

VFW Bert Fuller Post 9578

news & updates

November 2020 Alpine, CA



Commander's Message



November is a time for all of us to remember Veterans and Family. **Veterans Day** on Wednesday, November 11 will be a time to reflect on all that have honorably served and especially all those who have given the ultimate

sacrifice to God and country. We will be having our annual **Veterans Day Ceremony** at 1 p.m. Wednesday, **November 11** in front of the **Post**.

Special note: On Wednesday, 11/11 from 11 a.m. to 3 p.m., **VFW Post Adjutant Sean Lynch** and his wife **Natalie** will be serving hamburgers and hot dogs free to all Vets.

Our annual November 26th **Thanksgiving Dinner** will be cooked by **East County TLC** and served by Post Volunteers that Thursday from **2 - 5 p.m.**

As COVID-19 cases are rising around the country this month, please do your best to comply with state and county guidelines at all times and **do not, under any circumstance, attend a Post activity or**

Upcoming Post Events

See what's happening this month on our Facebook page! Please click this link:



Quartermaster's Report

The recent cancellation of our Post's **Annual Deep Pit BBQ** was a severe financial blow to our Post's operations because the event is the Post's largest fund raiser and fellowship gathering of the year.



The good news is that our members and the public who are aware of this loss have responded by increasing their participation by attending Friday, Saturday evening dinners and Sunday morning meals. This newly-increased volume of business has helped offset our significant financial loss.

It should also be noted that more active duty military personnel are showing up at our Post and those VFW-eligible have joined the Post.

The performance of our Post volunteers' bar and food service volunteers has been very commendable during this difficult COVID-19 nightmare. We thank them for their service to our great VFW Post.

We also want to thank our Members and guests for using masks and practicing social distance measures during this difficult time.

Members, please make every effort to attend our 11 a.m. **General Meeting** on Saturday, November 14th to participate in the operation of our wonderful Post.

I am always available 24/7 to assist you in my capacity of **Post Quartermaster**; also, I am happy to help in the signing up of new members in either the **Post** or the **Post**

event if you or a member of your family unit are experiencing **COVID-19 symptoms**. If you have questions on the guidelines please call the **Post** at **(619) 445-6040**.

Please continue to stay safe, follow the health guidelines and limit any exposure.

Jack

Post Commander
Jack Gauthier

Chaplain's Message

Fellow veterans, our day, Veterans Day, falls on Wednesday, Nov. 11th this year.

Originally designated **Armistice Day**, celebrating the end of **World War I**, it's now the specified day each year on which we honor all those men and women who've served in the **Armed Forces** of our great Nation, whether in time of war or peace, in a faraway country or in the U.S.

We should respect all veterans, and take pride in our own time served in the **U.S. Army, Navy, Air Force, Marine Corps or Coast Guard** (don't forget that all active-duty men and women are future veterans)!

Almighty God, today we remember our Country's military veterans. We acknowledge that their service has enabled us to live as free people in the United States of America. May their service time be rewarded in every way. May each and every veteran gain earthly and heavenly blessings from their unselfish love of country. May they all feel honored not just today, but every day. Heavenly Father, we also give special recognition to our wounded warriors. We ask that you comfort them as they seek to gain health, stability and wholeness. AMEN.

From **St. Paul's Epistle to the Galatians [6:7]**: "Don't be deceived: God is not mocked. For whatever a person sows, they will also reap."

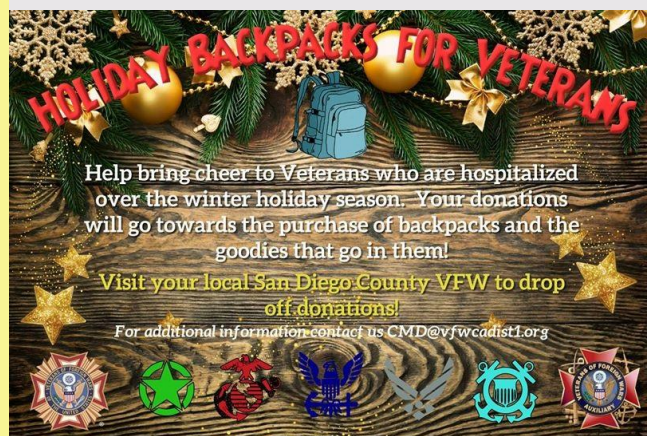
The consequences of your actions are in proportion to your good or bad intentions towards others. Are you "sowing" good thoughts and feelings towards your friends, family, loved ones and your fellow veterans? If so, you will receive the same. But if you're



Auxiliary.

