



# CATHAY DISPATCH

SAN FRANCISCO, CA

NOVEMBER 2021

VOL 12 - 11

## BIRTHDAY GREETINGS TO THE MARINE CORPS, VETERANS DAY RECOGNITION & OTHER NOVEMBER HAPPENINGS

*By Commander Helen Wong*

It has been a year since we recognized the birthday of the U.S. Marines and some of the members who had served. Once again on November 10, Happy 246th Birthday and Semper Fidelis to the Marines! As my Marine Corps neighbor who served in Vietnam says, once a Marine, always a Marine. If you survived boot camp, then you can endure anything that comes your way. Now-a-days, there are more services and organizations that one can get involved with that help a former service person transition from active to civilian status or provide friendship due to the common bonds of serving in the same branch of service. Some of the Marine organizations listed on the internet are: Marine Corps Aviation Association; Marine Corps Engineer Association, Marine Corps Heritage Foundation; Marine Corps Law Enforcement Foundation; Marine Corps University Foundation; Marine Corps Veterans Association; Military Order of the Devil Dogs, Toys for Tots Foundation; USMC Combat Correspondents Association; USMC Force Recon Association; USMC Motor Transport Association; Women Marines Association; and Young Marines. While this is probably not all the organizations that exist, they represent a cross section of backgrounds.

One of the local organizations is the Marine Corps League.

The Marine Corps League (A Veterans Organization) was founded by General John A. Lejeune in 1923 and chartered by an act of congress in 1937. Members of the Marine Corps League join together in camaraderie and fellowship for the purpose of preserving and promoting the interest and traditions of

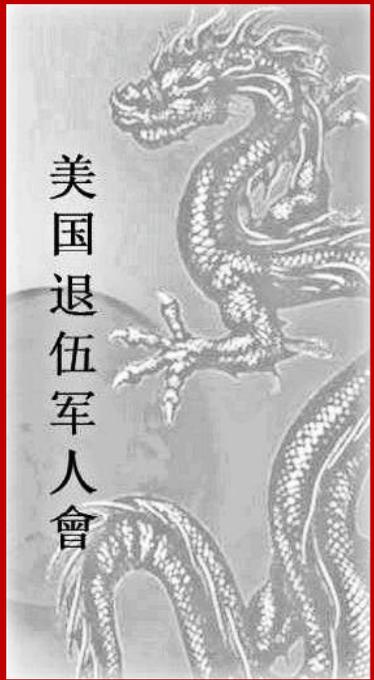
The United States Marine Corps. Members of the Marine Corps Veterans Association assimilated more than 40 marine oriented organizations that had sprang up after World War I to become the Marine Corps League.

Marine Corps League, Detachment #1458, San Francisco was chartered March 18, 2018. Forming of the detachment was sponsored by AMVETS Post #34 San Francisco at the War Memorial Veterans Building. They can now boast a membership of 30 to include Marines and other honorably discharged United States service members.

Recently Detachment #1458 provided a work party to The San Francisco-Marin Food Bank. They filled 800 bags of food and made a donation of \$500.00. Outreach assistance will continue as a part of their program to help the community. Toys for Tots is another program they take part in with local families being the recipient of the toys.

For more information regarding Detachment #1458 and The Marine Corps League contact Henry Rose, Jr. at hrosejrsmc@aol.com or call 415-225-1873.

Another organization is the Military Order of the Devil Dogs which is "The Fun and Honor Society of the Marine Corps League (MCL). They were created in 1939 by the leadership at the MCL convention and granted a charter on March 19, 1940. While not all Detachments have an Honor Society, there are many throughout the country.



### CATHAY POST 384 AMERICAN LEGION 2021-2022 POST OFFICERS

- Commander:** Helen Wong
- 1st Vice CMDR:** George Tsang
- 2nd Vice CMDR:** Charles Paskerian
- Adjutant:** Miguel Ortiz
- Finance Officer:** Anthony Lyau
- Secretary:** Vacant  
(Aaron Low to cover)
- Sgt-At-Arms:** CJ Reeves
- Service Officer:** David Wong
- Judge Advocate:** Raymond Wong
- Jr. Past CMDR:** Nelson Lum
- Quartermaster:** Philip Leung
- Chaplain:** Richard Ow
- Historian:** Roger Dong
- ALWMC Delegate:** Chuck Paskerian

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Women also served in the Marines and the first one to enlist was Pvt. Opha May Johnson in 1918. By 1942, Secretary of the Navy Frank Knox authorized the Marine Corps to create a Women's Reserve and accept women applicants for commissions and enlistments. By 1960, the Women Marines Association was established in Denver, CO, to ensure the women Marines' history would continue to be told and passed on to a new generation of Marines. The members work on community programs and support military personnel, Veterans, and their community.

A more current one is the Marine For Life Network that offers Marines and family members help with employment, education, other Veteran and community resources. Their information can be found on: <https://www.linkedin.com/company/marine-for-life-network>.

These are but a few of the organizations available to Marine Corps Veterans who also qualify to join other Veterans Service organizations, such as the American Legion or AMVETS. But other Veterans cannot qualify to join the Marine organizations except in certain circumstances as an auxiliary or support member. Happy Birthday to the Few, the Proud, the Marines!

