



VFW BERT FULLER POST 9578

ALPINE CALIFORNIA

October 2015

Post Officer Roster: 2015-2016

Commander: Bill Frazer
Email: frazerwv@cox.net
Senior Vice: Bob Minton
Junior Vice: Kevin K
Quartermaster: Carl Silva
Chaplain: Theo Bazdorf
Adjutant: Kerry Parsons
Judge Advocate: Rick Storms
Service Officer: John Rizzo

TRUSTEES

1ST Year: Jack Gauthier
2ND Year: Jerry White
3RD Year: James Abercrombie

ALL CORRESPONDENCE FOR THE NEWSLETTER PLEASE MAIL OR EMAIL TO THE FOLLOWING ADDRESSES.

844 Tavern Road,
Alpine CA, 91901
Email to : vfw9578alpine@vfw9578alpine.org

Commander's Message

Fall season has begun but it doesn't feel like it. First I'd like to apologize to two of life, loyal members and to the Post for my behavior and bad judgement. During a email I sent to my officers which was sent to all members, I pointed these members out. My passion for our Post got the best of me and I made a bad judgement. Again I am sorry for my behavior! I will not get into the details or name names. Now back to Post business, congrats to John Rizzo and crew for winning People's choice (for second year in a row) at Alpine Chili cook off. I'd like to say thanks to all the volunteers who cooked meals or burgers. Also, great job to all of our employees for doing an outstanding job. There is one person I would like to give a big thank You to JR of Men's Auxiliary for building a new outside bar downstairs. If you haven't seen it, I posted pictures on Facebook. Looks great! If you are on Facebook, I operate Bert Fullers VFW Post page. Please check it out, add pictures or become friends. This month we have our Annual Deep Pit BBQ on October 10th, hope to see ya all there! We can use volunteers and donations for our Auction. Also on the 3rd there will a Post clean up and weeding, we can use volunteers for this too! Let's help make our Post look great! Don't forget Oktoberfest and Halloween! Till next month your Commander Bill Frazer

VFW REPORT: VETERANS PREFER VA CARE

CONSISTENCY OF CARE STILL AN ONGOING ISSUE

WASHINGTON (September 25, 2015) – One of the greatest ongoing debates in the aftermath of last year's allegations of patients dying on secret waiting lists is where America's veterans should get their care. According to a new report released this week by the Veterans of Foreign Wars of the United States, America's veterans prefer that their care be provided by the Department of Veterans Affairs.

Entitled "Our Care," the VFW report revealed that where veterans choose to receive their care depends on the number of options they have available. Still, the majority of the 1,847 veterans surveyed prefer to use the VA because they receive high quality care, they regard VA health care as an earned benefit, and they consider VA's ability to treat service-connected conditions to be unmatched anywhere in the private sector.

The new website at www.vfw9578.com is still open for suggestions.

Men's Aux. Message

Men's Auxiliary Officers: 2015-2016

President: David Verdugo
Vice President: Kevin Casey
Jr VP: Joel R. Murrillo
Chaplain: John Snyder
Treasurer: Steve Abercrombie
Guard: Vince Roussel

TRUSTEES

1st Year: Jim Dymond
2nd Year: Mark Merriman
3rd Year: John Kehrlie

In October we have moved the "Wild Boy's and Girl's breakfast to Sun. 11 Oct. Please note the date change. Looks like our National Organization may be getting a bit of push back with the changes to the Auxiliaries. Fortunately for Post 9578 things should stay pretty much the same for the next year at least. Many of us have already gotten our membership cards for 2016!!! So don't look for much change as things keep moving along rather nicely

