prohibit Asians from owning any land in America. Real estate contracts specified that the deeded land could not be sold to anyone Chinese.

Today, Asians can purchase homes anywhere, but few do not realize that a few decades ago, they were prohibited from buying and owning any real estate.

It's 2021 why do some of our fellow Americans suddenly hate us?

Now Covid has killed more than 550,000 Americans and infected over 30,000,000. That makes many of us mad as the virus lingers over our lives 24 hours a day. It is pressuring our lives like nothing has in the past. Told to wear a face mask or stay away from our friends and family agonizes everyone. Regarding social distancing, before we never missed hugs, but now crave for just one hug - from family, friends and our sweethearts. Being stuck at home also drives most of us nuts. There is so much fear, anxiety and anger that we all need some relief. This is the most pressure most people have had to deal with their entire lives.

Adding to our daily anxiety caused by the virus, in recent years some of our senior officials have demonized China, declaring China as a political, economic and military threat to America. Some very senior officials have declared that China is an existential threat to America. Little wonder that so many now hate China. But China is far away. What's nearby that we can respond to?

Chinese Americans are nearby, as well as other Asian Americans, who resemble Chinese Americans. Some people cannot distinguish between a Chinese American and an Asian American. The hatred many Americans now hold for China, is reflected by anti-Chinese/Asian hateful behavior and violence. Why should we worry about our enemies when we have Americans threatening and in some instances, killing Americans?

I would like to extend my deepest apologies to anyone who has been mistaken for Chinese and threatened or harmed. Deepest condolences to anyone who has been killed in this current wave of hate.

What is being done to stop this violence against Americans of Chinese/Asian descent?

Our President Biden and Vice President Harris have both spoken out condemning the violence directed at Americans who are Chinese, or look like Chinese. Many state and city officials have also condemned the behavior, but telling people to stop hating is insufficient. Dozens of Chinese and Asian non-profit organizations plugged the internet anti-hate articles and have held public demonstrations with great press coverage. While a united front is notable, it has not stopped the hate/violence against Chinese/Asians. People can be ordered to stop their violence, but ordering people to stop hating will not stop the hate and violence.

The minds of many Americans have been poisoned with hate against China, changing attitudes and mental perceptions is very hard to do. Paid security personnel and many volunteers are now patrolling around Chinatowns and residential areas where there are Chinese/Asian residence. While that offers some safety to a few of us, this is not a viable long term solution.

The hate began when our national leaders repeatedly referring to the SAARS- COVID 2 virus, as the "China Virus", or the "Kung Flu", or the "Wuhan Flu", and implied that the virus was deliberately transmitted to the rest of the world, including America. Simple minds draw simple conclusions. Some have, without any evidence, claimed that the virus was developed in a Chinese research laboratory. The virus was unleashed first in China, before a vaccine is developed to protect the Chinese!

This invective and attack on Chinese and Asian Americans is very detrimental to America. We have been serving our Country with dedication and humility. 15% of all the engineers and scientists in our national laboratories are Chinese or Asian. We have many Asians who are in medicine as doctors, nurses, and other medical positions. They have served our fellow citizens and our country with honor and dedication. We also have thousands who have served in our military and have proven our loyalty to our Country - America. We have had a dozen Nobel Prize winners. China was the home of our ancestors, but America is our home.

Continued on page 112- See ASIAN...



A DIFFERENCE OF OPINION

During the past two years, some senior politicians and other officials have declared that China was our major enemy, and an existential threat to America. It is now Russia.

In recent times (past 4 years), we have heard White House cabinet officers and senior military officers declare China to be our major enemy. General Joseph Dunford, chairman of the Joint Chiefs of Staff, declared that "China probably poses the greatest threat to our nation by 2025." US Trade Representative Robert Lighthizer stated that China was an existential threat to America.



It's 2021, the U.S. intelligence committee, reflecting on Russian President Vladimir Putin's unsuccessful attempts to influence our 2020 Presidential election, now declare that "Moscow is the biggest threat to national

security." After his election victory, Biden did declare Russia as Washington's most serious global threat in an interview with CBS's 60 Minutes in October 2020.

What changed? Apparently, Russian hackers, supporting Donald Trump were relatively more effective during our 2016 election. Their 2019-2020 hacking work was not very effective targeting Presidential candidate, Joe Biden. It is surprising to many that there were no allegations of Chinese efforts to influence our Election.

[Source: <https://mobile.reuters.com/article/amp/idUSKBN27B13B>]

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

CLIMATE

... Continued from page 9

In a one report, Dr. Khanna warns of two huge changes taking place that will affect all Mankind. Temperatures are slowly rising and the moderate areas of today are warming up and becoming less fertile and more desert-like forcing the search for new farmland that will be needed to produce food for a growing population.

Today the world's primary farmlands are located in America, China, Brazil, India, and Australia. Farmland in all these five countries are warming up, and drying up. There are two large areas that have been cold, but are now warming up. This transition is happening slowly, but is happening. The rate of change is quickening.

