

VFW Bert Fuller Post 9578

news & updates

February 2021 Alpine, CA



Commander's Message



We are back open for outdoor dining as of Saturday, January 30!

The Kitchen remodel went extremely well. Thanks to all who volunteered their time and effort to help rearrange and organize

the Kitchen. The kitchen was painted; new flooring and a floor drain were installed; a new sink, countertops, and dishwasher were added. There will be several more additions/improvements in the upcoming months.

Saturday Night steak dinners, served from 5 – 8 p.m. are back on the schedule starting on Saturday the 30th.

A **courtesy computer** for Members' use has been setup in the Pool Room. Operating instructions, signup sheet, and password will be provided to Members who want to use it.

Annual Membership To Life Conversion Special Offer!

Membership is the lifeblood of a **VFW Post**

Upcoming Post Events

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



Quartermaster's Report

The recent temporary closure of our **Post** is now over as of **Saturday, January 30th**. Thank you all for your patience during a very difficult time for all of us. We appreciate and welcome your support and trust that we will not have to close down again.



Commander Jack Gauthier and **House Committee Chairman John Rizzo** have done a great job rebuilding/modernizing our commercial kitchen and adding a new epoxy floor, commercial dishwasher, fresh paint, equipment sanitation, and a host of other improvements which will allow us to improve our meal service capabilities.

Our **Post** has survived a very difficult year and it's very obvious that there will still be more events this Spring to challenge our bright future. We continue to enjoy the full support of the **Alpine Community**. We have a very capable group of **Post Officers** who constantly strive to improve our entire operation and they will ensure we have another successful year no matter what challenge may arise.

Please come visit the **Post** often and support it through your purchases of food and beverages.

Members, please make every effort to attend our Post meeting at 11 a.m. on **Saturday, February 13** to learn more about our current situation and plans for future growth during 2021.

- we are always searching for ways to increase and retain members. The Post is offering **Annual Members** who wish to convert to **Life Members** during the months of **February, March and April** the chance to win **\$100** in a **Friday, April 30** drawing. Don't wait until your annual renewal date – convert your membership now to participate in the drawing. Please see **Carl, Theo, or Jack** to get the annual membership to Life Membership conversion started.

Please check the link in this newsletter to the **Department of Veterans Affairs** information regarding the COVID-19 vaccination and sign up to receive more information.

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

Jack

Post Commander
Jack Gauthier

Deputy Sheriff Martin Moreno presented with Veterans of Foreign Wars Post 9578 Law Enforcement Officer of the Year award for 2020

by Post Adjutant Sean Lynch

On January 8th, The **Veterans of Foreign Wars Post 9578** in Alpine was honored to present the **Law Enforcement Officer of the Year award** for 2020 to **Deputy Sheriff Martin Moreno** of the **San Diego County Sheriff's Department Alpine Station**. **Deputy Moreno** has distinguished himself in the service to our community through devoted service above and beyond that of his fellow law enforcement officers.

Through numerous drug related offense arrests, stolen vehicle recoveries and identity theft related cases, **Deputy Moreno** consistently strive towards ensuring the safety of the residents of the **Alpine** community.

Deputy Moreno has additionally been integral to the successes of several community outreach programs throughout the greater Alpine area. The members of the **VFW** join in congratulating **Deputy Moreno** for his dedicated service to the citizens of the greater **Alpine** community.

Please remember that I am always available 24/7 to assist you in my capacity as Post Quartermaster.

Carl

Quartermaster
Carl Silva



House Committee Report

Comrades:

I hope everyone is well as we fight through this pandemic. We are finally able to open again and this year is going to be great.



We now have a new floor in the kitchen, it looks great, and will last for many years to come. We have installed a dishwasher and new sink. We will be looking into obtaining a new hood to accommodate another fryer - more to follow on this.

We are looking for some Members to cook burgers on Saturdays; we will have a sign up sheet in the Canteen. So volunteering one Saturday every two to three months would be great and help the Post.