for the Men's group. We have a lot of volunteers to thank for all their efforts over the past month. John K, Jim D, Steve A, Fernando G, Joe and JR for the Saturday burger burns that have been doing very well. Thank you Clint P. and all the folks with the weekly Game night that adds to our Relief Fund. Thanks also to Steve C, Bobbie C, Carolyn V, and myself providing the Wild boy's and Girl's breakfasts. Thanks to Mark M. for taking care of the recycling from loading to delivery to the recycle center on a regular basis. Kevin C. thanks for heading up our irrigation project on the hill with funds from the Men's Aux. Speaking of funds, during our last meeting it was generally decided we would focus our donation efforts to our local area here in Alpine. We are one of the few Posts here in the East that can make a difference unlike the many Posts in the City. If you know of a Veteran or Organization that needs help please bring it to the Men's Aux. for discussion. Thanks for all the help and support especially the Post members that take the time to make our meetings. We may be removing the pits for horse shoes due to lack of use. There appears to be little interest. If we are wrong please let someone, anyone know that you are interested in keeping them. Don't forget the Pit BBQ on 10 Oct. there is a real need for volunteers to help. If you can help please contact John Rizzo or Rick Storms. We are looking for donations for the raffle as well. The Men's Aux. will serve lunch on the Sat. 3 Oct. and Sat. 10 Oct. from 11:00AM to 2:00PM. The "Wild Boys and Girls" will serve our traditional breakfast on Sun. 11 Oct. from 9:00AM to 12:00PM. Our monthly meetings are held the first Saturday of the month at 11:00AM. Don't forget to buy a burger or a dog after the meeting and see you at the Post. Please keep our active service members that are in harm's way in your thoughts and prayers as well as our veterans that have sacrificed so much to protect our freedoms and the life we all enjoy. God Bless America!

David Verdugo, Men's Auxiliary President

Aux. Message

Auxiliary Officers: 2015 – 2016

President:
Sheila Snyder
(619) 990-0536
Senior Vice: Nancy Hauer
Junior Vice: Betty Rabell
Treasurer: Linda Pipkin
Secretary: Janice Simmons
Chaplain: Donna Lowell
Guard: Elvira Storms
Conductress: Vikki Hemmen

TRUSTEES

1st Year: Kimberley Rivera
2nd Year: Katie Abercrombie
3rd Year: Bea Conklin

KITCHEN MANAGER Mary Sabol

POST HOURS
**MONDAY – THRU -
FRIDAY**
12:00 Noon to Closing
**SATURDAYS AND SUN-
DAYS**
9:00AM Till Closing
Post Phone Number:
(619) 445-6040
**Fax Number: (619) 445-
8740**

**SCHEDULED MEETING
DAYS
VFW AUXILIARY
1st SATURDAY OF THE
MONTH
0930**

**MEMBER'S MEETINGS
2ND SATURDAY OF THE
MONTH
HOUSE COMMITTEE
1000
GENERAL MEETING
1100**

House Committee

RICK STORMS
DAN CHRISTENSEN
HANS LUDWIG
DENNIS FOREMAN
BENNY COPE

With the changes laid down by National VFW Auxiliary, we have been advised that the process for changes will be over a 5 year time period. We do anticipate new members to submit their applications soon to join us for upcoming events.

I will be passing out the list for the VAMC La Jolla's request for participation and needed items for the upcoming holidays. This will include foods, personal items, clothing and similar products, and the notations will include those which cannot be provided.

I did have the chance to attend the Jewish War Veterans monthly meeting at Paradise Valley Resort, and having met the commander, will become an honorary member as well. The Commander will provide a list to me of the locations where other veterans (all religions) are for assisted living, so volunteers throughout the District may participate for games, visits etc. Remember that many veterans here in San Diego may not necessarily have family close by to spend time with them for whatever they may need.

The Auxiliary members sponsored dinner on Sat. Sept. 26, a cowboy theme with beef brisket, veggies and dessert. This also included many baskets for raffle to raise money for our Veterans.

I invite all Auxiliary members to our next meeting on Sat. Oct. 3 as we will be hosting District Officers for our yearly inspection. The District group will be with us early (830am) while we conduct that part of business before the regular meeting. Please come out and meet our new District officers (President Lupe, Sr VP Oneita, Jr. VP Beth, Chaplain Kathie, Conductress Grace and a few other Aux Presidents).

