

VFW Bert Fuller Post 9578

news & updates

December 2020 Alpine, CA



Commander's Message



We honored those who honorably served and especially all those who had given the ultimate sacrifice to God and country at our annual **Veterans Day Ceremony** held on **November 11** in front of the **Post**.

Special thanks to all those who attended our annual **Thanksgiving Dinner** which was cooked by **East County TLC** and served by **Post** volunteers. What a wonderful day at the **VFW Post**! Met new friends, celebrated with old friends and gave thanks for all of our friends. **Post Auxiliary Chaplain Jan** read the blessing (see below). Also, we celebrated our friend **Denny's** cancer remission. Thank you to everyone who prayed for him.

As COVID-19 cases are rising around the country, 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 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

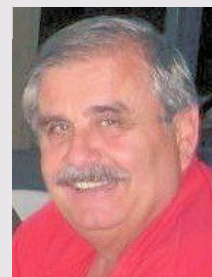
Upcoming Post Events

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



Quartermaster's Report

Now is the time to muster our **Christmas** spirit after many months of COVID-19 bad news, onerous regulations and all the effects they have had on our own and our families' lives. In spite of all the turmoil and fear



broadcast on the various media, I was so happy to see and hear the concern expressed by our members and the general public for our **VFW Post 9578**.

The **Post** is in good condition, and will come out of this pandemic stronger and with a very bright future. We have seen new members join our **Post**; received generous donations; experienced very good social distance behavior and positive attitudes during a very difficult time. It is of course very difficult at this time to predict when this horror show will be over and we can return to normal. Please continue to support your **Post** and visit us often. We continue to schedule private events for members.

Please help me find **Qualified Veterans** to join the **Post** and **Auxiliary**. Membership is the lifeblood of any veterans **Post**. I am happy to help in the signing up of new members to either join the **Post** or the **Post Auxiliary**.

Members, please make every effort to attend our 11 a.m. **General Meeting** on Saturday, December 12th to participate in the operation of our wonderful **Post**.

I am always available 24/7 to assist you in my capacity of **Post Quartermaster**.

Post at (619) 445-6040.
Please continue to stay safe, follow the health guidelines and limit any exposure.

Jack
Post Commander
Jack Gauthier

Post 9578 Celebrates Thanksgiving!



We Give Thanks to You

*Original by Ethel Faye Grzanich
[revised and adapted by Chaplain Theo Bazdorf, VFW Post 9578]*

As we bow our heads to pray, we give thanks to God, for this Thanksgiving Day.

We thank him for our families, friends, and for all the blessings we receive each day.

We thank God for this food and for the people that prepared it.

We ask for blessings upon this meal: that it will nourish our bodies and refresh our souls.

We give thanks to our heavenly Father for this wonderful time together, and for each one present here today.

Let us not forget those who can't be here with us today. We miss our loved ones, and we are thankful for all the good times that we had with them.

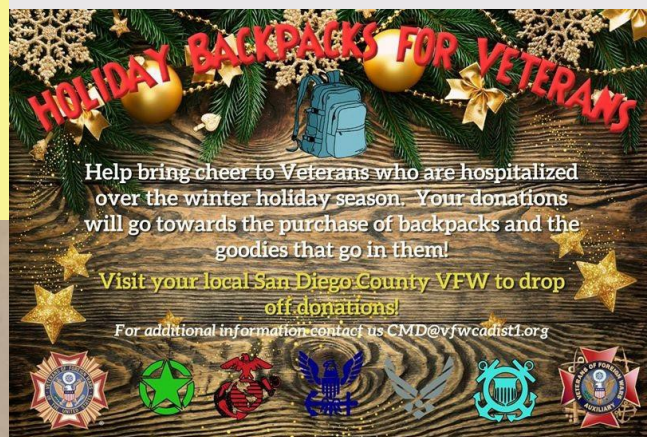
May God bless every man and woman in our nation's Armed Forces serving around the world. Give them strength and guidance and bring them back home safely. AMEN.

Prayer prepared by **Chaplain Theo**
presented by **Auxiliary Chaplain Jan**



Thanksgiving Dinner volunteers **Auxiliary Chaplain Jan**, **Post Chaplain Theo** and **Post House Committee member Allisen**

Carl
Quartermaster
Carl Silva



Help bring cheer to Veterans who are hospitalized over the winter holiday season. Your donations will go towards the purchase of backpacks and the goodies that go in them!

Visit your local San Diego County VFW to drop off donations!