Cathay Post has been a supporter of the military and of the Fleet Week sailors and Marines for a long time. For many years, the Post has sponsored a lunch for them when the Fleet Week Committee has assigned a ship to be the honorees. While the location has been at Post Headquarters such as in 2019, it also has been at the War Memorial Veterans Building where it was held this year. It is always a delightful event to talk to the young sailors & Marines and even Sea Bees who attend the lunch. There is much to learn about what they are experiencing while on duty. Here are some past photos of the sponsored luncheons from 2017, 2018, and 2019 (some photos from Frank Jang; Blue Angels photo credit: Col Joe Chan).

## SAN FRANCISCO VETERANS DAY PARADE



Above: 2019 Parade

This year the San Francisco Veterans Day parade is on November 7, 2021 and as in



the past, will be starting near the Embarcadero and going up to Fisherman's Wharf. In 2019, the last time our Cathay Post marched, our Color Guard was on the front page of the S.F. Chronicle (not shown).

## VETERANS COMMUNITY AWARDS GALA

**VETERANS COMMUNITY**  
*Awards Gala*  
WEDNESDAY, NOVEMBER 10, 2021

DOORS OPEN AT 5PM - 9PM. LIVE ENTERTAINMENT FOOD

**THE GREEN ROOM**  
401 VAN NESS AVE SAN FRANCISCO, CA 94102

This event is sponsored by the American Legion Posts 333 & 505. [See Eventbrite to register for tickets.](#)

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## VETERANS DAY RECOGNITION

Veterans Day on November 11 was originally known as Armistice Day to commemorate the end of WWI, on the eleventh hour, eleventh day of the eleventh month of the year. It is a tribute to thank and honor all military veterans who have served in the U.S. Armed Forces, living or deceased but particularly for the living veterans among us. In the Bay Area, the day is commemorated with ceremonies featuring Veterans from different branch of service as the keynote speakers. In San Bruno, Golden Gate National Cemetery's ceremony starts at 11AM. In Redwood City, American Legion Post 105 will be supporting the ceremony held at Courthouse Square. In San Francisco, a ceremony at the Presidio of San Francisco's National Cemetery has not been announced.

Veterans are offered free meals or complimentary food at various restaurants. Here are a few:

- Nov. 11-California Pizza Kitchen complimentary entrée and beverage
- Nov. 11-Starbucks free tall hot brewed coffee
- Nov. 7-McCormick & Schmick's/Kuleto's Seafood Restaurant Half priced entrees
- Nov. 11-Applebee's Free meal from a special menu dine-in only



- Nov. 11-Buffalo Wild Wings Free order of 10 boneless wings & fries
- Nov. 11-Krispy Kreme Donuts Free donut & coffee

The Golden State Warriors are recognizing Veterans on Nov. 12 with their Hoops for the Troops Game vs. the Chicago Bulls. Discounted tickets were ordered by Post members ahead of time. There is also a Veterans & Military Resource Fair from 12-2PM featuring 20 organizations including a table for the American Legion with staffing by Cathay Post members.

## FUND AND TOY DRIVE FOR THE HOLIDAYS

This year, Cathay Post was invited to the Fund and Toy Drive sponsored by the San Francisco Asian Peace Officer Foundation (SFAPOF) and American Chinese International Culture Exchange Council (ACICEC) which will be held on November 13, 6PM at the Tai Wu Restaurant in Millbrae. While Cathay Post participates in the annual toy drive sponsored by San Francisco Fire Department and take toys to the nearby Fire Station 2, this new Toy Drive is a collaborative effort of the SFAPOF and ACICEC to bring toys to needy children. Generous Post members voted to support their efforts with 10 members attending.





## VISITING THE USS JOHN S MCCAIN DURING 2021 FLEET WEEK

*During Fleet Week, Sgt-At-Arms CJ Reeves, his Navy veteran friend David, and I were treated to a special tour of the destroyer USS John S McCain docked at Pier 35. For Army veterans, taking a close up look at a Navy ship was fascinating especially since the crew of 280 did so many tasks that non-Navy veterans could never imagine doing. Many thanks to FC1 Derek Olivares for the excellent tour. Commander Tin Tran was so warm and gracious when attending our Fleet Week luncheon.*





## FROM THE OFFICE OF FIRST VICE GEORGE TSANG

I had the privilege of attending the American Legion National Convention last month. Phoenix was very hot with the average daily temperature of 105 degrees F in the day and about 85 F at night. Needless to say, I did not walk around much as I am used San Francisco weather.

The convention kick-off was Tuesday, packed with Legionnaires from many states. They presented awards for many youth groups and armed services members with outstanding guest speakers including a Vice Admiral, a Marine Sergeant Major and the Director of the VA. They spoke about many issues prevalent to veterans and the military community in general. A new National Commander was elected, Paul Dillard of Texas. Afterwards, we attended the prior National Commander's Banquet which featured country singer Craig Morgan who is also a veteran.

The members who attended the convention also had the pleasure of having lunch with members of the LT B.R. Kim Lau Post 1291 from New York. We actually found a Dim Sum restaurant in Phoenix that was quite good. It was great catching up with our friends after 5 years, at that time they came down to our 85th Anniversary Dinner and likewise we attended their 70th Anniversary in New York. We all got a little older but everyone was in good health and spirits.