Masks will still have to be worn when entering and walking around the **Post**, but not while seated. You will need a mask to order drinks and or food from staff. There will be no exceptions to this.

God Bless and hope to see you up at the **Post**.

John

House Committee Chair
John Rizzo



Alpine Deputy Sheriff Martin Moreno (L) and Post Commander Jack Gauthier (R)



Pictured (L to R): VFW Post 9578 Commander Jack Gauthier, Deputy Martin Moreno, and Lieutenant Anthony O'Boyle from the SD County Sheriff's Department Alpine Station.

VFW Bert Fuller Post 9578 Recognizes Firefighter of the Year Award for 2020

by
Jessica Brodtkin Webb
The Alpine Sun

The Alpine **Veterans of Foreign Wars Post 9578** presented their **Firefighter of the Year 2020** award to **Firefighter-Paramedic Joe Lavigne** on Jan. 18.

An **Alpine** native, **Lavigne** first began his career at the **Mount Laguna Fire** department, while completing **Fire Academy** in **Pine Valley** and later followed up by completing the **Paramedic program** at **Southwestern College**.

In addition to serving with **Barona Fire** department, **Lavigne** also spent a decade with the **Lemon Grove Fire** department that later consolidated with **El Cajon** and **La Mesa** fire departments to become

Auxiliary President's Message



Hello everyone:

We are starting off the New Year with meetings by teleconference meetings until further review and evaluation is completed by Department Auxiliary. Our next meeting in February will be on teleconference; information will be emailed out to all who wish to participate either via phone and/or computer audio/video.

We have surpassed our 100% membership mark prior to the end of December, so we are in great shape; we can always have new members who wish to submit their application at any time with the valid DD-214 documentation of the veteran relative (can be grandparent, parent, sibling or spouse).

We still have a few folks who have not yet paid for their membership, hoping the six remaining left on the list will send in their dues to enable us to have a full membership count.

Our new treasurer, **Michael**, is doing well. We are still trying to get to the bank for the changes to be enacted which were voted on at our January meeting. Since our account is currently in a frozen status from California's state government (not Auxiliary), we must open a new bank account with **Michael** (as treasurer) and myself (as President) are listed as dual signers for Auxiliary checks.

At present, because of the 'frozen' account status, I am currently the only one able to write Auxiliary checks if needed and cannot make any changes. The balance of the funds in the current bank account (less a specified amount for outstanding checks), will be transferred to the new account. Once we can confirm all outstanding checks have cleared, all remaining funds will be transferred to the new bank account.

Michael will then maintain both checking accounts and appropriate documentation until we have our inspection in October 2021. Audits for Oct. 2020 - Dec. 2020 will be completed as required using the previous account's records.

We hope to have a bake sale in conjunction with **St. Patrick's Day** and the recent

Heartland Fire and Rescue before finally coming home to work at **Alpine Fire Protection District**.



Alpine FPD Firefighter-Paramedic Joe Lavigne (L) and Post Commander Jack Gauthier (R)

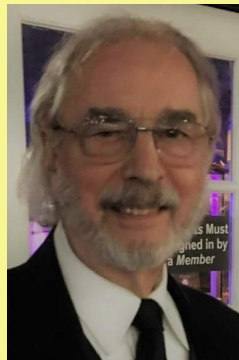
Chaplain's Message

There is no doubt that these continue to be most unsettling times for our Nation and the World. Therefore, we must all share the same attitude and the same feelings: to love one another as brothers and sisters, and be kind and humble with one another. Do not pay back evil with evil or cursing with cursing; instead pay back with a blessing!

From 1 Peter 3: Verses 8-12 – “Whoever wants to enjoy life and wishes to see good times, must keep from speaking evil and stop telling lies. He must turn away from evil and do good; he must strive for peace with all his heart. For the Lord watches over the righteous and listens to their prayers; but he opposes those who do evil.”

