VFW Bert Fuller Post 9578

news & updates

April 2020 Alpine, CA



Commander's Message

An Important Message for Our Members & Their Guests

The Post has been closed for attendance since March 16th and we are standing by for the word as to when we can reopen. In the meantime, Post officers and volunteers are standing watch to protect our Post. We are keeping up with maintenance so that we will be ready to open quickly and resume serving our members, auxiliary, their guests and members of the public who have come to rely on the Post for quality entertainment, events and food service.

I want to assure all that we are taking the necessary precautions to ensure that we have a safe environment.

As soon as we get the okay to resume operations, we will send out an email message to everyone on our email list. If you know of any veterans in the area who may not be members, please let **Carl** or I know and we'll sign them up for membership and put them on the distribution list.

Our next Post membership meeting is scheduled for 11 a.m. Saturday, April 11th. At that meeting, we have nominations and

Upcoming Post Events

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



Quartermaster's Report

Our nation is facing an unprecedented invasion of an invisible enemy – the COVID-19 virus and our national, state and local leaders have proscribed severe measures for us to take in order to reduce the spread of the virus – especially among our most vulnerable populations, including our veterans.

After my own military service, I owned and managed multiple location retail operations for 30+ years. During my lifetime, I have never experienced an operations shutdown of this magnitude. Having said that, I am confident that our Post operations will weather this storm - as we have built a very strong foundation, thanks to your support over the years.

The primary duty of the **Post Quartermaster** is to "Protect the Post." Here are the steps we are taking now and for the foreseeable future:

We have carefully positioned our post's financial position to ensure that we remain in overall good shape. Of course, the loss of our normal food & beverage cash flow is putting pressure on our current situation, but the Post does have adequate reserves and the various revenue contracts that we have will continue to cover the Post's basic expenses. The Post's business is being conducted daily to ensure continued operations in the future.

will hold elections for our next term of officers. Please consider volunteering for one of the offices and help guide our Post's future.

We will email out a message beforehand regarding the meeting or if we have to reschedule.

I hope everyone is staying safe, following the health guidelines and limiting exposure.

Jack

Post Commander Jack Gauthier

Post Needs Your Support!

The Alpine VFW Bert Fuller Post 9578 seeks new members. Please do your part in referring eligible veterans to our Post to become members. During this difficult time, we need to reach out to veterans in this area who have not joined and let them know we are a resource for them. Please let Jack or Carl know of any area veterans you would like to have in our membership.

Chaplain's Message

Most of us are only here on this planet for 70, 80 or 90 years (and unfortunately, sometimes a lot less!), so we should strive to be the best person possible. Self-improvement only can be accomplished after recognizing the need to make a positive change in one's life.

Following are eleven behaviors to avoid in your life so that you'll have the best chance to be all that you can be as a decent human being, according to psychologist **Mark Chernoff**:

- (1) Don't be envious of others;
- (2) Don't take everything personally;
- (3) Don't act like a victim;
- (4) Don't cling to pain and loss;
- (5) Don't obsessively think negatively;
- (6) Don't lose emotional self-control;
- (7) Don't make superficial judgments about others;
- (8) Don't be cruel or lack empathy and compassion:
- (9) Don't cheat or cut moral corners;
- (10) Don't deny your own truth; and
- (11) Don't need constant validation or approval.

Almighty God, we know that everything is in your sovereign control. We ask that you keep the COVID-19 Coronavirus from continuing to spread. Give government

The physical safety of the Post is being maintained daily with volunteers and officers in attendance while maintaining social distance and following recommended protocols. Our Post's property is secure and both the **Quartermaster** and **Commander** are monitoring the situation.

Every veteran's phone call to the Post is being fielded and handled properly. We have signed up four new members in March.

Although at this writing we do not have a "reopen date" we are keeping abreast of national, state and local government guidance and will reopen as soon as we are given the green light. We will notify all members via email blast when we have a date.