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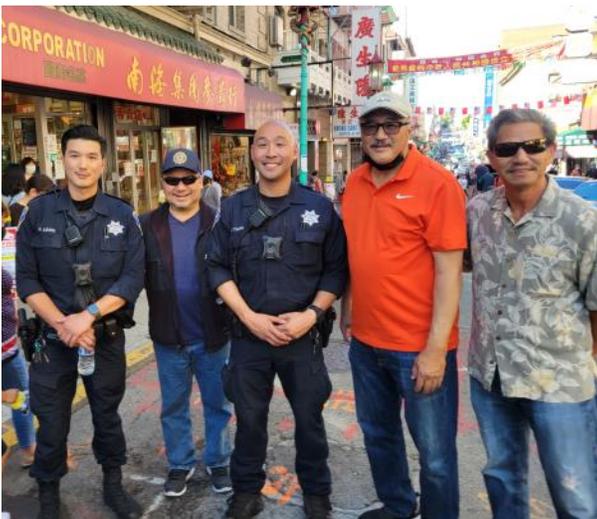


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During our 90th Anniversary Banquet I had the honor of presenting our Community Hero Award to Commissioner Larry Yee, a long time friend from back when we attended Francisco Jr High and Galileo High School. He is now also the President of the CCBA (Chinese Consolidated Benevolent Association) in Chinatown. I am sure he will make a difference in the policy and decision making in the Police Commission.

If you haven't done so, please renew your membership and support the largest veteran's service organization in the world. Also, reach out to veterans that you know and encourage them to become American Legion members of our great post.

Our next meeting falls on Saturday, November 13th, 2021. It will be our Thanksgiving Holiday Lunch with turkeys and all the fixings'. Please feel free to invite your spouses and family members to this special occasion.





OUR NEW LEGION PLAQUE:

Our Cathay Post Members were so pleased at the October meeting by the act of one of our member/tenants.

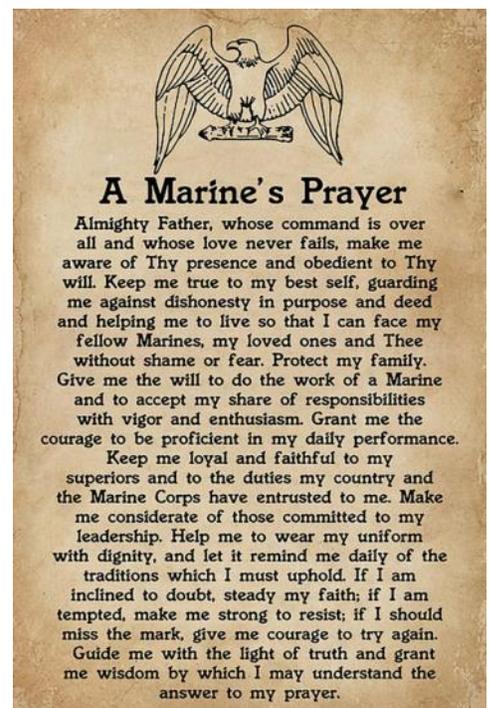
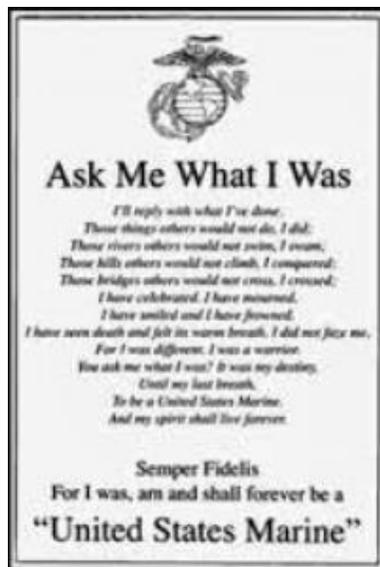
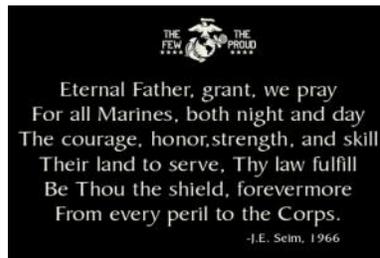
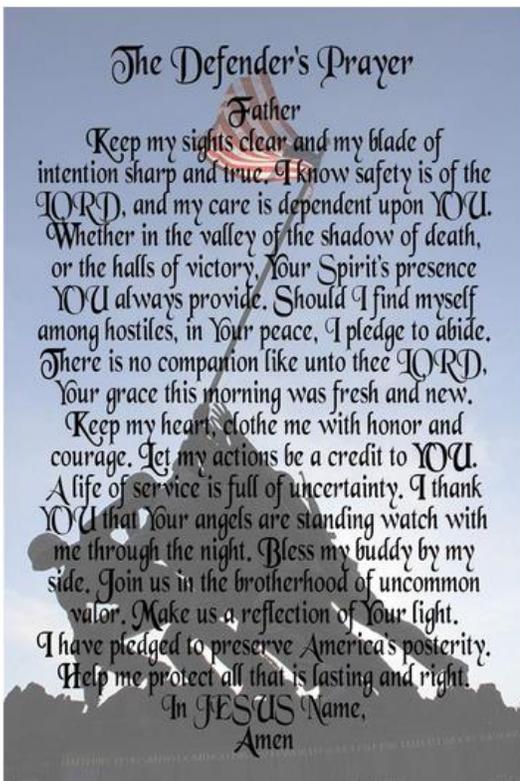


Alicia Ponzio made for Cathay Post 384 a beautiful bronze plaque that has been mounted on our building, and gives a bit of our great history.



This was done in gratitude of our philanthropic help during the recent pandemic.

It was presented to us at the last meeting by Alicia Ponzio, a Cathay Post 384 Legionnaire.





## COLOR GUARD – UP AND RUNNING AND POSTING

The Post in general and the SGT@ARMS in particular are pleased to announce a viable Color Guard for Cathay Post 384. Since our first official event at the Regional Congressional Gold Medal Ceremony in July, the Color Guard has increased two-fold.