Carl

Quartermaster
Carl Silva



FREE Hamburgers & Hot Dogs for Veterans on Wednesday 11/11 at VFW Post 9578

On **Veteran's Day**, Wednesday, Nov. 11, **VFW Post Adjutant Sean Lynch** and his wife **Natalie** will be serving hamburgers and hot dogs to veterans **at no cost** from 11 a.m. to 3 p.m. Please remember to wear your mask and practice social distancing.

House Committee Report

Comrades:

I hope all is well with you and your families. We have been doing well with our social distancing at the Post; please keep it up and wear your mask when leaving your table or entering the Post.

We will be revisiting the **Life Member** daily drink chip benefit next meeting. Some members feel it is a little too much and takes away from honoring our life members; more to follow on this.

If you have something that you wish to discuss about the managing of the **Post** please bring it to our monthly **Members Meeting**.

The generator in the parking lot belongs to AT&T and we are working with our contract advisor to get it removed or pay for the spot;



sowing rumors, gossip and negative thoughts and feelings, you'll undoubtedly receive similar in return (remember, it's called "karma", the spiritual principle of cause and effect)!

Theo

Post 9578 Chaplain
Theodore Bazdorf

WEDNESDAY 11 NOVEMBER 2020
IN HONOR OF VETERANS DAY AT ALPINE V.F.W.!



1:00 PM -- CEREMONY OUT FRONT AT OUR POST
MEMORIAL WALL
(Followed by grilled hamburgers and hot dogs.)



844 TAVERN ROAD, ALPINE, CA

Fleet Week San Diego Nov 9 - 15

"Fleet Week San Diego was created by community and business leaders who understood the great depth of public support for our Sailors, Marines and Coast Guardsmen. This group sought to provide a means for San Diego to express its support in a way that would establish San Diego as a patriotic, pro-military city. They shared a vision to recognize the contributions made by the naval services to the many communities of the greater San Diego region."

Nov 1 - 15 Virtual 5K Family Fun Run
Nov 9 All Enlisted Golf Tourney at Sycuan
Nov 9 - 15 Military & Veterans Art Exhibit
Nov 9 - 15 Qualcomm Innovation Zone
Nov 10, 12, 13 Virtual Student STEM Days*
Nov 11 Veterans Day Celebration Boat Parade
Nov 14 Military Family Drive-in Move Nite
Nov 14-15 Fleet Week Car Show at Broadway Pier

more to follow on that as well.

Prices for buckets of premium beer went up to \$23 and domestic buckets of beer went up to \$21 for 7 beers per bucket.

We now have three good generators to run the essential equipment at the Post if a power outage occurs.

In the past we had a Building Committee to work on the future planning of the post's expansions and/or repairs. We started a new committee, branched off the House Committee, with members having construction experience. We also have one auxiliary member with a vast construction experience to assist us with any county building requirements that may occur.

Again, if you have any recommendations or suggestions for the House Committee please bring them to the monthly Members Meeting to be discussed.

Thank You

John

House Committee Chair
John Rizzo

Auxiliary President's Message

Happy November to all!

Please remember to vote! At our next meeting, I will be asking if you did so that I may document how many participated (mail in or on site) for a report to submit for credit. How you vote is your choice – I just need to know if you voted.

We were able to verify that the **Cookie Bake-off sale** netted **\$150** in proceeds, pending distribution to relief fund or another program.

District 1 inspection was completed and took a little longer than expected, but everything was reviewed and verified. Guests included **Dist. 1 President Rachel Luke, Sr. VP Maria Jimenez, Chaplain Diana Kulhanek** and **Conductress Leanna Brown**.

Welcome letters to the new members were sent out and hopefully they will attend our **Saturday, November 7 Auxiliary Meeting**



*students only

For more information, please visit:

[Fleet Week San Diego](#)

Volunteers Needed For Veterans Day Boat Parade Wednesday 11/11

Volunteers will receive a T-shirt and ball cap to identify them as volunteers. They will be monitoring various areas around the **Embarcadero** to ensure that social distancing policies are being followed during the event. If they feel there is an issue they can politely remind folks about social distancing or text a fleet week committee member to assist. They are not expected nor encouraged to confront anyone.