Please note that while nominations and elections are the better part of 6 months away (April '16), you are welcome to participate and be nominated as an officer for the Auxiliary when we have the April meeting. For now, please respect my position as President to help this Auxiliary move forward, not backward. My other concern is if you have suggestions on how to improve the Auxiliary, please attend our meetings to be heard, not via the back room methods.

Please follow the bylaws and rituals as laid out in our book, so we do not suffer losing our Charter, and please be considerate of others within the Auxiliary, it is and always will be a group effort. We are all in this together.

In closing, please keep positive thoughts for my hubby, as he will be going to major surgery during mid-October.

Respectfully submitted,

Sheila Jo – Auxiliary President

Chaplain's Message

According to Wikipedia, "**Faith** is confidence or trust in a person or thing or a belief not based on proof. It may also refer to a particular system of religious belief. The term 'faith' has numerous connotations and is used in many different ways, often depending on context."

Very well explained, I think. FAITH is something all humans need have to one extent or another – even if it's only one's faith in oneself! But, forgoing the religious or spiritual aspect, isn't it true that we should have faith in ourselves, our families, our friends, our co-workers, and especially our leaders? (Most of us had to learn this during our time in military service.) However, going beyond all that is the need for faith or "trust" in a Higher Power, whatever that means to the individual. I feel that it's important for us to periodically review our faith to ensure that we believe what we believe, so to speak. After all, our beliefs regarding faith determine our behavior and reaction to certain life situations. The following Psalm illustrates faith to implore a higher power in one's life.


PSALM 31 (1-5): "In thee, O Lord, do I seek refuge; let me never be put to shame; in thy righteousness deliver me! Incline thy ear to me, rescue me speedily! Be thou a rock of refuge for me, a strong fortress to save me! Yea, thou art my rock and my fortress; for thy name's sake lead me and guide me, take me out of the net which is hidden for me, for thou art my refuge. Into thy hand I commit my spirit; thou hast redeemed me, O Lord, faithful God."

Theodore Bazdorf, Chaplain

Quartermaster's Message

We are now headed into the last Quarter of the year so all annual members of Post 9578 should remit dues in support of our Post and the VFW. I am looking for help with the identification of members' pictures hanging on the Post walls. Many guests and member families have requested name labels be placed on the pictures. Member input in this process would be a big help. I really feel badly that more of you cannot make our monthly meetings to help guide this lovely VFW Post. Members of our staff do their very best to make sure all operations run well and that our guests and members receive the best possible service. The Post needs your participation to function properly. The best is yet to come but only if more of you show up. Carl

VFW BERT FULLER POST 9578
 ALPINE CALIFORNIA
 OCTOBER 2015
 VFW9578ALPINE@VFW9578ALPINE.ORG 445-6040
 WWW.VFW9578ALPINE.ORG



Kamps
PROPANE

Richard Edwards - Account Executive

(619) 390-6304
 (800) 797-4GAS Toll Free
 (619) 390-6344 Fax

16245 Alpine Blvd.
 Alpine, CA 91901
 www.kampspropane.com

Round up all your copying and printing needs and mosey on down to

Copy Corral
(619) 562-3660


- ★ Copy & Print
- ★ Wide Format Printing
- ★ Fax & Notary
- ★ Quick Turnaround
- ★ Design services available

11440 Riverside Dr, Lakeside, CA 92040

*Come on down and see us now, y'hear?
 - Julie & Nicole*



Alpine Ace Hardware
 1347 Tavern Rd Ste C4-5
 Alpine, CA 91901
 619 445 8100



Chris Wiley
 NMLS License #240137
 Primary Residential Mortgage, Inc.
 2124 Arnold Way
 Alpine, CA 91901
 619-722-1303 office
 619-722-6139 fax

Primary Residential Mortgage, Inc. is a full-service Mortgage Banker and one of the top FHA originators in the nation.