Two of our fellow veterans are hospitalized with serious COVID-19 symptoms; let us pray for them:

*Lord, Almighty God, we pray for your healing grace in behalf of **Damon Marino** and **Charles Morris** as they recover from the Coronavirus. May they know the blessing of improved health in this hour and throughout life. Bless all who minister to **Damon** and **Charles** in body, mind and*



Covid19 regulations being somewhat relaxed (and the County not in the purple tier designation!).

House committee members were advised of what the Auxiliary would like to do, since a Valentine's Day event may not be workable. Right now, our request is in pending status, and we will return to the February House Committee meeting to revisit for any further consideration.

We voted on our **Community Outreach Program** options, of which all Auxiliary members are welcome to donate and/or volunteer time only to any food bank distribution in **San Diego** (including religious groups, food banks noted on television or social media, etc.).

Auxiliary volunteers would need to 1) wear some type of item to identify yourself as Auxiliary member (pin, shirt etc.) and 2) to document location and time spent (ex: photos of yourself with the group you worked with, etc.).

Please provide those items to me for the report to send in for credit to Post 9578 Auxiliary. The information was submitted to our District and Department Auxiliary chairwomen to advise of our choice for participation.

For report documentation or questions regarding this option, please send details (MS Word document is fine) to me at **sheilajo9578@cox.net**. Please kindly include your name, where you volunteered your time with group name, hours, miles, and a brief description of duties performed, etc.

This is important for our Auxiliary members to be recognized as participants with those outside organizations who serve the community during these difficult times for food and other necessities.

Happy Valentine's Day on Sunday, February 14th and also celebration of **Presidents' Day** on Monday, February 15th this month.

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 safe and healthy, be mindful of 6' distance and masks as required.

Respectfully submitted,

spirit. Grant them patience and endurance, relief from pain and suffering, the blessing of a swift recovery, and finally, that they may dwell with you in life everlasting. AMEN.

Theo

Post 9578 Chaplain
Theodore Bazdorf



VFW Post 9578 Hours of Operation

The Post will observe the following business hours during February:

Sundays: 9 a.m. - close
Mondays: 11 a.m. - close
Tuesdays: 11 a.m. - close
Wednesdays: 11 a.m. - close
Thursdays: 11 a.m. - close
Fridays: 11 a.m. - close
Saturdays: 9 a.m. - close

Note: the **Post** closing time is dependent upon attendance and varies per day. *Under no circumstances will the Post be open past 10 p.m.* to comply with **San Diego County Health Department** COVID-19 regulations.

As COVID-19 case increases are continuing in San Diego County, please do your best to comply with state and county guidelines at all times and **do not, under any circumstances, attend a Post activity or event if you or a member of your family unit are experiencing COVID-19 symptoms.**

Please be sure to wear your mask and follow social distancing rules.

If you have questions on the guidelines please call the **Post** at **(619) 445-6040**.

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

"I had it all, I had everything you could ever need but you know now - that it can all be gone in the blink of an eye, you can see... But now it's all gone in the blink of an eye, in the blink of an eye" - by The Product.



We had an incredibly sad and unsettling event happen just up the street from us on Sunday evening. Neighbors lost their home in an explosion and fire, everything. They got out with their lives and their dog. That was it.

Just stop and think for one moment – what if that was you and your family? After we heard the explosions, I looked around our home – cats ran and hid! What to take if we must go right now? How fast will it travel down the street? – only 3 houses away. Our neighborhood was extremely lucky that only one home and a partial second home were damaged – had this happened last week in the wind – we would all have a much different scenario. Yes, we mourn the losses of our neighbors, and we are all extremely grateful for our good fortune.