I am also happy to offer a **20% discount** for the **Virtual 5K Family Fun Run/walk** with the following code: **FW2020**

Margaret "Maggie" Blumberg Young
Associate Executive Director
San Diego Fleet Week Foundation
(619) 549-9414
www.fleetweeksandiego.org



FLEET WEEK SAN DIEGO

5K FUN RUN & WALK

OPEN TO THE PUBLIC!
ALL AGES WELCOME!

REGISTRATION REQUIRED

FREE T-SHIRT & MEDAL FOR ALL PARTICIPANTS

ALL PARTICIPANTS WILL RECEIVE A SPECIAL COMMEMORATIVE FLEET WEEK FUN RUN T-SHIRT AND MEDAL!

\$20 SINGLE ENTRY
\$25 ADULT + 1 CHILD
\$35 FAMILY OF 4
\$5 PER ADDITIONAL CHILD

BE A PART OF THIS VIRTUAL FUN RUN WITH THE WHOLE FAMILY! ANYWHERE AND ANYTIME!

NOV 1 - 15, 2020

REGISTER FOR THIS EVENT AT
WWW.FLEETWEEKSANDIEGO.ORG

for their initiation. We had three new life memberships, two annual and one transfer.

Fleet Week San Diego sent me an itinerary of events coming up for **Veterans Day**, including a boat parade on the Bayfront for everyone to watch, celebrate, relax etc. The list of events and a link to **Fleet Week San Diego** is included in this newsletter for your review and consideration of the upcoming activities.

I will need updated information for the **2020 Buddy Poppy centerpiece contest** for upcoming District meeting.

Our Post Auxiliary is currently at 87.5% on membership, as we had to remove the deceased members from a new list. Hoping that we can get to 90% soon especially with the five new apps sent.

We will be reviewing the information for **Community Outreach Program**, which we must vote on *before* anyone participates or donates hours/time for a project. This does not include or involve any monetary funds, only what you give as a volunteer with guidelines set from National Aux HQ. I will be in contact with the Department rep who will be sending a list of options for the Community Outreach to vote on and have folks volunteer for at least two or more from the list or other choices for the community.

Please have a safe and peaceful holiday season to include **Veterans Day** (salute to all!) and **Thanksgiving**.

Also remember to vote, as I will need to know how many from Auxiliary voted (whether in person or mailed ballot) for credit to District/ Department.

Any questions or concerns, please let me know. I can be reached via email at **sheilajo9578@cox.net** or by phone at (619) 990-0536.

Please stay healthy and safe, we need everyone!

Respectfully submitted,

Sheila Jo

Auxiliary President
District 1 Auxiliary Chaplain 2019 - 2020
Sheila Jo Toor-Snyder

A great way for members of the Alpine community to support their **Bert Fuller VFW Post 9578** is to join the post auxiliary. Check the Auxiliary Facebook page for details; click on this link:



**VFW Post 2111 Chula Vista
Veteran Home Virtual 2020 Vet Walk**



**Post Thanksgiving Meal Service
Thursday November 26th**

Turkey, ham & all the extras! Food preparation by **ECTLC**; service from 2 to 5 p.m. \$10 donation requested.

**Auxiliary Chaplain's
Message**



I love, love, love November!
It brings (finally!) cooler
weather to our Southern
California area.

The beach is still beautiful and welcoming;
Julian awaits with a definite chill in the air
and its wafting smells of comfort with
cinnamon, apples, and memories; **Borrego
Springs** area is gorgeous and ready to
explore. Don't we live in the most awesome
area in the country? We can visit the beach,
the mountains, and the desert – all in one
day!

Wouldn't it be great to have everything we
need in one place? I believe we all do. If you
really think about it, we are all in the right
place at the right time for each of us.

We hold the power of change, true. While
we all may not be able to change what kind
of home we live in, or what type of car we
drive – we all have the power to change our
thought process and the way we receive
information. When you receive information:
Do you internalize it - or do you deflect it?
Do you empathize - or criticize?