Future Farms. Where are future farmlands

going to be? As the moderate zones/areas are cooling, two cool areas are warming. The two largest future farmlands are located in northern Canada and eastern Russia (Siberia). Both are cold territories that are warming up, and are now sparsely populated so farm workers will be needed in both countries. Automation may be a partial solution for making these new territories successful farms. It is hard to imagine that decades in the future that there will be sufficient hardy humans who can toil on a farm.

Urbanization. In the last two centuries, globally, populations have moved from farms into cities. That trend continues. Main reasons for moving from the farm to the city are jobs and opportunity. And the major cities are clustered near seashores, which will be dramatically impacted as the sea rises. This is not fiction or someone's theory. The seas are rising, and the rise is increasing faster than many scientists predicted a few decades ago.

Rising seas will force populations to migrate inland to higher ground.

Infrastructure will be needed to facilitate moving people and building or enlarging cities. You can get a great summary of his perspectives in a 15 minute YouTube video at this location.

Source: "The Future of the World. Climate Change Formula. Rising Sea Levels + Coastal Migration+ Forced Migration." Dr. Parag Khanna <https://youtu.be/s4UgekYg2o>

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

ASIAN

... Continued from page 10

America is now our home even though simple minds ask us to return to China. I guess our ancestors all received non-permanent visas.

Until the hate goes away, our diverse Country is now threatened and harmed by our diversity.

Author of this touchy and sensitive subject is a Chinese American history specialist who is a Docent with the Chinese Historical Society of America and lectures of Chinese American history. He is the Chairman/Founder of Chinese American Heroes, a website dedicated to the contributions of Chinese Americans, and a 32 year Air Force and Department of Defense veteran, and the historian for the American Legion Cathay Post 384.

N. KOREA

... Continued from page 9

One conjecture that is logical is that some people realized that with the cost to recuperate from the pandemic and the huge stimulus money distributed, our entire budget, including our defense budget is likely to take a hit. Defense contractors and defense planners would like to

minimize any decrement in our defense spending, and by raising the North Korea threat now could prevent any major decrement in our defense budget. But I could be wrong, or not ...

Read more about this topic: See **N. KOREA** at this link: <https://www.sfcathaypost384.org/rc.html>



What Has Our Sergeant @ Arms Been Up To This Past Month?



TOP ROW: CJ with Legionnaire Ray during vaccine, CJ at a Memorial Day Service, CJ with the first stack of PPE, CJ wishes Happy Mother's Day, CJ bugles at the USS San Francisco; **2ND ROW:** CJ juggling all the dinner items, CJ plays TAPS at Frank Tong's Memorial Service, CJ offers balloons for Mother's Day; **3RD ROW:** CJ prepares for Memorial Day, CJ enjoys an ice cream break, CJ enjoys Kung pao shrimp, CJ with a huge stack of Ben and Jerry's ice cream, CJ sporting the red, white and blue for Memorial Day; **BOTTOM ROW:** CJ plays Taps, CJ with a huge stack of PPE, CJ enjoys garlic noodles.



SOLUTIONS TO APRIL'S PUZZLES

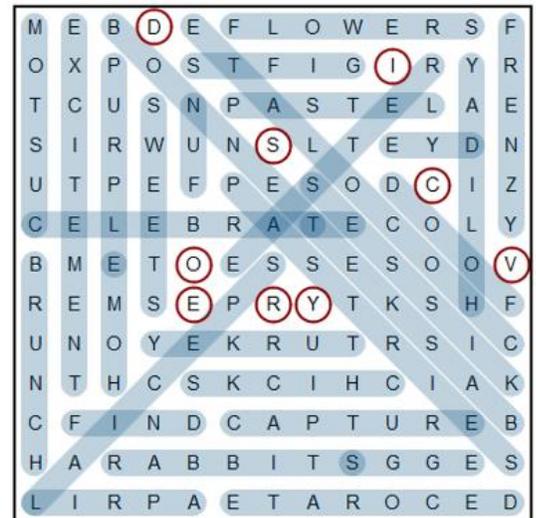
Did you solve everything?

WORD SEARCH SOLUTION

FIND THOSE EGGS!

Well, didya find 'em all? The hidden word: 'DISCOVERY'

- | | | |
|-----------|------------|----------|
| APRIL | DYE | HOLIDAY |
| BASKET | EASTER | HOME |
| BONNET | EGGS | KISSES |
| BRUNCH | EXCITEMENT | PASTEL |
| CAPTURE | FIND | PASTRIES |
| CELEBRATE | FLOWERS | PURPLE |
| CHICKS | FOOD | RABBITS |
| CHOCOLATE | FRENZY | SPECIAL |
| CUSTOM | FUN | SWEETS |
| DECORATE | GIFTS | TURKEY |



HAPPY EASTER EXPRESSIONS FROM AROUND THE WORLD

Well, did you fare tredici? Did you hit the jackpot, sort of speak, in Italian? Were you able to guess all 13 different languages for HAPPY EASTER? Here are the languages in the order they appeared.