For additional information contact us CMD@vfwcadist1.org

Holiday Backpacks For Veterans Campaign Needs Your Support

Help bring cheer to Veterans hospitalized over the holidays by donating to the purchase of backpacks and goodies. Visit your local VFW Post to drop off donations. For additional information, please contact CMD@VFWCADist1.org

House Committee Report



Comrades:

Well, **San Diego County** is back in the Purple Tier designation, which means tougher COVID-19 restrictions on businesses. This is what we know: when entering the **Post**, you have to wear a mask. After you sit down you can take the mask off to eat and or drink. When you leave the table, you need to wear our mask. Pretty simple.

We have removed the chairs from inside the Canteen. The patio tables have been separated to meet the regulations imposed upon us. Please don't pull them together.

The **Post** will close at exactly 10 p.m. according to the newly imposed regulations, with no exceptions.

Any use of the **Post** facilities needs to be run through the **House Committee** for prior approval. If you have the need to borrow tables, chairs or anything else that belongs



**East County Transitional Living Center
Head Chef Robert "Bobby" Jeffries and
Auxiliary Chaplain Jan**



Post Canteen Manager Kimberley

to the Post, that need to be signed for.

Starting on **Saturday, December 5th**, and every Saturday going forward, the **Post** will acknowledge **Life Member Day**. You buy your first drink and receive a chip for your second one. And yes, you will need to sign for it.

We are getting bids to repair the ceiling in the smoking room. We hope to get enough bids in and get approval from the members to go forward with the repairs after the first of the year.

We are planning (but it is not set in stone yet) something for **Pearl Harbor Day**. There will be more to come on that.

Please bring any concerns or suggestions that you have regarding the **Post** to the meetings. We would like to hear them there, not in the canteen.

Merry Christmas, stay safe and God Bless you all.

John

House Committee Chair
John Rizzo

Auxiliary President's Message



Hello everyone, we are headed down the home stretch to 2021!

While we did not have the **Veterans Day** parade in downtown San Diego, **Fleet Week** folks had sent flyers for parades and events in the area to compensate for what we would not be able to participate in otherwise.

We had our own memorial at the **Post**, to honor our comrades, brothers and sisters who had passed on and gave us the guiding light to move forward. Great turnout, and our **Post Auxiliary** had 11 members in attendance, also noted **District 1 Rachel Luke** did a surprise appearance with **District 1 Commander Paula Jansen**. A report for veterans and family support is being submitted to account for our 11 Auxiliary members (thank you!) and their participation.

Thanksgiving dinner at the Post was delicious as always, **Bobby** and the crew do



Volunteer server **Allisen** unmasked!



Volunteer servers **Theo** and **Jan** with their finest mask attire!



Theo and **Jan** unmasked!

an awesome job of prepping the feast.

Auxiliary has been busy, we just passed **90%** on membership and continue to grow with new folks, others who want to transfer in and just an overall great group to come to our Post. We are hoping to get **27** folks to renew their annual dues for 2021 to bring us up to 100% by end of the year, and/or have some convert to life membership instead.

Bob Bealo announced he is to officially step down as **Treasurer** at our next meeting, Sat. Dec. 5, so we will have nominations and elections for his replacement. We may have a potential Auxiliary member who is interested to take over the position until June 2021.

At our November meeting, we had **Ellie Mello, Past Dept./District President**, and current **District Treasurer**, conduct a courtesy visit to assist on financials and a pending audit. She provided positive feedback on our accomplishments and continued work on behalf of veterans.

Discussion for options for the **Community Outreach** program has been tabled until January's meeting, in the hopes others will come back and we can discuss other events to vote on and participate in on behalf of **Post Aux 9578**.

This month we will be having the **Pearl Harbor Day Memorial Event** at **Post 9578**, for December 7th. We recite the names of the deceased on our Wall of Honor, both Comrade and Auxiliary.

We received an award from the **Department of Veterans' Affairs**, which is proudly posted on the bulletin board in the hallway. This is for our voluntary service and donations to veterans at the local **VA Medical Center** in **La Jolla**.

The **Buddy Poppy** contest for this year was to create a tabletop centerpiece; however, at the November meeting, we did not have any volunteers to step up to create something to submit to the **Joint Membership** meeting on Dec. 15. We will try again for next year's event and see what we can create then.

I have submitted a report to Legislative regarding those who attended last meeting, who stated they had voted in the most recent elections, either in person or by mail in ballot.