That is up to each one of us. We all have
the choice to listen, to care, to help, to love,
to connect, to make a difference.

We may not have the best material
circumstances in our lives – but as we know
– there is always someone that is worse off
than we are.

Be happy and grateful this November. We
have all been through so much in the past
year – let us recommit by taking a deep
breath, inhale...exhale...be well and smile!

With Peace and Love,

Jan

Post 9578 Auxiliary Chaplain
Jan Bazdorf

SPECIAL THANKSGIVING BUFFET
AT ALPINE VFW POST 9578
THURSDAY 26 NOVEMBER 2020
TURKEY, HAM & ALL THE EXTRAS!
(PREPARED BY E.C.T.L.C.)



SERVED FROM 2:00 – 5:00 PM
(\$10 DONATION REQUESTED)
844 TAVERN ROAD, ALPINE

A Brief History of Veterans Day From Military.com

Veterans Day, formerly known as **Armistice Day**, was originally set as a U.S. legal holiday to honor the end of **World War I**, which officially took place on **November 11, 1918**. In legislation that was passed in 1938, **November 11** was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored **World War I veterans**.

In 1954, after having been through both **World War II** and the **Korean War**, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the **Act of 1938** by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the **Uniforms Holiday Bill** ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first **Veterans Day** under the new law was observed with much



Canteen Manager's Message



RAFFLE WAGON

A new raffle has been started for a Wagon Full of lots of "goodies."

Tickets are \$1 each or six for \$5. The Raffle will be held when a sufficient number of tickets are sold.

Thank you for all the support on our raffle Wagon. We have collected over **\$600!** **TICKETS** will be available only until **Saturday, October 31st** and the Drawing will be held at 8 p.m. that night.

Our next Raffle will be a Wellness basket. We are looking for Donations to help make it great.

Saturdays from 10 a.m. - 7 p.m.

Caroll will be selling her handmade aprons, tote bags, bibs and facemasks (assorted designs and fabrics) from **10 a.m. - 7 p.m.** on **Saturdays** - come and see her beautiful works of art which make great Christmas and holiday gifts! **Carroll** donates **\$5** from each sale to our **Post!**

Sunday November 1st - \$5 Chicken Strips & Chips at the Bar

Our new **Game Night** for **Wednesday** nights along with **Tuesday** nights is a big hit! Come on out and join us (and be sure to bring your best "game face")!

We very much appreciate your continued support (and patience!) during this time of uncertainty.

confusion on Oct. 25, 1971.

Finally on September 20, 1975, **President Gerald R. Ford** signed a law which returned the annual observance of **Veterans Day** to its original date of **Nov. 11**, beginning in 1978. Since then, the **Veterans Day** holiday has been observed on Nov. 11.

United States Senate Resolution 143, which was passed on Aug. 4, 2001, designated the week of **Nov. 11 through Nov. 17, 2001**, as "**National Veterans Awareness Week**." The resolution calls for educational efforts directed at elementary and secondary school students concerning the contributions and sacrifices of veterans.

President Eisenhower's letter to Harvey V. Higley, Administrator of Veterans' Affairs, designating him Chairman, Veterans Day National Committee

The White House Office
October 8, 1954

Dear Mr. Higley:

I have today signed a proclamation calling upon all of our citizens to observe Thursday, November 11, 1954 as Veterans Day. It is my earnest hope that all veterans, their organizations, and the entire citizenry will join hands to insure proper and widespread observance of this day. With the thought that it will be most helpful to coordinate the planning, I am suggesting the formation of a Veterans Day National Committee. In view of your great personal interest as well as your official responsibilities, I have designated you to serve as Chairman. You may include in the Committee membership such other persons as you desire to select and I am requesting the heads of all departments and agencies of the Executive branch to assist the Committee in its work in every way possible.

I have every confidence that our Nation will respond wholeheartedly in the appropriate observance of Veterans Day, 1954.
Sincerely,

DWIGHT D. EISENHOWER

Please continue practicing safe distancing and wearing your mask while entering the Post and moving around.

Canteen will continue its normal business hours for outdoor dining on our beautiful Patio with its great scenic views. Entertainment is still restricted till further notice. Hopefully entertainment will be back soon; events will resume when the San Diego County Health Department COVID-19 restrictions are changed.