We hope to continue this upswing at the Veterans’ Day Parade on Sunday, November 7th, 2021. We will be meeting at the Post around 9:30AM donned in our new RED shirts with the DRAGON logo. Might I encourage all of you to participate in this most important event. It is one of the shortest, flattest and easiest parades in our portfolio. As customary, we will finish near Ghirardelli Square, where we will enjoy lunch at McCormick’s.

My sincere thanks to the following for their loyal dedication to the past Color Guard events.

Our first event was the eight (8), yes, eight ceremonies over the three-day July 4th holiday. The ceremonies were held at the CACA Lodge on Stockton in Chinatown.



This year we added the playing of, “To the Colors”, since the post now has a bugle.



Many thanks to Ed Keile, Miguel Ortiz, George Tsang and VFW members for supporting this auspicious event of the WW2 Recognition Project covering eight ceremonies.

If eight (8) ceremonies weren’t enough, we also participated in the annual flag-raising ceremony at the CCBA HQ on Stockton Street in Chinatown.



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## FROM OUR SERGEANT AT ARMS CJ REEVES

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Again, thanks to CDR Wong, 1st Vice Tsang, Jr. Past CDR Lum, Adjutant Ortiz, Judge Advocate Wong and Chaplain Ow for making this a truly spectacular event.

Following July, we had our huge 90th Anniversary party with our first post-COVID Awards and Installation Dinner. It was at this event that we switched from the lucky RED shirts to the sleek BLACK shirts.

My sincere thanks to David Adams, WT Jean-Pierre and Frank Lem for proudly posting the Colors at our 90th Anniversary Dinner. This was a last-minute obligation, but we pulled it off in front of our distinguished guests from the Department of California, which included CDR "AJ" Jones and the newly-elected Adjutant. Thanks for doing us proud.



Moving right along, this brings us up to a busy Fleet Week in October. Thrown into the mix, however, were the two (2) ceremonies held at the Oakland Temple of Latter-Day Saints. This was the East Bay Regional Ceremony of the Chinese American Congressional Gold Medal. As if we weren't stretched thinly enough, the ceremony was held on Saturday, October 9th, smack dab in the middle of Fleet Week. It was certainly worth it. The temple itself is perched high on a mountain top, so it is a difficult climb up to it. Only a handful of us made the trek up to the top to post the Colors, but what a treat it was. It is truly one of the most beautiful look-out points available in the Bay Area. Forgive me for the many pictures, but we couldn't resist the Temple background, dusted with the dusk lights of its Asian-styled copper tops. The babbling fountain opposite the Temple similarly attracts on-lookers from all over the area.

This is the official photo taken by Frank Jang, who was there giving pictures to the Awardees. This was taken after the second and final ceremony held there that day. I want to thank member Nestor Tom for helping out with the opening first ceremony.



Thank you so much to our Post members David Adams and Historian Roger Dong for making the tough trek up to the Temple mount, in order to support our mission of posting and retiring the Colors during the last of the Regional Congressional Gold Medal Ceremony held in the East Bay.



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## FROM OUR SERGEANT AT ARMS CJ REEVES

...Continued from page 9



SGT@ARMS CJ taking a much-needed breather after a grueling two ceremonies.

From Saturday, high above on Temple Mount, we go to the Wharf for Sunday's Italian Heritage Day Parade.



Kudos to the members for this stunning show of force for this parade. It's a long, arduous route on the hottest day of the year. You did us proud and I challenge you all to come join us for the last parade of this year – Veterans' Day Parade on Sunday, Nov 7th.

Thank you CDR Helen Wong, Adjutant Miguel Ortiz, Board Member WT Jean-Pierre, Support Members Sherman King and Joel Yu, newest member Manveer Sandhu, who was least expecting to be so quickly recruited, but jumped right in to help. Is this what we call Membership Trial by Fire??? Thank you Finance Officer Anthony Lyau and member David Adams.

With your help and support we were able to present two (2) rifles and five (5) colors. We haven't been able to have this number of colors for some years now. As you all know, SGT@ARMS CJ especially enjoys the Pomp and Pageantry of Parades. Please consider participating in future Color Guard events and show our true colors.





## 2021 FLEET WEEK LUNCHEON

Another successful Fleet Week luncheon is nicely tucked under our belt. What great PR this is for our Post and for the American Legion. We forge a strong bond during Fleet Week at these luncheons. Remember, they come in on Monday and the luncheon is on Tuesday. We had many exchanges of social graces, niceties and gifts of framed pictures and official plaques. CDR Helen Wong presented the Admiral with two framed portraits featuring the Blue Angels. CDR Tran of the USS McCain presented a special plaque, which represents his ship named in honor of all three generations of the McCains for their naval service. It was at this luncheon where personal relationships were forged, and we secured our bookings for private tours of the ships docked at the Wharf. Also, the

Veterans Firefighters Association presented our Post with a huge shadow box complete with a US Flag and certificate. The food, of course, is the highlight of the luncheon. We had sushi, pasta, wings, watermelon and apple pie. We always provide a nice bakery cake with a Fleet Week slogan. We cater to a very special and sophisticated crowd. I'm always amazed by the wonderful young sailors and marines. They are usually so young, very polite and so thankful. This is a special interaction that will stay with them forever. There will be a payoff in the long run. The memory of all those Legionnaires and the faithful support members serving them a delicious meal with all the trimmings and a brewski on tap will leave an indelible image that will remain with them for a lifetime. I can't stress

enough the week-long connections. Remember they come in on Monday. Tuesday is the luncheon. On Wednesday, we host them at the SFVA talking to patients and touring the campus. Later, we all join for lunch in the cafeteria. They meet up with us again at the Marina Green on Friday and Saturday. The parade is always on Sunday and we march right behind them always exchanging greetings. Monday is tour day of the ships. WOW! This is a grueling schedule and the same sailors and marines interact with us the whole time. None of this would be possible without the support of so many folks. The list is too long to mention. A picture is worth a thousand words, so I will let the photos speak for themselves.