When we have wild fires or very windy days here, we all take whatever precautions we



VFW Bert Fuller Post 9578 aerial photo
taken by **Jessie Naputi Cpl USMC**

Your COVID-19 vaccine update from the Veterans Administration

We continue to follow our phased plan to provide COVID-19 vaccines as quickly and safely as we can. As of January 25, 2021, we've provided vaccines to:
382,168 of our most vulnerable Veterans
226,606 of our health care personnel who provide care to Veterans

Who can now get a COVID-19 vaccine at VA

Here's the latest info on who can now get a COVID-19 vaccine at VA:

Some VA health facilities now offer COVID-19 vaccines to Veterans who already receive care at VA and are at high risk from COVID-19. We base risk on VA and CDC COVID-19 risk criteria. At many facilities, this group includes Veterans who are at least 75 years old.

Each facility will determine when Veterans in this group can get a vaccine. We'll base this decision on these factors:

- How much vaccine is available
- The needs of the local VA facility and community
- The strict requirements for how we must store and handle the vaccine

If you're a Veteran who's already receiving care at VA, we'll contact you when you can get a vaccine.

Some designated family caregivers may also be able to get a COVID-19 vaccine at VA. Vaccinating caregivers helps us support and protect Veterans. For a caregiver to be eligible for a vaccine, both of these must be true:

- The caregiver must be enrolled in our

can at the time to deal with it – but most likely we have a few days or at least a few hours to plan and prepare.

Are you prepared? Today may be "the" day. Today may be your last day. We are here on this Earth for such a short time. Is your house in order? Has your time on Earth been well spent? Have you fulfilled your destiny? Has it been a life lived well? A Christian life? A meaningful life? A loving life? A grateful life? A thankful life?

I lived in Julian for over 35 years, I know first hand how quickly a wild fire can reach enormous proportions and just how devastating it can be. But this... so close... so fast... three explosions and lifetime of memories, a warm and inviting home, cherished heirlooms, comfort, peace, tranquility, "home"... all gone..."in the blink of an eye."

In peace and love,

Jan

Post 9578 Auxiliary Chaplain
Jan Bazdorf



Canteen Manager's Message

Congratulations to **Jorge Beltran** who won our January raffle - a **Wellness Basket!**



Our **February Raffle Basket** will be themed for **Valentine's Day**. We would appreciate any items that can be donated to help fill the basket. Raffle tickets are sold for \$1 donation each and six (6) tickets for \$5 donation.

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

Program of Comprehensive Assistance for Family Caregivers (PCAFC), and

- The Veteran they care for must be currently eligible for a vaccine based on VA and CDC risk criteria. If you're an eligible caregiver, we'll tell you if you can get a vaccine when we invite the Veteran to get one. You can sign up to receive email updates along with the Veteran.

What you should know

Here's what you should know while you wait:

- Please wait for us to contact you about getting a COVID-19 vaccine. You don't need to call us or come to a VA health facility to reserve or request a vaccine. Our staff will only provide vaccines to Veterans and caregivers who are currently eligible for one based on VA and CDC risk criteria. We'll contact you when you're eligible.
- Your VA health facility may invite you to get a COVID-19 vaccine at a large vaccination event or by appointment. You may receive an invite by phone, email, or text message. If you're eligible and you want a vaccine, we encourage you to respond. But make sure the phone call, email, or text is really from VA before you provide any personal information or click on any links.

Learn more about COVID-19 vaccines at VA - What you can do now

Here's what you can do now to prepare:

- Make sure your VA.gov profile is up to date. Check your address and phone number on file with VA to be sure we have your current contact information. Sign in to your account at VA.gov.
- Apply for VA health care. If you're not already receiving health care through VA, go to VA.gov to find out if you are eligible and how to apply now.
- Talk to your VA health care provider. If you have questions about how your personal risk for COVID-19 will determine when you can get a vaccine, send a secure message to your provider. If you don't receive care at VA, contact your primary health care provider.
- Protect yourself from scams. We'll never ask you for your personal information in an email. We'll also never include links that take you to a page that's not secure and that asks you to provide your personal information. If someone calls you about getting a vaccine, be sure to verify that they're your VA provider. For more tips on how to avoid COVID-19 scams, to the Federal Communications website at:

[FCC Frauds Scams & Alerts](#)

Veterans Affairs Information On COVID-19 Vaccines at VA

since you do not have to be "present" to win!