Remember that the Post conducts a raffle basket once a month, so I am looking for donations - if you have anything to donate, please bring it to the Post. Thank you for helping our Post!

For Post Raffle and 50/50 tickets: please put your name and contact number on all Post Raffle and 50/50 tickets that you purchase since you do not have to be "present" to win!

Kimberley

Canteen / Entertainment Manager
Kimberley Rivera

**Carroll's Handmade Aprons
at the Alpine VFW**



Saturdays 10am-7pm
Mens, Womens, Kids sizes
Aprons, Tote Bags, Bibs,
Facemasks - All with assorted
designs and fabrics

For every item bought, Carroll
donates \$5 to the VFW

Burgers or Hot Dogs with all the
fixin's for \$7 By the ECTLC from
10-3pm and Steak Dinner 5-8pm

844 TAVERN RD ALPINE, CA



VFW 9578 ALPINE

FRIDAY DINNER MENU

- 2 Pc Fish, Fries & Coleslaw
- 10 Pc Shrimp, Fries & Coleslaw
- 1 Pc Fish, 5 Pc Shrimp, Fries & Coleslaw **\$12**
- Shrimp Cocktail **\$8**
- Chicken Sandwich, Fries and Coleslaw
- Salad **\$3**
- Salad add Shrimp **\$6**



Stay Connected with our up to date Facebook: [@AlpineVFW9578](https://www.facebook.com/AlpineVFW9578)
or: www.vfw9578.com

VFW 9578 ALPINE



SATURDAY DINNER MENU

5-8PM

- Ribeye Steak, Baked Potato, Corn and Dinner Roll **\$15**

- Shrimp Skewer **\$5**



Stay Connected with our up to date Facebook:

[@AlpineVFW9578](https://www.facebook.com/AlpineVFW9578) or: www.vfw9578.com



Bonnie & John Kremp Sr. (Alpine VFW Post 9578 Life Member) attend the Kiwanis meeting.

VFW 9578 ALPINE

SUNDAY BREAKFAST MENU

- Bacon, Eggs, Potatoes & Toast
- Sausage, Eggs, Potatoes & Toast
- Chicken Fried Steak, Eggs, Potatoes & Toast



\$10

- Biscuits and Gravy

\$5

- Ribeye Steak, Eggs, Potatoes & Toast

\$15

9:00-12:30 Open to Public for Meals

Stay Connected with our up to date Facebook: [@AlpineVFW9578](https://www.facebook.com/AlpineVFW9578)
or: www.vfw9578.com

Alpine Kiwanis Club Holds Meeting At VFW Post

Kiwanis Club of Alpine recently held its meeting at the Post in September.



Don Lumb Jr., Alpine Kiwanis Club President and his Number 1 fan.



Sue & Jim Hobbs attend the Alpine Kiwanis meeting and enjoying Alpine VFW Post 9578 hospitality.

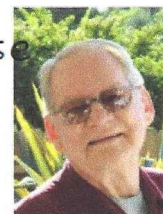


Ab's Surprise Birthday Party

For Members and Guests
Come and help Celebrate
my Surprise Party!

Saturday November 21st
1pm till ???

No Gifts Please





Alpine Kiwanis Club outgoing **President Ray Meanor**



FYI for Post Members!

House Committee Meetings are held every **second Saturday of the month** at **10 a.m.**

Post Member meetings are held **every second Saturday of the month** at **11 a.m.**

Show your pride in our **Post** by letting people know you are a member of our VFW!

VFW Bert Fuller Post 9578

Mission Statement:

- To foster camaraderie among United States veterans of overseas conflicts
- To serve our veterans, the military and our communities
- To advocate on behalf of all veterans

Important Notice for all Post Members, Auxiliary, invited guests and Visitors:

VFW Bert Fuller Post 9578 is a Drug-Free Zone. If drugs are used on our Post's property, it will put our ABC liquor license in jeopardy, as well as our Post charter with the National VFW.