Chaplain Jan advised that **Comrade Denny** is doing much better as she has

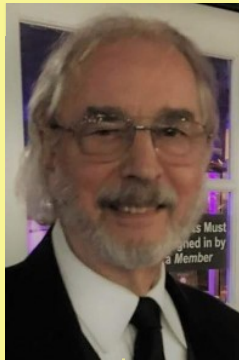


VFW Post 9578 Special Hours of Operation on Friday, December 25th

The **Post** will be open from **10 a.m. - 6 p.m.** on Christmas. Special menu: **Firehouse spaghetti and garlic bread** served during the hours **10 a.m. - 6 p.m.** Please be sure to wear your mask and follow social distancing rules.

Chaplain's Message

With the turbulent year 2020 soon to be behind us, we should be wary of succumbing to feelings of “shame, blame and regret” about situations and events that have happened in our lives over which we had no control. These have happened to anyone! If we continue with those negative thoughts and feelings, we’ll remain stuck in the past. Instead, let’s move into present time so we can thoroughly enjoy the moments that we have ahead of us.



The following “**Serenity Prayer**” is attributed to **Reinhold Niebuhr** (1892 - 1971), an American theologian and ethicist:

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as he did, this sinful world as it is, not as I would have it; trusting that he will make all things right if I surrender to his will; that I may be reasonably happy in this life and supremely happy with him forever in the next. AMEN.

May the peace and joy of this holiday

been helping him with appointments and meals. **Comrade Larry G.** also on the mend, speedy recovery for both.

Wishing everyone a wonderful holiday season, still need to keep ourselves safe, social distanced and masks. We just dropped into the purple tier here in San Diego County, as that is the most restrictive level for any type of participation.

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! Here is to a better 2021 to all.

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 9578 Auxiliary](#)

Auxiliary Chaplain's Message

Here's a prayer for this special time of the year:

Dear Lord,

“Make me an instrument of your **peace**:
where there is hatred, let me sow **love**;
where there is injury, **pardon**;
where there is doubt, **faith**;
where there is despair, **hope**;
where there is darkness, **light**;
where there is sadness, **joy**.

O divine Master,
grant that I may not so much seek to be consoled **as to console**,
to be understood **as to understand**,
to be loved **as to love**.

For it is in giving that we **receive**,
it is in pardoning that we are **pardoned**,
and it is in dying that we are born to **eternal life**. Amen.”



Saint Francis of Assisi

season remain with us throughout the coming year.

Theo

Post 9578 Chaplain
Theodore Bazdorf



Washington's Crossing Dec. 25

General George Washington's commitment to cross the Delaware River on Christmas 1776 foreshadowed the many hardships faced as well as the eventual victory of the **Continental Army** during the **American Revolution**. At first glance, the decision to transport 2,400 Continental soldiers across an icy river in one night, directly into a severe winter storm of sleet and snow seems irrational.

Washington's decision, however, was based on strategic motivation, understanding that the **Continental Army** desperately needed a victory after months of intense fighting with several significant defeats and no major victories. **Washington** also understood that the element of surprise was the only way that he and his army stood a chance of defeating the highly trained **Hessian** mercenaries.

On the morning of **December 25, 1776**, Continental soldiers woke up in their camps along the Delaware River to frozen, snow-covered ground. Weather conditions worsened and temperatures continued to drop throughout the day. Late in the afternoon, the Continentals left their tents and began to form along the river in anticipation of the night's events.

Washington kept almost all of the details of the crossing a secret; as a result, none of the soldiers knew anything about their upcoming mission.

Washington's crossing of the **Delaware River** on **December 25, 1776** allowed his army to strike the **Hessians** at Trenton the next morning.

Washington's plan was to cross the river at

During this solemn and reflective Season of the birth of **Jesus**, let us all remember the words of **Saint Francis** and **Be a Blessing** to each other and to ourselves.

Maybe your contribution this month is to pray for someone you don't even know to ease their burden, if just for the day; or to take a meal to an elderly person that has no one else; maybe to "pay it forward" in line at the store; or to volunteer anywhere there is a need. During this month of **December**, let each one of us step up and do our part to make a worthwhile contribution to our communities. In that moment, **you will be a blessing!**

Let us also remember the **2,403** souls that perished at **Pearl Harbor** on **December 7th, 1941**.

I encourage you all to be Peaceful, give a meaningful and touching smile to those you meet on your journey, and offer a pat on the back to those who need it.

Merry Christmas and Love from our Family to all of you.

