



CATHAY DISPATCH

MESSAGE FROM THE COMMANDER



New Year, New Events...

----- **George Tsang**

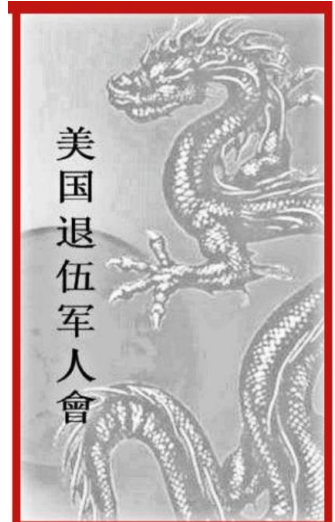
Happy New Year Everyone!

The New Year is upon us and here at Cathay Post, we are looking forward to another successful year with many activities, events and dinners that we sponsor.

The first one coming up will be our Annual Superbowl Fundraiser on Sunday, February 9th, 2025. Come and join us for food and drinks while watching the best football game of the season. Prior to that will be our Chinese New Year Meeting on February 8th and we will have all the foods that we grew up with to include a whole roast pig.

Chinese New Year (also called Lunar New Year) falls on January 29th this year which marks the beginning of the Year of the Snake and ending on February 15th, 2025 with the Chinese New Year Parade. The 12 animals of the Chinese zodiac are Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. The Snake, the sixth animal in the Chinese zodiac, symbolizes traits like intuition and strategy. With the influence of the Wood element, 2025 emphasizes growth and planning.

Our next meeting is Saturday, January 11, 2025. Hope to see all of you there. Please keep our post alive by renewing your membership for 2025!



CATHAY POST 384 AMERICAN LEGION

2023-2024 POST OFFICERS

Commander: George Tsang
1st Vice CMDR: Nestor Tom
2nd Vice CMDR: CJ Reeves
Adjutant: Miguel Ortiz
Finance Officer: -
Secretary: Ron Ritter
Sgt-At-Arms: Don McCoy
Service Officer: David Wong
Judge Advocate: Raymond Wong
Jr. Past CMDR: Helen Wong
Quartermaster: Phillip Leung
Chaplain: Richard Ow
Historian: Roger Dong
War Memorial Commission:
 Helen Wong
CAWVA: Jay Pon, David Wong

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Tai Chi: A Gentle Path to Fitness

TAI CHI IS A MIND-BODY EXERCISE that was first used by Chinese monks to improve concentration and physical well-being. Today, some people may turn to it to help manage stress.

Sometimes called moving meditation, tai chi's graceful and precise body movements can enhance balance, strength and coordination while helping you achieve better body awareness. Tai chi's movements are said to align the body, improve flexibility and increase energy flow called qi. It may also increase inner peace.

Combining breathing exercises with slow, gentle movements, tai chi is an activity for all age groups and all levels of fitness. It is ideal for just about anyone — children, adults of all ages or people with disabilities. Many of the movements can be adapted and performed in a sitting position.

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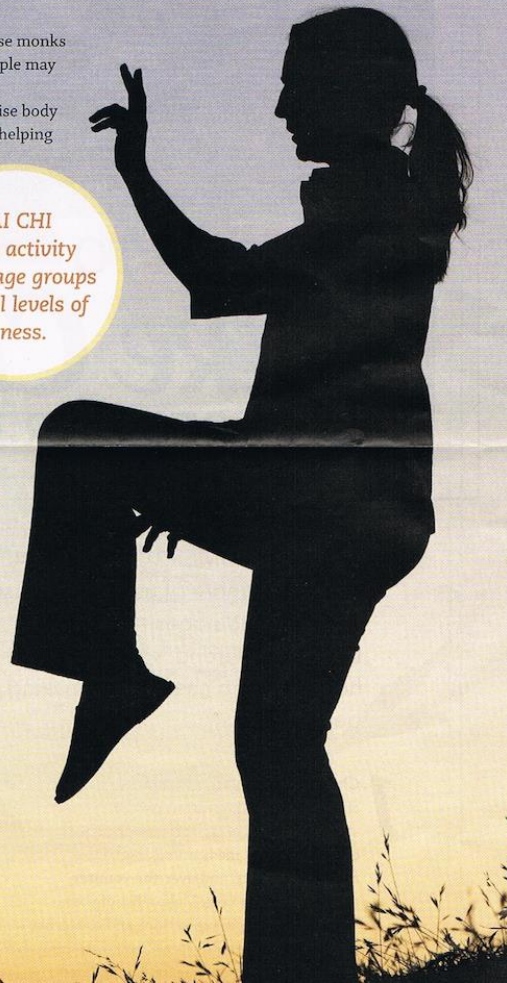
BENEFITS OF TAI CHI