Please report any violations of drug use on Post property immediately to a post officer. Law enforcement will be contacted and the offender

VFW Bert Fuller Post 9578 Vision is to ensure that:

- Veterans are respected for their service
- Always receive their earned entitlements
- Are recognized for the sacrifices they and their loved ones have made on behalf of this great country

VFW Bert Fuller Post 9578 Core Values:

- Always put the interests of our members first
- Treat donors as partners in our cause
- Promote patriotism
- Honor military service
- Ensure the care of veterans and their families
- Serve our communities
- Promote a positive image of the VFW
- Respect the diversity of veteran opinions

Post Officers & Trustees

Jack Gauthier, Commander
John Sullivan, Senior Vice Commander
Juan Finch, Junior Vice Commander
Carl Silva, Quartermaster
Theo Bazdorf, Chaplain
Sean Lynch, Adjutant
Jim Bilka, Judge Advocate
John Rizzo, Service Officer
Dave Snyder, Surgeon
Charlie Rodgers, 1st Year Trustee
Dave Snyder, 2nd Year Trustee
James Abercrombie, 3rd Year Trustee

Auxiliary Officers

Sheila Snyder, President
Linda Pipkin, Senior Vice
Ed Molloy, Junior Vice
Bob Bealo, Treasurer
(Pending), Secretary
Jan Bazdorf, Chaplain
Sven Ricketts, Guard
Vikki Hemmen, Conductress
Maggie Horde Ortiz, 1st Year Trustee
Nancy Hauer, 2nd Year Trustee
Pat Alston Aldrich, 3rd Year Trustee

House Committee

John Rizzo, Chairperson
Allisen Earls, Member
Dan Focht, Member
Kerry Parsons, Member
John Sullivan, Member

Canteen / Entertainment

Kimberley Rivera, Manager

Volunteer Bartenders

will be subject to criminal and legal consequences. Offenders will lose their post privileges and not allowed on Post property in the future.

Post Hours of Operation *(Effective 5/26/20)*

Monday - Friday: 11 a.m. to Closing (8 p.m.)

Lunch Service: 11 a.m. - 5 p.m.

Dinner Service: 5 p.m. - 8 p.m.

Saturday & Sunday: 9 a.m. to Closing (8 p.m.)

Members Meetings - 2nd Saturday/Month

10 a.m. House Committee

11 a.m. General Meeting

Auxiliary Meetings - 1st Saturday/Month

10 a.m. Auxiliary

Contacting the Post

Phone: (619) 445-6040
Fax: (619) 445-8740
eMail: csilvasr@aol.com

Newsletter Submissions

Items for consideration may be emailed to csilvasr@aol.com or mailed to the post at:

VFW Bert Fuller Post 9578
Attention: **Carl Silva**.
844 Tavern Road
Alpine, CA 91901

Please note: newsletter submission deadline is the 20th of the prior month.

Our VFW Newsletter Supporters

Please contact our VFW newsletter supporters when you need expert, professional assistance for your personal, home or business needs. They stand ready to serve you!

Post Membership Drive Ongoing

Please help build our Post's membership by referring those persons you know were veterans of foreign wars. Please provide the name, email address and telephone contact information to either **Post Commander Jack Gauthier** or Post **Quartermaster Carl Silva** by calling the Post at (619) 445-6040. They will make contact and get the person started on membership enrollment.

Thank you for supporting our Post!

Yvonne Brierley
Holly Campbell
Doreen Danylock
Dani Caton
Sandy Curry
Julie Kalogiannis
Jessica McKittrick

Our Newsletter Supporters

Alpine Artistic Florist (619) 445-7974

Jamie Lewis

www.alpineartisticflorist.net

Alpine Dentistry (619) 445-8896

Jonar R. Bonifacio DDS Dr. "B"

[Alpine Dentistry](http://AlpineDentistry)

Alpine Computer & Tutor (619) 277-7858

Duncan Marks

Bisher's Quality Meats (760) 789-1488

Dan Bisher

<https://weareramona.com/listing/bishers-quality-meats-ramona/>

California Signs & Marketing (619) 258-2001

[California Signs & Marketing](http://CaliforniaSigns&Marketing)

Clayco Solar Services (619) 971-2799

Clay Mauldin

Copy Corral (619) 562-3660

Julie Walker

www.lakesidecopy.com

East County Karate (619) 627-4850

Nathan Morton

<http://ecmartialart.com>

Kamps Propane (619) 390-6304

Richard Edwards

www.kampspropane.com

Keller Williams (619) 301-2301

Doris Fifer

On Line Bookkeeping & Tax Service

Roger Garay & Christy Kohl (619) 445-5523

www.olbts.com

Pet/House Sitting (619) 820-1827

Vikki Hemmen

Primary Residential Mortgage (619) 722-1303

Chris Wiley

www.alpineprmi.com

Regional Elite Plumbing (619) 722-1049

Mike Putnam

Three T RV (619) 444-0047



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Primary Residential
Mortgage, Inc.