# FLAG CHAIRMAN INTRODUCES FLAG-FOLDING FRIDAYS



Our Post has many active members. Most of us are dual members, with both American Legion and VFW memberships. We wear many hats. This is another hat for me to wear. CDR Wong, members Gary Chu, Ed Keile and myself also belong to the SF Veterans Lions Club. I was recently appointed to head the FLAG Committee within our LION's Department.

As such, I am responsible for sharing my knowledge of fun facts about folding the FLAG. We all know the FLAG has 50 stars and what the red, white and blue colors represent. We may even know that there are thirteen (13) folds to completely fold the FLAG. But, do we really know how to properly fold the flag?? Another hat I wear is with the USV-A. We do the final military honors for our Veterans. Although I am mainly responsible for TAPS or the firing of the three (3) volleys, I am occasionally tasked with the unfolding, folding and presentation of the FLAG. Let me tell you, it's not that easy. Try doing it while you are being watched by many folks and doing it rather quickly, as they are waiting for you to finish. As Chairman, I want to bring the art of flag-folding to the masses. To that end, I have implemented a campaign called Flag-Folding Fridays. It will largely take part here at the SFVA, the grassy area in

back of the cafeteria. Armed with several large funeral flags, I will provide the means and the know-how on how to properly fold the FLAG. The campaign really took off at the Marina Green. It was Friday and we were posted at the American Legion make-shift booth as provided by our VFW compatriots.

I did manage to snare a few unsuspecting passersby and it was a huge hit. So, it was only natural that I bring it with me on the USS McCain. We were there for a tour of the USS McCain, which was only one of the ships we hosted for the Fleet Week Luncheon.



Thank You Post 384 CDR Helen Wong and Post 4618 VFW CDR Ray Wong for your support in this important endeavor, which crisscrosses all VSOs.

Thanks to all for being good sports and guinea pigs for this new FLAG campaign. Don't be surprised if I pull out a flag and ask you to start folding.

Please join me at the SFVA during lunchtime behind the cafeteria for my FLAG-FOLDING FRIDAYS.

All are welcomed to attend.

I leave you with this FLAG FUN FACT!

Why is the flag folded as a triangle???

Why not a square or a rhombus?????

Speaking of the many hats we wear as Veterans, the answer is simply a hat. The flag gets folded into a triangle because it is actually meant to resemble a tri-cornered hat, like the ones worn by George Washington and other soldiers who served in the Continental Army during the Revolutionary War. It was the same shape as the hat as it was folded and kept inside the actual hat for safekeeping.





As of the new fiscal year, which begins every October 1st, the SFVA has added both the Oakland Clinic and its nearby Mental Health Clinic. Oakland used to fall under the main Sacramento VA, even though it was just across the pond from us. In honor of our grand opening, we spent the day over there to pass out beverages and snacks. We were there to recruit Volunteers to be posted right there at both Oakland facilities. If you have the time and the inclination please consider being a RED COAT or Escort at either of the Oakland facilities, especially, if you are geographically in that vicinity. We could use a helping hand. It was a small clinic, with a friendly clientele. Here are a few snapshots of our Grand Opening Event there at the Oakland Community Based Outpatient Clinic.



The CDCE Team in Oakland CBOC from Left to Right is Deputy Chief Tommy Mendoza, Program Coordinator Monet Bernesque, Ambassador CJ Reeves and Chief Owetdia Dupree. Missing is Andre Scott, the Program Coordinator for the Oakland CBOC. This is a picture of Ambassador CJ with Chief Owetdia and Deputy Chief Tommy.



Yes, for those of you who didn't know, Tommy took Jim's position when he resigned in March. Bear in mind our new name at Voluntary Services. It's a mouthful. We are now

nationally and officially called the Center for Development and Civic Engagement (CDCE). Remember that Alameda Point will also be added to the SFVA upon its completion. A new Outpatient Clinic and a beautiful Columbarium on the water's edge are both slated to open there in the coming years. Something to look forward to.

### COVID-19 UPDATE

Just a reminder that the SFVA still does not have the vaccine booster. We do, however, have an additional third (3rd) dose of Moderna. Each VA is different and carries different vaccines. We have carried Moderna and the Janssen vaccines. Feel free to contact the vaccine clinic for any details.

### VAVS

Just a reminder that SGT@ARMS CJ is the American Legion National Representative here at the SFVA. Commander Helen Wong is the AMVETS National Representative here at the VA and Nestor Tom is the VFW National Representative at the SFVA. Keep in mind that Helen and I both are need of a Deputy. Just in case you are interested. We just had our quarterly meeting on Thursday, October 21, 2021. Yes, it was the day of our notorious Earthquake. In honor of that dreadful day back in October, the SFVA held an Earthquake drill at exactly 10:21 am on 10/21/2021. The Volunteer Awards and Recognition Dinner was held virtually again this year. Hopefully, you have received your Volunteer Recognition gift box by now. It contains a warm and fluffy hoody with our new name CDCE and logo on it. CDR Helen was quick to mention that she had lovingly received her new black hoody. Here's a picture of CJ hugging his new hoody.