We have scheduled activities for April in the event that we get the okay to reopen. Those events are listed in this newsletter. We will send out an email advising if the events will be held, so please check your email regularly for our updates. If you are not sure if a scheduled event will still be occurring, please check your email first or call the Post prior to coming.

I am available to answer any questions or assist veterans with any issues they may face. Please call the Post at (619) 445-6040 to reach me.

Carl

Quartermaster Carl Silva



Auxiliary President's Message

Hello and happy April to all – flowers, spring and all fresh renewals! We had a great meeting in March with two guest speakers:

officials the ability to safely handle people arriving from other countries. Help people decide to stay home instead of traveling or going out needlessly. Holy Spirit, remind people to follow all suggested health-safety measures. Please comfort families as they decide to keep their distance from elderly or other high-risk family members. AMEN

"God is our refuge and strength, an everpresent help in trouble. Therefore, we will not fear, though the earth gives way and the mountains fall into the heart of the sea ..." [Psalm 46:1-2 (NIV)]

We received notice that Post Life Member **Charles Newsom** passed away last month at age 82. We pray that he rest in eternal peacefulness.

Theo

Post 9578 Chaplain Theodore Bazdorf

VFW Post 9578 Auxiliary Hosts Robert Muth Visit



Robert Muth is the University of San Diego Academic Director, Legal Clinics, Professor in Residence, Supervising Attorney, Veterans Legal Clinic. He holds the following degrees:

- JD, 2005, Duke University
- BA, 2002, Northwestern University

Areas of Expertise

Clinical Education, Veterans Law, Professional Responsibility, Civil Litigation, Consumer Law, Military Justice

Professional Experience

Professor **Muth** teaches in the areas of veterans law and legal ethics. He serves as the **Academic Director** of the award-winning legal clinics program at **USD**, where he is responsible for academic oversight and strategic planning for **USD**'s ten client-services legal clinics.

Additionally, Muth is the founder and

Robert Muth, teacher and attorney/legal counsel from University of San Diego School of Law, who came to discuss what his group does on a legal basis to assist veterans in need. We donated the \$2,000 rummage sale proceeds to his group for future veterans who require help with any issues which come up.

Liz Pedregon, Aux 1512 and VAVS (District Veteran Volunteer Services rep) regarding adopt-a-clinic and other VA Medical Center needs for snacks, drinks, coupon books to assist veterans at the VA. Well received, JR Bailey donated towards the cause, and Jodi moved we provide snacks etc. for future consideration and credit to our Aux on behalf of the veterans in need. Jodi will bring large totes to set up at the Post for donations, which will be credited to us during summer months.

We voted and approved numerous transfer and new member apps at last meeting, so we will be inviting these folks to our April session for participation and input. Please introduce yourselves to these new Auxiliary folks and make them welcome at our Post. Currently our membership is just under 104% and with the new apps, should be higher by next meeting's review.

Valentine's Day Bake Sale and Chili Cook-off went very well, monies going to relief and general funds for future needs/useage.

Please note that April is when we will take nominations and hold elections for new line officers to start in July 2020 and serve through June 2021. Your voice and your vote are very important, please attend our meeting on **Sat. April 4 at 10 a.m**. Note: you must be a member in good standing (dues current and up to date) to participate either being nominated for a position or vote for someone who will be. If you have any questions about what the positions are, duties, etc. please contact me for clarification.

Sending continued prayers for all our Aux members who are ill, in recovery from surgery or other ailments and come back to our meetings soon. You are a viable part of our Auxiliary – feedback, insight, fundraisers, positive ideas, etc. Without our members, there would be no Auxiliary to assist our veterans. Be proud of **Post 9578 Auxiliary**, we are a team and all in this together.

Respectfully submitted,

managing attorney of the **USD Veterans Legal Clinic**, which provides pro bono legal services to low-income, indigent and homeless veterans and their families.