Chris Wiley

Branch Manager
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619.846.8895 direct
800.920.3145 toll free
619.722.6139 fax
cwiley@primeres.com

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Alpine, CA 91901
www.alpineprmi.com

SAMANTHA LEACH
SAMANTHA@REEFPPOINTREALTY.COM
619-933-6163

**EAST COUNTY
FAMILY DENTISTRY**
Creating Healthy, Beautiful Smiles
9710 Winter Gardens Blvd, Suite C, Lakeside, CA 92040
(619) 443-8447
www.eastcountyfamillydentistry.com

**Kamps
PROANE**
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



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QUALITY MEATS

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Dan Bisher, Owner

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Josh Lehman, Manager

(760) 789 1488



JONAR R. BONIFACIO, DDS
"DR. B"

PHONE: 619.445.8896 FAX: 619.445.7339
EMAIL: DRBDDS@ALPINEDENTISTRY.COM
1620 ALPINE BLVD., SUITE 121, ALPINE, CA 91901
ALPINEDENTISTRY.COM

East County Karate
We Teach Attitudes First

Nathan Morton

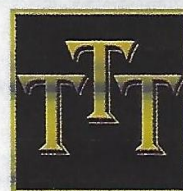
9253 Adlai Road
Lakeside, CA 92040

(619) 627-4850

NathanMorton619@gmail.com

Three T RV

Tim Tracey



1131 Broadway
El Cajon, CA 92021

619-444-0047
Cell 619-302-4348
3tmotors@gmail.com
www.3trv.com
www.buyrvs4cash.com

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Roger Garay, E.A.
Christy A. Kohl, E.A.

olbts.com | info@olbts.com

2065 Arnold Way, Suite 103
Alpine, CA 91901

(619) 445-5523
Fax: (619) 445-1421

PET/HOUSE SITTING

(619) 820-1827

vikki.hemmen48@gmail.com

VIKKI HEMMEN

3947 9th Ave. #2
San Diego, CA 92103

References Upon Request



Computer or Laptop Troubles?

...probably infected by malware!



Do NOT overpay for tech support - big box electronics & national office supply stores charge hundreds of dollars for services that Alpine Computer & Tutor can provide at a reasonable cost.

Computer/Laptop Checkup Special
\$25 per computer or laptop
East County area - some restrictions apply - call for details

Don't wait around for hours!

We'll come to your home or business at a specific day and time that is convenient for you.

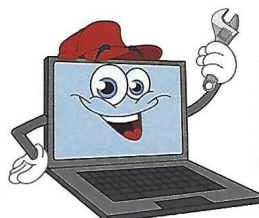
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Tentative **Post Entertainment November Schedule**

Before coming to the Post for one of the events listed below, please first check your email for a Post notice that the tentatively scheduled event IS going to take place.

If you are not sure, please call the Post at (619) **445-6040** before attending to ensure that the event is a "GO."

SD County HSD Recommendations

We urge all to follow the basic steps recommended by the San Diego County Health Services Department:

How to protect yourself

Practice everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not available, use an alcohol-based hand sanitizer. It should be at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- **Clean and disinfect frequently touched objects and surfaces often.**
- Avoid close contact with people who are sick.
- If you are sick, stay home and keep your distance from others to protect them from getting sick

too.