Researchers have studied the benefits of tai chi. They may include:

- Increased bone health
- Cardiopulmonary fitness
- Increased quality of life
- Improved self-confidence
- Improved balance and fall prevention
- Improved strength, movement and flexibility

Another advantage of tai chi is that injuries from this activity are few. The movements are performed very slowly and are not strenuous if done correctly. As with any activity, your muscles may be sore when you first start tai chi. You may need to change or stay away from some of the movements if you are pregnant or have certain health conditions. Contact your doctor to discuss whether you should take a tai chi class.

If you are physically inactive or have a chronic health condition such as arthritis, diabetes, heart disease, pregnancy or other symptoms, check with your doctor before starting an exercise program. He or she can tell you what types of activities are safe and suitable for you.





What is a grunt in Vietnam?

A grunt carries everything he needs on his back. In his ruck sack, he carries the following items.

- 10 extra packs of 556
- 1 belt of M60-7.62
- 3 flares-red, white, green
- 1 illuminating flare
- 1 laws
- 1 E tool
- 1 parachute cord
- 3 extra grenades

I carried 3 grenades in my pockets and 1 grenade in chest pocket for myself. I will pull the pin if over ran.

- 1 claymore

On the personal body I carry 40 magazines and another 10 magazines on top of the ruck sack

- 1 M16 cleaning kit
- 2-quart canteen of water
- 1 additional 1-quart canteen of water
- 1 poncho and liner
- 20 plus cans of canned fruits, etc
- 1 personal hygiene kit consisting of toothbrush, toothpaste
- 1 letter writing kit
- 1 first-aid kit
- 1 bug juice

Most of the items that I carried are my own choice-extra ammunition, grenades, food, and water.

We lived 24/7 in the jungles of Ashau Valley which is in the western part of South Vietnam. The border is DMZ, Laos and Cambodia which is mainly mountains, valleys, and dense jungles.

We operated as a five-man team during search and destroy during the day. We were in constant communication with the platoon leader. And in the evening, we would gather back as a platoon which for us our platoon was 20 men or sometime 24 men. Then we would setup ambush squad and sent out before nightfall. This was done day end and day out rain or shine.

There are times that we will operate as a 5-man team on our own day or night.



DHS USCG Sector San Francisco Dec 13 2024







January 2025 OSINT Report



---- Roger Dong

Our Hearts.

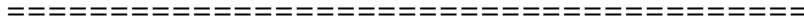


Hate to inform us, but Heart problems are a very big issue in America. According to the American Heart Association, about 60% of our nations' population have heart disorders. Not all are serious, but one (1) in five (5) deaths are caused by heart disease. Among our Post population of around 150 members, thirty (30) of us will be the victim of heart failure.



Chinese Hospital on Jackson St.

Here's some good news. Since the threat of heart failure is so severe, be glad that if anyone has a heart problem, we have Chinese Hospital at 845 Jackson St in our City. They have a heart section that specializes in heart ailments, and if additional medical staffing is needed, they are partnered with UC Medical Center. And, our Post is only four (4) blocks from Chinese Hospital. So, if you, or I, suddenly have a heart problem, help is just blocks away. Don't forget this important information. We may both need it.





Honoring a few more Heroes...

A few months ago, we recalled one of our past Post Heroes, Commander Bok Pon. This month let's honor two (2) more past Post Heroes. First there is one early Post Commander Lim Poon Lee, aka: Lim P. Lee. His contributions were sufficiently significant for Congresswoman Emeritus Nancy Pelosi effected naming the first U.S. post office after a Chinese person, and that was our past Post Commander Lim P. Lee. Click on the link below for more details:

<https://search.app/pqna2idtbWxUQxd26>

Next, we have past Post member, Major Kurt Lee, U.S. Marine Corps, a military warrior and Marine hero. Major Lee single-handedly, led a squadron of Marines to face up to Communist Chinese troops who vastly outnumbered the 1st Division of our Marine Corps. Their superior numbers eliminated 50% of the Marine 1st Division, and Major Lee led a small squadron of Marines that effected the departure of half of the 1st Division safely out of N. Korea. Interested in details, click here:

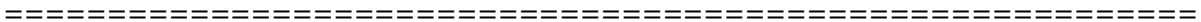
<https://nationalvmm.org/marine-corps-trailblazer-major-kurt-chew-ee-lee/>



A real disaster is happening not far from home.