Jan

Post 9578 Auxiliary Chaplain
Jan Bazdorf

Canteen Manager's Message



We have two raffles this month: A raffle for **Wellness items** to be awarded New Years and a raffle for **Christmas Items** to be awarded around **Christmastime**.

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

Tickets will be available only until **Saturday, December 26th** and the Drawing will be held at 8 p.m. that night.

We are looking for Christmas and Wellness items to be donated to help make the raffle drawings exciting.

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")!

night, march to the nearby town of Trenton, New Jersey, and attack the Hessian garrison right before dawn. Time was **Washington's** greatest enemy; to combat it his orders called for the various regiments to assemble at their designated crossing points no later than sunset. The close proximity to the crossing points allowed the soldiers to begin the journey immediately after nightfall struck and complete the crossing no later than midnight. Once across, **Washington** intended for the armies to reassemble and march approximately ten miles to Trenton, arriving there no later than five o'clock in the morning to achieve surprise. Despite his meticulous planning, the schedule failed almost before it even began.

Many of the regiments did not arrive at the river until well after dark. Additionally, a severe winter storm that included wind, rain, snow, hail, and sleet met the soldiers at the banks of the river significantly slowing their crossing. Many of the boats had to combat ice jams and unfavorable currents. To make matters even worse, the extreme darkness caused by the storm made it hard for the boatmen to see the opposite shore.

The necessity of using larger ferries to carry pieces of artillery across the river caused even more delays. **Washington** crossed the river with **John Glover's Marblehead mariners** and upon arrival debated whether or not to cancel the entire operation because it was more than three hours behind schedule. **Washington** decided it was too costly to retreat and he painfully watched as his army continued to trickle across the river.

The freezing and tired **Continental Army** assembled on the Jersey shore without any major debacles. Once ready, **Washington** led his army on the road to Trenton. It was there that he secured the **Continental Army's first major military victory of the war**. Without the determination, resiliency, and leadership exhibited by **Washington** while crossing the Delaware River the victory at Trenton would not have been possible.

Cody Lass

Texas Tech University

Article source:

[George Washington's Mount Vernon](#)

Picture source:

[The Met 5th Avenue Museum of Art](#)

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

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

Buy A Mask - Help The Post

On **Saturdays** from **10 a.m. - 7 p.m.**, **Caroll** sells her handmade aprons, tote bags, bibs and face masks (assorted designs and fabrics) from **10 a.m. - 7 p.m.** **Carroll** donates **\$5** from each sale to our **Post!**

Come and see her beautiful works of art which make great **Christmas** and holiday gifts!



Alpine Kiwanis Club update

Kiwanis Club of Alpine Board of Directors member **Mike McMahon** (right) recently presented an award to **VFW Post 9578 Life Member Jerry Hines** for 35 years of service to the Kiwanis. **Jerry** is pictured below on the right.



Memorial Service Held for ECTLC Chef Robert Webb

Robert, in his role as **Food Services**

Director for East County Transitional Living Center, was instrumental in establishing **ECTLC** as the primary food service vendor for **VFW Post 9578**.

Robert, 73, went to be with the Lord on the morning of November 15, 2020 at his home in San Diego. **Robert** was born in Hamilton, Ohio on September 25, 1947. He graduated from Hamilton High School in 1965 and went on to enlist in the **U.S. Navy**. During that time, **Robert** served as a Lithographer



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

aboard the **USS Clarion River** and was awarded the **National Defense Service Medal**.

In lieu of flowers, donations can be sent to the **East County Transitional Living Center**, 1527 E Main Street, El Cajon, CA 92021.



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](#) or: www.vfw9578.com

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](#)

or: www.vfw9578.com

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

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

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 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.

(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

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.com)

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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.com)

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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

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!



Chris Wiley

Branch Manager
NMLS License #240137

619.846.8695 direct
800.920.3145 toll free
619.722.6139 fax
cwiley@primeres.com

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Keller Williams (619) 301-2301
Doris Fifer

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Vikki Hemmen

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Richard Edwards - Account Executive

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ALPINEDENTISTRY.COM

East County Karate
We Teach Attitudes First

Nathan Morton

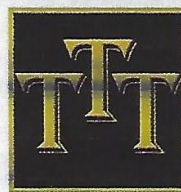
9253 Adlai Road
Lakeside, CA 92040

(619) 627-4850

NathanMorton619@gmail.com

Three T RV

Tim Tracey



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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



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](#)