Café 619-443-4100



Open for Breakfast & Lunch
 6:00 a.m. to 3:00 p.m.

Highway 67 at
 12381 Mapleview St.
 in Lakeside, CA 92040 10% off any lunch with this ad

www.Cafe67usa.com



BISHER'S
QUALITY MEATS

The Very Best In Meats
 Dan Bisher, Owner
 2330 Main St #A Ramona 92065
 Josh Lehman, Manager
 (760) 789 1488



Natural Instincts
 learn - nourish - cleanse

Natural dog & cat foods, treats and supplements

Self-serve dog spa and full service grooming

Dog obedience and agility classes

Doggie Daycare and boarding

\$2 OFF
Doggy Day Care
 One per visit / Cannot combine offers

619-445-1550
 2101 Alpine Blvd.
 Alpine, Ca. 91901
 www.feednaturalfood.com



GALAXIE DEFENSE MARKETING SERVICES

VINCENT LAWRENCE
 President & CEO
 vlawrence@galaxiemgmt.com

5330 Napa Street, San Diego, CA 92110
 Phone: (619) 299-9950 | Fax: (619) 299-9955
 Toll Free: (888) 711-3427
 www.galaxiemgmt.com

RJR BUILDERS

General Contractor

vkrr@cox.net
 Cell: 619-861-2938

Vince Roussel
 Lic# 414281



Woody & Bea Conklin
 (619) 937-1310
 Campo, California

Custom Wood Signs

FROM OUR KITCHEN

October 2015

We are open to suggestions from our guests, we aim to please! (NOTE: These items may be subject to change.)

Monday

Mon night football

Brats or Hot Dogs with sides

Tuesday, 4pm to close.

Oct-6th Chicken or Taco salad

Oct-13th Beef Stroganoff

Oct-20th Sheppards Pie

Oct-27th Chicken Casserole

Wednesday Nights (Pool Tournament)

Wednesday -4pm until gone!

Oct-7th Tortellini and Garlic Sticks \$5

Oct-14th Special Mexican Night Chicken Enchilada Casserole Rice and Beans Chips and Salsa \$6

Oct-21st Meatball Sandwiches and Chips \$5

Oct-28th Spaghetti and Garlic Sticks \$5

Thursday Nights

4pm until gone! Sloppy Joes- \$5.00

Friday Night-5pm to 7pm

All dinners served with French Fries & Coleslaw

Cod \$10.00, Shrimp - \$10.00, Cod & Shrimp - \$10.00

Iceberg Salad Wedges - \$5.00; with Shrimp - \$7.00; topped with diced tomatoes, bacon, feta or bleu cheese, and black olives.

Shrimp Cocktail – Full \$10.00 or Half \$5.00

Saturday Night Dinners-5pm to 7pm

Oct-3rd Rib Eye Steaks, Au Gratin potatoes and veggies \$15

Rick Bostock Commissioning Party on Deck, karaoke by Ricky Z

Oct-10th Deep Pit BBQ -2pm until 6pm, no dinner tonight. Music by Good Mojo Band

Oct-17th Rib Eye Steaks, Potato and Veggies \$15, 5pm to 7pm. Private Party downstairs 5pm to 9pm

Oct-24th Rib Eye Steak, potato and veggies \$15. 5-7pm

Oct-31st Halloween Party! Ghoul and Goblin Pie \$10, 5-7pm Music by the Ideas, 6:30 to 9:30.

Sunday Buffet Breakfast-plus FOOTBALL!

9:00 am til noon

Oct-4th Eggs to order, bacon, sausage, O' Brian potatoes, biscuits and gravy-\$7.00 Add pork chops, \$9.00

Oct-11th- The Wild Boys and Girls Breakfast \$7.00

Oct-18th Omelette Bar, sausage, bacon, O' Brian potatoe, biscuits and gravy-\$7.00

Oct-25th-Eggs to order, bacon, sausage, O' Brian potatoes, biscuits and gravy-\$7.00 Add pork chops, - \$9.00

All menu items are subject to change!