- Joyeuses Paques - French*
- Frohe Ostern - Germany*
- Buona Pasqua - Italian*
- Felices Pascuas - Spanish*
- God Paske - Danish*
- Geseendee Paastees - Afrikaans*
- Kalo Pascha - Greek*

- Melkam Fasika - Ethiopian*
- Vrolijk Pasen - Dutch*
- Szczeliliwej Wielkanocy - Polish*
- Feliz Pascoa - Portuguese*
- Bona Pasqua - Catalan*
- Paste Fericit - Romanian*



CRYPTOGRAM SOLUTION

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

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



WORD SEARCH TIME

WHAT DO ALL THESE HISTORIC PLACES HAVE IN COMMON?

These nationally significant historic places are designated by the Secretary of the Interior because they possess exceptional value or quality in illustrating or interpreting the heritage of the United States. The places below have something in common... Find all the words to find out. The remaining un-circled letters reveal the hidden two word answer in this month's featured puzzle. Good Luck!



- ANGEL ISLAND
- ASILOMAR
- STATE BEACH
- BIG FOUR HOUSE
- BODIE
- CASA DE ESTUDILLO
- COLOMA
- COLUMBIA
- COMMANDER'S HOUSE
- DONNER CAMP
- FOLSOM
- POWERHOUSE
- FORT ROSS
- HEARST CASTLE
- JACK LONDON
- JOSE CASTRO
- LA PURISIMA
- LARKIN
- LOCKE BOARDING
- MENDOCINO
- WOODLANDS
- MISSION
- SANTA INES
- MONTEREY
- OLD TOWN
- OLD
- SACRAMENTO
- PETALUMA
- ADOBE
- PONY EXPRESS
- SAN JUAN
- BAUTISTA
- SONOMA
- STANFORD
- LATHROP
- SUTTERS FORT
- WATTS TOWERS

JUMBLE

Unscramble the words to solve this puzzle and reveal the mystery creature!

SOEWRFL
[] [] [] [] [] [] [] []

DAYIS
[] [] [] [] [] []

SRGINP
[] [] [] [] [] [] []

EYBFUTTRL
[] [] [] [] [] [] [] [] [] [] [] []

ESUNHNIS
[] [] [] [] [] [] [] [] []

NABROWI
[] [] [] [] [] [] [] []



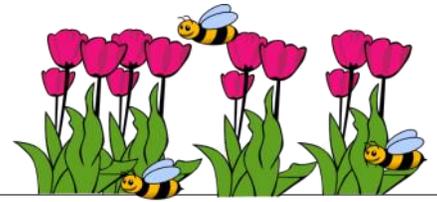
[] [] [] [] [] [] [] [] [] [] [] []

HINTS:

1. Their wings flutter 85 times per second
2. They are capable of flight speeds of up to 37 mph
3. They can fly up to around 3600 ft
4. They are capable of flying up to 74 miles in one day
5. They can fly up to 2 hours in a single flight (about 74 miles)
6. There are 5,000 species of these around the world, 500 of which are native to, or have been introduced to the US.
7. These come in all manner of colors, the common red ones are predominant, but they also come in Grey, Black, Yellow, Pink, Blue, Orange and some say Purple or Green.
8. They hibernate in the winter



MAY 2021



SUN	MON	TUE	WED	THU	FRI	SAT
<p>MAY IS: MONTH OF THE MILITARY CAREGIVER NATIONAL MILITARY APPRECIATION MONTH</p>				<p>SILVER STAR SERVICE BANNER DAY LOYALTY DAY</p>		
<p>2 PUBLIC SERVICE RECOGNITION WEEK 5/2–5/7</p>	<p>3</p>	<p>4 ALWMC MEETING 3:00 PM DIST 8 MEETING 4:00 PM</p>	<p>5 </p>	<p>6 NATIONAL DAY OF PRAYER NATIONAL NURSES WEEK 5/6–5/12</p>	<p>7 </p>	<p>8 POST MEETING 11:00 AM VE DAY</p>
<p>9 MOTHER'S DAY</p>	<p>10 </p>	<p>11</p>	<p>12</p>	<p>13 </p>	<p>14 PEACE OFFICERS MEMORIAL DAY ARMED FORCES DAY</p>	<p>15</p>
<p>16 </p>	<p>17</p>	<p>18 </p>	<p>19</p>	<p>20</p>	<p>21 </p>	<p>22 MARITIME DAY</p>
<p>23</p>	<p>24 </p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>
<p>30 POST 384 & VFW IN-PERSON JOINT CEREMONY 3:00 PM</p>	<p>31 MEMORIAL DAY</p>	<p>KNOW THE DIFFERENCE: ARMED FORCES DAY ~ THIRD SATURDAY IN MAY HONORS AMERICANS CURRENTLY SERVING IN THE ARMED FORCES MEMORIAL DAY ~ LAST MONDAY IN MAY REMEMBERS AMERICANS WHO DIED IN SERVICE TO OUR NATION VETERANS DAY _ NOVEMBER 11 HONORS AMERICANS WHO ONCE SERVED</p>				