Muth previously served as a judge advocate in the United States Marine Corps. As a Marine Captain, he deployed for 13 months to Iraq in support of Operation Iraqi Freedom. Prior to receiving an honorable discharge in 2009, he received multiple awards for superior service and was also named the Defense Counsel of the Year for the Navy-Marine Corps Trial Judiciary, Western Judicial Circuit in 2008-09.

While on active duty, **Muth** handled a wide variety of cases including those involving allegations of war crimes and breaches of national security.

He is admitted to the bar in California and Illinois and is a Department of Veterans Affairs accredited attorney. He is a Fellow of the Truman National Security Project and is the Chairman of the Military and Veterans Affairs Committee of the California Lawyers Association (formerly the California State Bar). In addition to his military awards, he has been named an Evans Scholar and a Bartholomay Scholar and he is a past recipient of the Evans Scholars Foundation's National Leader of the Year award.

Muth has been honored by the Law Library Justice Foundation with its prestigious Bernard E. Witkin Award for Excellence in Legal Education in 2016 and was named the 2017-18 San Diego County Veteran of the Year for his work serving the veterans community.

He has testified before Congress and the California State Assembly and State Senate on issues related to veterans education and consumer protection.

Muth makes frequent media appearances on television, radio and print including HBO, CNBC, PBS, NPR, and many others to discuss a variety of topics related to veterans' law, military justice, higher education, legal ethics and consumer protection.

Please click on the **USD** link below for the complete biography.

Robert Muth Biography

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

In April we will celebrate **Easter** on the 12th and **Passover** on the 9th. And we will honor millions on April 21st, on **Holocaust Remembrance Day**.

"I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do."

Edward Everett Hale, American Author

Dear Lord,

Thank you for helping us and carrying us through this difficult time; the uncertainty of these deep waters and through the pain of hard losses. We are constantly aware of how much we need you, your grace, your strength, your power working through us, even on the toughest days. We ask for your wisdom, for your strength and power to be constantly present within us. We pray you would make us strong, patient, caring and courageous for the road ahead. Give us ability beyond what we feel able, let your gifts flow freely through us, so that you would be honored by our lives, and others would be drawn to you. Amen

Blessings during these very trying times. Our prayers are with you all until we can meet at our beloved Post 9578 and once again share hugs!

Jan

Post 9578 Auxiliary Chaplain Jan Bazdorf







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.

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

Canteen Manager's Message

When we get the okay to commence food & beverage service operations, please remember than *no outside food* is allowed to be brought in during Post regular meal service. If you have any questions regarding this, please call the Post at (619) 445-6040.

Remember that after the Post re-opens, we do 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

Important Notice for all Post Members,

- 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
Robert Minton, Junior Vice
Carl Silva, Quartermaster
Theo Bazdorf, Chaplain
Sean Lynch, Adjutant
Jim Bilka, Judge Advocate
John Rizzo, Service Officer
Dave Snyder, Surgeon
Dave Snyder, 1st Year Trustee
James Abercrombie, 2nd Year Trustee
Danny Focht, 3rd Year Trustee

Auxiliary Officers

Sheila Snyder, President Linda Pipkin, Senior Vice Jodi McBride, Junior Vice Bob Bealo, Treasurer Anna Churgai, Secretary Jan Bazdorf, Chaplain Sven Ricketts, Guard Vikki Hemmen, Conductress Joel Murillo, 1st Year Trustee Margaret Horde, 2nd Year Trustee John Kehrli, 3rd Year Trustee

House Committee

Kerry Parsons, Chairperson John Sullivan, Member Bob Bradley, Member Dan Palen, Member Fred Rivera, Member

Canteen / Entertainment

Kimberley Rivera, Manager

Volunteer Bartenders

Yvonne Brierley
Dani Caton
Sandy Curry
Julie Kalogiannis
Christi Kurtz
Jessica McKittrick
Justin Rodriguez
Sarah Sullivan

Our Newsletter Supporters

Alpine Artistic Florist (619) 445-7974
Jamie Lewis
www.alpineartisticflorist.net

Auxiliary 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

Monday - Friday: 11 a.m. to Closing

Saturday & Sunday: 9 a.m. to Closing

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!