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

COVID-19 Resources

California COVID-19 Resources

[CA COVID-19 Resources](#)

CA Dept of Public Health

[CA Dept of Public Health](#)

San Diego County Health

[San Diego County](#)

November 2020 Bert Fuller V.F.W. Post 9578 Events & Activities

(NOTE: Created by Theo. This event schedule is tentative due to S.D. County health department requirements)

Sun	Mon	Tue	Wed		Fri	Sat
1 ALL SAINTS DAY Daylight Saving Time ends @ 2 a.m. From 9 a.m. NFL, NASCAR & other sports on 7 TVs!!	2 ALL SOULS DAY 6 p.m. "Texas Hold 'em"	3 ELECTION DAY 5 p.m. "Fun & Games"	4 5 p.m. "Fun & Games"	5 NO Karaoke until further notice!	6 NO Karaoke until further notice!	7 10 a.m. Auxiliary Mtg (Downstairs) No Band Scheduled
8 From 9 a.m. NFL, NASCAR & other sports on 7 TVs!!	9 6 p.m. "Texas Hold 'em"	10 5 p.m. "Fun & Games"	11 VETERANS DAY! 1 p.m. Brief ceremony in front of Post Memorial Wall	12 NO Karaoke until further notice!	13 NO Karaoke until further notice!	14 10 a.m. House Committee Mtg 11 a.m. General Mtg No Band Scheduled
15 From 9 a.m. NFL, NASCAR & other sports on 7 TVs!!	16 6 p.m. "Texas Hold 'em"	17 5 p.m. "Fun & Games"	18 5 p.m. "Fun & Games"	19 NO Karaoke until further notice!	20 NO Karaoke until further notice!	21 1 - 4 p.m. AB'S 90 TH BIRTHDAY PARTY!
22 From 9 a.m. NFL, NASCAR & other sports on 7 TVs!!	23 6 p.m. "Texas Hold 'em"	24 5 p.m. "Fun & Games"	25 5 p.m. "Fun & Games"	26 THANKSGIVING 2 - 5 p.m. \$10 "Turkey, Ham & All The Extras" served NO Karaoke until further notice!	27 NO Karaoke until further notice!	28 No Band Scheduled
29 From 9 a.m. NFL, NASCAR & other sports on 7 TVs!!	30 6 p.m. "Texas Hold 'em"	This Schedule is TENTATIVE due to San Diego County Public Health Orders. Please check your email for Post updates or call (619) 445-6040 before visiting!				

SAN DIEGO COUNTY HEALTH DEPARTMENT NOTICE:

Stay home if sick. Wear mask & practice "social distancing" (six feet). Wash hands/use sanitizer frequently.

November 2020 Bert Fuller V.F.W. Post 9578 Menu

(NOTE: Created by Theo. This menu is tentative due to S.D. County Health Department requirements)

Sun	Mon	Tue	Wed		Fri	Sat
1 ALL SAINTS DAY Daylight Saving Time ends @ 2 a.m. 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch TBA Dinner TBA	2 ALL SOULS DAY 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	3 ELECTION DAY 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	4 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	5 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy	6 11 a.m. \$5 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	7 10 a.m. - 3 p.m. Grilled Burgers/Dogs 5 – 8 p.m. \$15 Rib-eye Steak Dinner
8 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch TBA Dinner TBA	9 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	10 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	11 VETERANS DAY! 11 a.m. – 3 p.m. Burgers & Hot Dogs (FREE to Vets!) 5 p.m. Donato's Pizza \$2 per Slice	12 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy	13 11 a.m. \$5 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	14 10 am – 3 p.m. Grilled Burgers/Dogs 5 – 8 p.m. \$15 Rib-eye Steak Dinner
15 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch TBA Dinner TBA	16 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	17 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	18 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	19 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy	20 11 a.m. \$5 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	21 10 a.m. - 3 p.m. Grilled Burgers/Dogs AB'S 90TH BIRTHDAY PARTY! 5 – 8 p.m. \$15 Rib-eye Steak Dinner
22 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch TBA Dinner TBA	23 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	24 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	25 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	26 THANKSGIVING 2 – 5 p.m. \$10 Turkey, Ham & All The Extras! Dinner prepared by ECTLC	27 11 a.m. \$5 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	28 10 a.m. - 3 p.m. Grilled Burgers/Dogs 5 – 8 p.m. \$15 Rib-eye Steak Dinner
29 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch TBA Dinner TBA	30 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	San Diego County Public Health Orders re COVID-19: Stay home if sick. Wear mask & practice "social distancing" (six feet). Wash hands/use sanitizer frequently.				

VFW Bert Fuller Post 9578
 (619) 445-6040
www.vfw9578.com