Inside was a signed letter from the CDCE Team. Chief Owetdia Dupree goes on to thank a few of the Stakeholders, who have done an exceptional job. Included was the American Red Cross, National Society of the DAR, AMVETS, American Legion Auxiliary and the Order of St. John. She went on to say and I quote,

No Annual Recognition Awards Ceremony would be complete without a Volunteer of the Year. This year's Volunteer of the Year is CJ Reeves.

CJ, the way you pulled off everything so successfully this year, we are massively impressed. Thank you so much for your Volunteer work. May all your efforts be repaid to you in good spirit and fortune. Thank you for the wonderful job you do. You bring positive energy around and inspire all of us to work harder. May God bless your tremendous heart.



Chief Owetdia Dupree and Deputy Chief Tommy Mendoza present Ambassador CJ with the Silver Star Award for Volunteer of the Year (VOTY) 2021.





## ITALIAN HERITAGE DAY PARADE 2021

Sunday, October 10, 2021 was an unusual day in San Francisco. San Franciscans all know that the famous fog layers usually gather around the Bay Area during this time of the year. In the past, we could only hope that the fog layers would lift by mid-afternoon to allow the Blue Angels a window of time to perform their sensational acrobatic feats over the sky of the City. In addition to the performance of the Blue Angels which high lights the culmination of the Fleet Week celebration, this event also paralleled with the Italian Heritage Day Parade (the Columbus Day Parade) which has been the second biggest annually scheduled parade in the City. This Sunday was dramatically different. The weather was not what we would expect normally. The sun was out early,

and the temperature was in the 80's by the time we got to the staging area in the morning hours to get ready for the parade. Just imagine, we were able to discard our jackets while we cruise the parade route in opened top convertibles. Since this parade was cancelled last year due to the pandemic, the Almighty must had granted us such nice weather for the enjoyment of all the attendees and to make up for last year.

American Legion Cathay Post 384 has been among the participants of the Italian Heritage Day Parade for the past 15 plus years. Our Color Guard, exotic cars, and the contestants of the Miss Asian Global Court have been an attraction for the crowd. Our Sergeant-At-Arms, CJ Reeves, was his usual meticulous self as he organized the Color Guard. Nothing was left unattended to as he prepped our group of volunteers in the proper protocols of the Color Guard. Having a front row seat (I was in the first convertible following the color detail), I could attest to the excellent performance of the Color Guard along the entire parade route. In addition to CJ, I



would like to express my gratitude to our Adjutant Miguel Ortiz, Finance Officer Anthony Lyau, Comrades W T Jeanpierre, David Adams, and newest member Manveer Sandhu, along with Support Members Joe Yu, and Sherman King, for their representation of our post.

I did mention exotic convertibles, Right? Well, due to the unfortunate departure of our beloved Comrade Carl Payne to Post Everlasting, we were facing a quandary as to where we could acquire the convertibles since that was the task that Carl had taken care of brilliantly for years. Up until two weeks prior to the parade, we were at a loss as where we could acquire the needed convertibles. Suddenly, as if it was by divine intervention, Mr. Francis Kong, the Director of Miss Asian Global, was able to locate a group of exotic automotive enthusiasts headed by Mr. Jack McCauley and Mike Mak, they contacted us and volunteered to bring their treasured exotic cars to drive the contestants. We went from having no vehicles to displaying two Porsches, two Corvettes, a Mustang, and a Rolls Royce. Nothing but class! Thank you all so much for your support.



Commander Helen Wong led our parade contingent by carrying the post banner; she was followed by our color detail and the Miss Asian Global Court of contestants. They were cheered on by the appreciative crowd numbered approximately 100,000 along the entire route. At the conclusion of the parade, an informal luncheon was hosted by the post and everyone had a great time socializing.



## WHO 'SEZ INFLATION IS HERE? I 'SEZ, AND HERE ARE THE FACTS ...

Anyone who has done grocery shopping lately knows that lots of groceries are much more than a few weeks/months ago. What else has gone up lately? According to Labor Department statistics, here is a list of things we spend money, and now you will know how much many things have escalated in price. Hopefully, these trends will slow down and reverse, but that may be wishful thinking. I hope your wishful thinking is right, and the rise in the price of many things you and I buy levels off and retreats. Here's the report:

- Rental cars: +42.9%
- Gas: +42.1%
- Used cars: +24.4%
- Hotels: +18%
- TVs: +12.7%
- Furniture: +11.2%
- Meats, poultry, fish and eggs: +10.5%

- New cars: +8.7%
- Appliances: +7.1%
- Electricity: +5.2%
- Restaurant prices: +4.7%
- Rent: +2.9%

The list does not include our water bill, but with drought conditions in many states, the cost of water is and may continue to increase.

My last restaurant bill was up more than +4.7. Caviar is s-o expensive ☹

Overall the categories hit the hardest were food, shelter and gasoline. No problem if anyone doesn't need to buy goods in these categories. That may be true for robots, but not for most humans.

So, this is what most of us should be doing, save as much money as possible for future rainy days. Some of us will need a second job. Seriously, most of us need more income. Things are not going to get cheaper. Many people need funds to save for their children's higher education expenses, and also save for retirement.

For those of us retirees receiving social security, next year would should receive cost of living increase.