We have all heard in the news that Palisades Park in Southern California has been torched. Thousands of our southern California friends, or family have been surrounded by flames and have had to evacuate. In a huge disaster like this, the problems of housing and recovery are overwhelming. What do you do when you no longer have a home, maybe, you may even have an automobile available for use. Hopefully, victims have some cash and credit cards to pay for everything you need to survive and recover when things finally settle down, and state and federal resources can help. But when a person has lost house and home (and cars), this is the darkest moment in their lives. No one forecasted that climate change effects would be so severe. But we now live in exceptional times when everyone must be prepared for hardship.

In the Bay Area, it should be reminded that a potential major earthquake is always threatening, so for our Post members, families, and friends, now living safely. We must all be prepared. We must all have at least a half tank of gas in our vehicles, two weeks of drinking water for ourselves and our families, and several days of survival food. Have several days of clothing ready to load into suitcases, so that we can re-settle somewhere - likely miles from home. You and I have no other choice, if we are going to survive a major earthquake, or some other disaster. Make good plans and good luck to all.





*A visitor boarding
new from the East!
To the OOP a report
is due at least.*

*“Reporting for duty
and full of good cheer,
Permission to board sir,
for I’m the new year.”*

*“Permission granted,
and welcome to the crew.
But be assured, friend,
your name is not new.*

*“For 66 here,
with numbers of gold
Has had a head start –
almost a year old.*

*In service of country, far from home this night, She stands a mighty vanguard
in the half-moon’s shimmering light.*

*“In 10 fathoms of water
at anchorage XRay-3
America is anchored
at Livorno, Italy.
She’s anchored –
secure from the Northwind’s howl*



The Soldier and the Snow

BY MIGUEL HERNÁNDEZ

December has frozen its double-edged breath and blows it down from the icy heavens, like a dry fire coming apart in threads, like a huge ruin that topples on soldiers.

Snow where horses have left their hoofmarks is a solitude of grief that gallops on. Snow like split fingernails, or claws badly worn, like a malice out of heaven or a final contempt.

It bites, prunes, cuts through with the heavy slash of a bloodshot and pale marble ax. It comes down, it falls everywhere like some ruined embrace of canyons and wings, solitude and snow.

Soldiers are so much like rock crystals that only fire, only flame shapes them, and they fight with icy cheekbones, with their mouths, and turn whatever they attack into memories of ash.



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

1sudoku.com

n° 111360 - Level Easy

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

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n° 122921 - Level Easy

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

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n° 125284 - Level Easy

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

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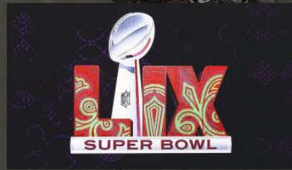
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January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day 	2 New Year's Day observed	3	4
5	6	7 ALWMC 400PM District 8 500PM	8	9	10	11 POST MEETING 10AM
12	13	14	15	16	17	18
19	20 Martin Luther king Day Inauguration Day 	21	22	23	24	25
26	27	28	29 Chinese New Year Day	30	31	



SUPER BOWL SUNDAY

FEBRUARY 9, 2025
3 P.M.

BAR OPENS AT 2:30 P.M.

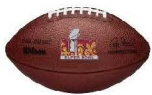
COME & JOIN US FOR A
SPECIAL FUNDRAISER!

CATHAY POST 384
1524 POWELL STREET

PLENTY OF FOOD & DRINKS
(FEATURING TRI-TIP & CHICKEN WINGS)

COCKTAILS & BEER
(NO HOST BAR)

MINIMUM DONATION: \$25



LIMITED SEATING



RSVP BY MONDAY, FEBRUARY 3, 2025

GEORGE TSANG (415) 608-6312

NELSON LUM (415) 205-0120

FOOTBALL POOL = \$25/SQUARE

CONTACT LILY WONG: lilytlwong@yahoo.com