December 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	Thu	Fri	Sat
<p>SD Diego County Public Health Orders: Stay home if sick Wear mask & practice "social distancing" (six feet) Wash hands/use sanitizer frequently</p>		<p>1 5 p.m. "Fun & Games"</p>	<p>2 5 p.m. "Fun & Games"</p>	<p>3 NO Karaoke until further notice!</p>	<p>4</p>	<p>5 10 a.m. Auxiliary Meeting (Downstairs) No Band Scheduled</p>
<p>6 From 9 a.m.: NFL, NASCAR & other sports on 7 TVs</p>	<p>7 PEARL HARBOR DAY 1 pm Brief Remembrance Ceremony 6 pm "Texas Hold 'em"</p>	<p>8 5 p.m. "Fun & Games"</p>	<p>9 5 p.m. "Fun & Games"</p>	<p>10 HANUKKAH (at Sundown) NO Karaoke until further notice!</p>	<p>11</p>	<p>12 10 a.m. House Committee Mtg 11 a.m. General Mtg No Band Scheduled</p>
<p>13 From 9 a.m.: NFL, NASCAR & other sports on 7 TVs</p>	<p>14 6 pm "Texas Hold 'em"</p>	<p>15 5 p.m. "Fun & Games"</p>	<p>16 5 p.m. "Fun & Games"</p>	<p>17 NO Karaoke until further notice!</p>	<p>18</p>	<p>19 No Band Scheduled</p>
<p>20 From 9 a.m.: NFL, NASCAR & other sports on 7 TVs</p>	<p>21 WINTER BEGINS 6 pm "Texas Hold 'em"</p>	<p>22 5 p.m. "Fun & Games"</p>	<p>23 5 p.m. "Fun & Games"</p>	<p>24 XMAS EVE NO Karaoke until further notice!</p>	<p>25 CHRISTMAS Special Hours: 10 a.m. – 6 p.m. Merry Christmas!</p>	<p>26 No Band Scheduled</p>
<p>27 From 9 a.m.: NFL, NASCAR & other sports on 7 TVs</p>	<p>28 6 pm "Texas Hold 'em"</p>	<p>29 5 p.m. "Fun & Games"</p>	<p>30 5 p.m. "Fun & Games"</p>	<p>31 NEW YEAR'S EVE NO Karaoke until further notice!</p>		

December 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	Thu	Fri	Sat
SD Diego County Public Health Orders: Stay home if sick Wear mask & practice "social distancing" (six feet) Wash hands/use sanitizer frequently		1 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	2 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	3 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy	4 11 a.m. \$5 Lunch 5 - 8 p.m. Fish & Shrimp Dinner	5 10 a.m. - 3 p.m. Grilled Burgers & Hot Dogs 5 - 8 p.m. Rib-eye Steak Dinner \$15
		6 9 a.m. - 12:30 p.m. Breakfast 1 p.m. Lunch & Dinner TBA	7 PEARL HARBOR DAY 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	8 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	9 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	10 HANUKKAH (at Sundown) 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy
13 9 a.m. - 12:30 p.m. Breakfast 1 p.m. Lunch & Dinner TBA	14 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	15 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	16 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	17 11 a.m. \$5 Lunch 5 p.m. Dinner by Sandy	18 11 a.m. \$5 Lunch 5 - 8 p.m. Fish & Shrimp Dinner	19 10 a.m. - 3 p.m. Grilled Burgers & Hot Dogs 5 - 8 p.m. \$15 Rib-eye Steak Dinner
20 9 a.m. - 12:30 p.m. Breakfast 1 p.m. Lunch & Dinner TBA	21 WINTER BEGINS 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	22 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	23 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	24 XMAS EVE To Be Announced	25 CHRISTMAS To Be Announced	26 10 a.m. - 3 p.m. Grilled Burgers & Hot Dogs 5 - 8 p.m. \$15 Rib-eye Steak Dinner
27 9 a.m. - 12:30 p.m. Breakfast 1 p.m. Lunch & Dinner TBA	28 11 a.m. \$5 Lunch 5 p.m. Dinner TBA	29 11 a.m. \$5 Lunch 5 p.m. \$3 Tacos by Nora	30 11 a.m. \$5 Lunch 5 p.m. Donato's Pizza \$2 per Slice	31 NEW YEAR'S EVE To Be Announced	IMPORTANT NOTE: Saturday meal service burgers may be uncertain due to not having a cooking crew available. Please call (619) 445-6040 before coming to the Post. Thank you!	

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