**SOURCE:**  
<https://www.cnb.com/2021/10/13/prices-continue-to-riseheres-whats-getting-the-most-expensive.html>

## YOU DON'T WANT TO READ THIS, BUT ... DRINKING COFFEE CAN BE HAZARDOUS TO YOUR MENTAL HEALTH

A recent study which studied 400,000 coffee drinkers have evidence that excessive coffee drinking, including decaffeinated coffee, can cause dementia. And if a person drinks a lot of coffee, the risk of dementia increases by 53%.

Previous studies have suggested the opposite, that supported that coffee drinkers had less cognitive decline, dementia or Alzheimer's disease.

The brains of heavy coffee drinkers were subjected to MRI scans that revealed that the brains of heavy coffee drinkers shrunk.

Caffeine has been believed to be agent to deter memory problems, but the recent study taught that heavy coffee drinking did cause of brain shrinkage. The good news is that a



cup, or two, of coffee a day did not result in detectable brain shrinkage.

Given that bit of good news, it might be very wise just to be safe, to limit my/your, consumption of caffeine to just one cup a day. When it comes to the health of our brains, we should all exercise caution. Damaging our brains from excessive caffeine intake is not very smart.

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



This is a test of your knowledge of major corporations we hear about everyday in the media. The answer is simple, but need to put on thinking cap.

What do these major corporations have in common?

Northrop Grumman, Fidelity Investments, and General Motors.

If you don't know, or are unsure, let me give you one more clue.

They also share a major commonality with these following companies.

Walmart, UPS, Citibank, ATT, and CVS.  
OK, now do you know?

Answer: All their CEOs are women! Who would've thought?



## HOW TO BE CYBER SMART, AND NOT BECOME A CYBER VICTIM



### BEWARE OF IMPOSTERS

#### *Don't fall for a fake.*

Imposters can come in all different shapes and sizes, from banks, real estate and utility companies, to family members and government agencies. Here are some ways to recognize this type of scam before it happens to you.

#### *Recognize pressure tactics.*

Fraudsters use pressure tactics to create a false sense of urgency. They may tell you they will disconnect your electricity, you're late with a payment, or your benefits will be discontinued. Discover more tips to protect yourself against fraud.

#### *USAA will never ask that.*

USAA will never call you and then ask you for your one-time verification code, USAA PIN, password, or other personal identification details. If something feels strange, hang up immediately. Read these three common ways people get phished.

#### *Go to the source.*

Confirm who you are dealing with by calling the number on the back of your card, at a trusted number on the company website, or by verifying the email address with the sender. Discover how to protect yourself against imposter scams.

### PROTECT YOURSELF AND YOUR LOVED ONES

#### *If it sounds too good to be true, it probably is.*

Beware of anyone promising you high returns, low risk and "golden" opportunities. Take the time to ask questions that can keep you from getting scammed from common job and opportunity scams if you

are in the market for a new job, investment or business opportunity.

#### **Avoid grandparent scams.**

If someone claims to be a family member, verify with that family member by calling them directly. If you think your grandchild needs help, get in touch with them directly, not by email, social media or text, or call their parents before sending money unintentionally to a scammer.

### SAFEGUARD INFORMATION WITH STRONG SECURITY MEASURES

#### **Simplify your multifactor authentication (MFA) experience.**

USAA is offering a new "remember me" device feature which can help you use MFA without receiving a code. This will allow you a quicker way to log in without compromising security.

#### **Traditional passwords aren't secure enough.**

Use the strongest authentication options provided everywhere they are offered, especially with banks, phone and email providers. If you are on a shared or public device, you should not save passwords or login details.

#### **Never share your passwords or PIN.**

Keep your passwords and PINs a secret, even from close friends, family and teammates. It is never a good idea to share your login information.

### SECURITY BEST PRACTICES

#### **Be alert.**

Never send money to someone you don't know in real life, especially using gift cards or a third-party app like Zelle®, Cash App, etc.

USAA emails include a Security Zone box in the top right corner with a personalized stamp, your first and last name and the last four digits of your member number.

Monitor your accounts regularly, respond to fraud alerts and report unauthorized transactions promptly. For more tips, visit

our Security Center.

Report any suspicious emails, calls, texts or links to [abuse@usaa.com](mailto:abuse@usaa.com).

#### **Use these tips to be #BeCyberSmart. By working together, we can prevent fraud before it happens.**

Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.

## THIS ALMOST UNBELIEVABLE ...

### *MORE THAN 200,000,000 DOSES OF COVID VACCINES WILL NOT BE USEABLE BY DEC 31, 2021.*

On October 31, 2021, host Fareed Zakaria interviewed Gordon Brown, for Prime Minister of the UK and currently WHO Ambassador for Global Health Financing. Brown reported that among the advanced nations of the G-20 which includes the United States, Canada, the Europe Union and Britain. Based on current vaccination rates, there will be more than 200 million doses of Covid vaccines have reached the limits of their useful life by December 31, 2021. The Global North needs to see that the Global south gets vaccinated. As Brown stated, we cannot be safe until the rest of the world is safe.

The Ambassador opined that it is inhumane and unethical that we in the developed world would allow that vaccines be wasted. Especially, if we have solutions that are known to save lives. It will take effort to get the vaccines to the locations where they are needed, but we can do it. It will involve our military to organize and transport most of the vaccines, but we are America, we can do it.