Alpine Dentistry (619) 445-8896 Jonar R. Bonifacio DDS Dr. "B" Alpine Dentistry

Alpine Computer & Tutor (619) 277-7858 Duncan Marks

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

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Keller Williams (619) 301-2301 Doris Fifer

On Line Bookkeeping & Tax Service Roger Garay & Christy Kohl (619) 445-5523 www.olbts.com

Primary Residential Mortgage (619) 722-1303 Chris Wiley www.alpineprmi.com

RJR Builders (619) 861-2938 Vince Roussel

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









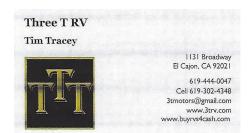




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(619) 627-4850

NathanMorton619@gmail.com



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...probably infected by malware!



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(619) 277-7858 AlpineComputer@hotmail.com

Keep this card handy by your pc or laptop!









Alpine VFW Post 9578 **Every Friday 5-8PM** By VFW Kitchen Crew and ECTLC **OPEN TO THE PUBLIC + Karaoke by Fred Johnson Every Friday** Dinners: All Dinners come with fries and coleslaw Pan Fried Shrimp......\$15 Fish Only (2 pc)......\$12 Shrimp Dinner.....(7 pc)......\$12 Fish and Shrimp (1 pc fish, 5 shrimp)\$12 Fried Bacon Wrapped Shrimp......\$12 Fried Chicken Sandwich.....\$10 Half Order (choose 1pc fish or 5 shrimp ...\$8 Kids Meal: Chicken tenders, chips, apple sauce, juice box...... \$6 Additions: Shrimp Salad......Sm: \$8.....Lg: \$12 Shrimp Cocktail.....Lg: \$8 Fried Bacon Wrapped Shrimp.....\$8 Salad with choice of dressing......\$3 Dressings: Ranch, Bleu Cheese, 1000 Island, Italian Fries Only.....\$3 Dessert......\$3





San Diego's only
"Oldies by Request" Music Group
Music of the 50's-80's and
Welcome to Requests

April 4th 6-10PM



\$15 Ribeye or \$20 T-Bone Steak Dinner 5 - 8 pm

Open to the Public
Alpine VFW 844 Tavern Rd.







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

(NOTE: Created by Theo. Tentative schedule is due to the Coronavirus situation!) - CHECK YOUR EMAIL OR CALL BEFORE VISITING POST!

April 2020									
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
	CHECK YOUR EMAIL FOR EVENT UPDATES TO ENSURE POST IS OPEN!	OR CALL THE POST BEFORE ATTENDING ANY EVENT!	1 APRIL FOOLS DAY 5 p.m. Bar Games	2 5 - 9 p.m. Karaoke by Fred Johnson	3 5 - 10 p.m. Karaoke by Fred Johnson	4 10 am Auxiliary Mtg 6 – 10 p.m. LIVE BAND "Brown Sugar Oldies"			
5 PALM SUNDAY	6	7	8 PASSOVER	9	10 GOOD FRIDAY	11			
NASCAR & other sports on TV – TBA	6 p.m. Texas Hold'em Poker	5 p.m. B-I-N-G-O!	5 p.m. Bar Games	5 - 9 p.m. Karaoke by Fred Johnson	5 - 10 p.m. Karaoke by Fred Johnson	10 a.m. House Committee Mtg 11 a.m. General Mtg 6 – 10 p.m. LIVE BAND			
12 EASTER!	13	14	15	16	17	"Josie Day"			
NASCAR & other sports on TV – TBA	6 p.m. Texas Hold'em Poker	5 p.m. B-I-N-G-O!	5 p.m. Bar Games	5 - 9 p.m. Karaoke by Fred Johnson	5 - 10 p.m. Karaoke by Fred Johnson	6 - 10 p.m. LIVE BAND "Two- Lane Highway"			
19	20	21	22 EARTH DAY	23 RAMADAN	24 ARBOR DAY	25			
NASCAR & other sports on TV – TBA	6 p.m. Texas Hold'em Poker	5 p.m. B-I-N-G-O!	5 p.m. Bar Games	5 - 9 p.m. Karaoke by Fred Johnson	5 - 10 p.m. Karaoke by Fred Johnson	6 - 10 p.m. LIVE BAND "The Whole Sha- Bang"			
26	27	28	29	30					
NASCAR & other sports on TV – TBA	6 p.m. Texas Hold'em Poker	5 p.m. B-I-N-G-O!	5 p.m. Bar Games	5 - 9 p.m. Karaoke by Fred Johnson					