We very much appreciate your continued support (and patience!) during this period of uncertainty. We are currently open for food & beverage service; please follow all guidelines when visiting the Post.

Come out and join us on our **Game Night** for **Tuesday** and **Wednesday** nights (and be sure to bring your best "game face")!

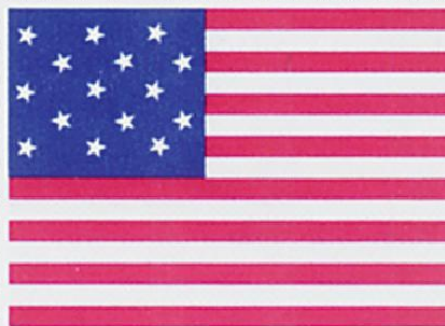
Please continue practicing safe distancing and wearing your mask while entering the **Post** and moving around.

Canteen will continue its normal business hours for outdoor dining on our beautiful Patio with its great scenic views.

Live entertainment is still restricted at the **Post** until further notice. Hopefully entertainment will be back soon; events will resume when the **San Diego County Health Department** COVID-19 restrictions on events are changed.

Kimberley

Canteen / Entertainment Manager
Kimberley Rivera



Star-Spangled Banner
1814

USA33

Sign up for an easy way to stay informed about our COVID-19 plans. When you sign up, we'll also ask about your interest in getting a vaccine when one is available to you. By sharing your interest, you can help us better prepare as we work to offer vaccines to more Veterans.

Sign up here to stay informed

Note: *You don't need to sign up to get a vaccine.*

Who will get a COVID-19 vaccine first?

The Food and Drug Administration (FDA) has authorized the first COVID-19 vaccine. We'll have a limited amount of this vaccine to start.

We've worked with the CDC and other federal partners to develop a phased plan. Our goal is to do the most good for the most people during this time.

Under this plan, we'll first offer vaccines to these 2 groups:

- Veterans living in our long-term care facilities, and
- VA health care personnel. Vaccinating our high-risk VA health care personnel helps us continue providing care for Veterans.

We based this plan on these criteria from CDC guidelines:

- Risk of becoming infected with the virus
- Risk of severe illness and death from COVID-19
- Risk of spreading the virus to others
- Risk of harm to society if essential workers, including health care personnel, are unable to work

After the first 2 groups, we'll begin to offer vaccines to more Veterans who are at high risk of severe illness from COVID-19.

If you're eligible to get a vaccine, your VA health care team will contact you. You don't need to come to a VA facility to request or receive a vaccine until we contact you. Our staff can't provide vaccines to anyone who isn't eligible at this time.

Source: **U.S. Veterans Affairs**

[COVID-19 Vaccines at VA](#)



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](#)
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

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

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
Allisen Earls, 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
Michael Buxton, 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

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

(Subject to change without advance notice - call Post for details)

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!

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
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)

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://CaliforniaSignsMarketing.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

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

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!



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Richard Edwards - Account Executive

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(619) 390-6344 Fax

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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

Tim Tracey

www.3trv.com



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

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Nathan Morton

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Lakeside, CA 92040

(619) 627-4850

NathanMorton619@gmail.com



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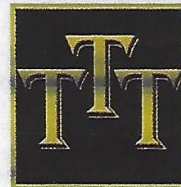
2330 Main St #A Ramona 92065