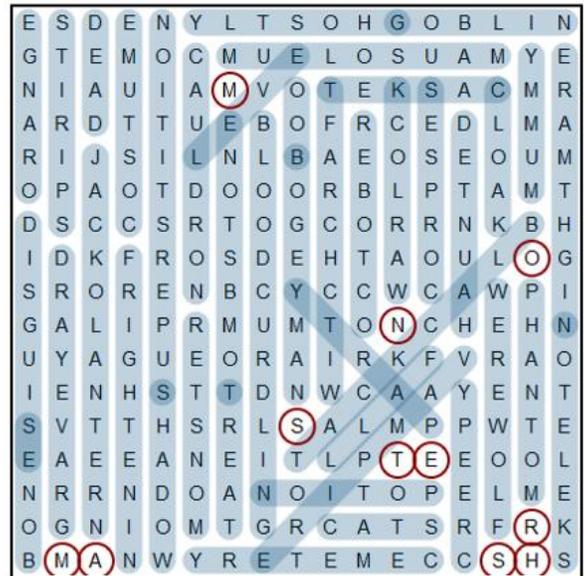
# SOLUTIONS TO OCTOBER'S PUZZLES

*Did you solve everything?*

## WORD SEARCH SOLUTION

HAPPY HALLOWEEN! Did you figure out the famous song that was written by Bobby "Boris" Pickett in 1962?  
 Answer: **MONSTER MASH**

- |               |                |              |
|---------------|----------------|--------------|
| BLACK CAT     | DISGUISE       | ORANGE       |
| BLOODCURDLING | EVEL           | PARTY        |
| BOGEYMAN      | FALL           | PHANTOM      |
| BONES         | FRIGHTENIN     | POTION       |
| BOO           | GHOSTLY        | SHADOW       |
| CASKET        | GOBLIN         | SKELETON     |
| CATS          | GRAVEYARD      | SPIRITS      |
| CAULDRON      | HAUNTED        | SUPERSTITION |
| CEMETERY      | JACK O LANTERN | TOMBSTONE    |
| CLOAK         | MAUSOLEUM      | TREAT        |
| CORPSES       | MONSTER        | VAMPIRE      |
| COSTUME       | MUMMY          | WARLOCK      |
| CREEPY        | NIGHTMARE      | WEREWOLF     |
| DEAD          | OCTOBER        | WITCHCRAFT   |



## 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
19	8	7	11	22	6	15	26	2	5	13	18	23	17	20	10	24	12	3	16	9	14	1	25	21	4

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



# WORD SEARCH

*HAPPY THANKSGIVING!*

*It's finally November, and that means it's time for family, football, and festivities!*

*Find all the words to reveal a favorite activity that happens every year on the 4th Thursday of November.*

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

- APPRECIATION
- BAKING
- CANDLES
- CASSEROLE
- CENTERPIECE
- COOKING
- CORNUCOPIA
- DESSERT
- DINNER
- FEAST
- FOOTBALL
- FRIENDS
- GATHERING
- GRATEFULNESS
- GRATITUDE
- HAM
- HARVEST
- HOMAGE
- LEAVES
- MASHED-  
POTATOES
- OVEREATING
- PILGRIM
- PUMPKIN PIE
- RECOGNITION
- REFLECTION
- ROLLS
- SAYING GRACE
- SCARECROWS
- SIDES
- STUFFING
- THANKFUL
- THREE BEAN SALAD
- TRAVEL
- TRIBUTE



## CAN YOU SUDOKU?

*SURE YOU CAN! How do I play Sudoku?*

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

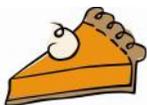
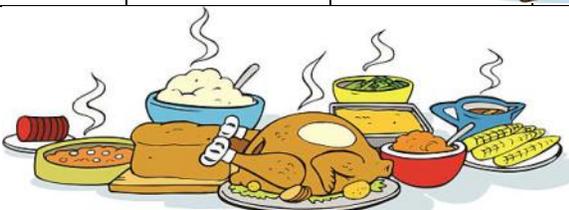
								5
	6			3	5			
	2	1	9	8		6	3	
	9					3	6	
1	3	8	2		6	9	7	4
	4	7						1
	8	6		2	3	7	5	
			5	6				4
9								

**WORK SPACE**

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



# NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 ALWMC MEETING 4:00 PM  DIST 8 MEETING 5:00 PM	<b>NOVEMBER IS: NATIONL VETERANS &amp; MILITARY FAMILY MONTH WARRIOR CARE MONTH NATIONAL FAMILY CAREGIVERS MONTH</b>			
7 DAYLIGHT SAVINGS TIME ENDS 		9	10 US MARINE CORPS BIRTHDAY	11  VETERANS DAY	12	13  POST MEETING 11:00 AM
14 	15	16	17 	18	19	20
21	22 	23	24	25  THANKSGIVING	26	
28 						

## US MARINES FACTS



- 1) The Marines were formed before the US won our independence from the Brits. On November 10, 1775, the Continental Congress approved the resolution to establish two battalions of Marines able to fight for independence at sea and on shore. This date marks the official formation of the Continental Marines.
- 2) The first officer of the Marines was named Samuel Nicholas, and was nicknamed 'Fightin' Quaker'
- 3) The Marine Corps was born in a pub. The same day Nicholas became the commanding officer of the Marines, he went to local bars and taverns to recruit his two battalions. One of Nicholas first recruits was Robert Mullan, the owner of a local tavern known as the Tun Tavern. Nicholas appointed Mullan as the chief Marine Recruiter. Mullan set up his recruitment base in the Tun Tavern where prospective Marines, attracted by cold beer and the chance to serve, swarmed in.
- 4) Marines use the oldest weapon still in active service: The Mameluke sword—as seen on dress uniforms
- 5) They're nicknamed Leathernecks, Jarheads and Devil Dogs