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

(NOTE: Created by Theo. Tentative schedule is due to the Coronavirus situation!) - CHECK YOUR EMAIL OR CALL BEFORE VISITING POST!

April 2020										
Sun	Mon	Tue	Wed	Thu	Fri	Sat				
	CHECK YOUR EMAIL FOR EVENT UPDATES TO	OR CALL THE POST BEFORE	1 APRIL FOOLS DAY 11 a.m. \$5 Lunch	2 11 a.m. \$5 Lunch	3	4 11 a.m. – 1:30 p.m. Grilled Burgers & Hot				
	ENSURE POST IS OPEN!	ATTENDING ANY EVENT!	,	5 p.m. \$9 Special Dinner by Sandy	5 – 7:30 p.m. Fish & Shrimp Dinners	Dogs 5 – 7:30 p.m. Steak Dinners				
5 PALM SUNDAY	6	7	8 PASSOVER	9	10 GOOD FRIDAY	11				
9 a.m. – 12:30 p.m. Breakfast by ECTLC	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch		11 a.m. – 1:30 p.m. Grilled Burgers & Hot Dogs				
2 p.m. \$5 Fried Chicken & Potato Salad	Announced (TBA)	5 p.m. \$4 Tacos by Joy		5 p.m. \$9 Special Dinner by Sandy	5 – 7:30 p.m. Fish & Shrimp Dinners	5 – 7:30 p.m. Steak Dinners				
12 EASTER!	13	14	15	16	17	18				
\$15 Special Steak Breakfast by ECTLC	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch		11 a.m. – 1:30 p.m. Grilled Burgers & Hot Dogs				
2 p.m. \$5 Fried Chicken & Potato Salad	5 p.m. Dinner TBA	5 p.m. \$4 Tacos by Joy	5 p.m. Dinner FBA	5 p.m. \$9 Special Dinner by Sandy	5 – 7:30 p.m. Fish & Shrimp Dinners	5 – 7:30 p.m. Steak Dinners				
19	20	21	22 EARTH DAY	23 RAMADAN	24 ARBOR DAY	25				
9 a.m. – 12:30 p.m. Breakfast by ECTLC 2 p.m. \$5 Fried	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch		11 a.m. – 1:30 p.m. Grilled Burgers & Hot Dogs				
Chicken & Potato Salad	5 p.m. Dinner TBA	5 p.m. \$4 Tacos by Joy	5 p.m. Dinner TBA	5 p.m. \$9 Special Dinner by Sandy	5 – 7:30 p.m. Fish & Shrimp Dinners	5 – 7:30 p.m. Steak Dinners				
26	27	28	29	30						
9 a.m. – 12:30 p.m. Breakfast by ECTLC	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch	11 a.m. \$5 Lunch						
2 p.m. \$5 Fried Chicken & Potato Salad	5 p.m. Dinner TBA	5 p.m. Tacos by Joy \$4		5 p.m. \$9 Special Dinner by Sandy						

VFW Bert Fuller Post 9578 (619) 445-6040