Josh Lehman, Manager

(760) 789 1488

Three T RV

Tim Tracey



1131 Broadway
El Cajon, CA 92021

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Fax: (619) 445-1421

PET/HOUSE SITTING

(619) 820-1827

vikki.hemmen18@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

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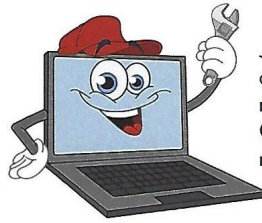
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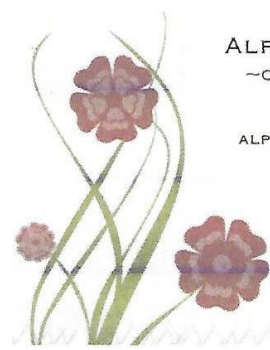
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Tentative Post Entertainment February Schedule

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](#)

February 2021 Bert Fuller V.F.W. Post 9578 Events & Activities

(NOTE: Created by Theo. This schedule is *tentative* due to S.D. County HD requirements)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports are shown on the Post's Large Screen TVs! 7	1 6 p.m. "Texas Hold 'em"	2 GROUNDHOG DAY 5 p.m. "Fun & Games"	3 5 p.m. "Fun & Games"	4 NO Karaoke until further notice!	5	NO L I V E B A N D S
7 From 9 a.m.: PGA, NASCAR & other sports 3 p.m. The BIG GAME!	8 6 p.m. "Texas Hold 'em"	9 5 p.m. "Fun & Games"	10 5 p.m. "Fun & Games"	11 NO Karaoke until further notice!	12 CHINESE NEW YR	13
14 VALENTINE'S DAY From 9 a.m.: PGA, NASCAR & other sports	15 PRESIDENTS' DAY 6 p.m. "Texas Hold 'em"	16 5 p.m. "Fun & Games"	17 ASH WEDNESDAY 5 p.m. "Fun & Games"	18 NO Karaoke until further notice!	19	20
21 From 9 a.m.: PGA, NASCAR & other sports	22 6 p.m. "Texas Hold 'em"	23 5 p.m. "Fun & Games"	24 5 p.m. "Fun & Games"	25 NO Karaoke until further notice!	26	27
28 From 9 a.m.: PGA, NASCAR & other sports	COVID-19 SAN DIEGO COUNTY HEALTH DEPARTMENT NOTICE: Stay home if sick. Wear mask and practice "social distancing" (six feet). Wash hands and use sanitizer frequently.					

February 2021 Bert Fuller V.F.W. Post 9578 Menu

(NOTE: Created by Theo. This schedule is *tentative* due to S.D. County HD requirements)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	2 GROUNDHOG DAY 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	3 11 a.m. \$6 Lunch 5 p.m. Donato's Pizza \$2 per Slice	4 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	5 11 a.m. \$6 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	6 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 8 p.m. \$15 Ribeye Steak Dinner
7 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	8 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	9 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	10 11 a.m. \$6 Lunch 5 p.m. Donato's Pizza \$2 per Slice	11 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	12 CHINESE NEW YR 11 a.m. \$6 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	13 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 8 p.m. \$15 Ribeye Steak Dinner
14 VALENTINE'S DAY 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	15 PRESIDENTS' DAY 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	16 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	17 ASH WEDNESDAY 11 a.m. \$6 Lunch 5 p.m. Donato's Pizza \$2 per Slice	18 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	19 11 a.m. \$6 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	20 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 8 p.m. \$15 Ribeye Steak Dinner
21 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	22 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	23 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	24 11 a.m. \$6 Lunch 5 p.m. Donato's Pizza \$2 per Slice	25 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	26 11 a.m. \$6 Lunch 5 – 8 p.m. Fish & Shrimp Dinner	27 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 8 p.m. \$15 Ribeye Steak Dinner
28 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	COVID-19 SAN DIEGO COUNTY HEALTH DEPARTMENT NOTICE: Stay home if sick. Wear a mask and practice "social distancing" (six feet). Wash hands and use sanitizer frequently.					

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

