

VFW Bert Fuller Post 9578

news & updates

March 2021 Alpine, CA



Commander's Message



Members, our next **General Meeting** is at **11 a.m. on Saturday, March 13**. Your attendance and participation is needed to ensure that any concerns/opinions you may have are aired while **Post** projects are

discussed and approved.

During the meeting in March, we will have nominations for **Post Officers** and Positions. Come and nominate your choices.

Our very popular **Fish Fry Friday Nights** are back. Come out and enjoy the fellowship and great food at your **Post**.

Come out and join us on Game Nights on Tuesdays and Thursdays. Also:

Tuesday - Game Night 5 to 7 p.m.

Wednesday - Karaoke 5 to 9 p.m.

Thursday - Game Night 5 to 7 p.m.

Friday - Fish Fry Night & Karaoke 6 to

Upcoming Post Events

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



Quartermaster's Report

The **Post** is slowly recovering from a very difficult year. It is said that during hard times, the best comes out of people and I fully believe that to be very true. Our **Post** members and the public at large have been very supportive to the **Post** throughout this difficult time. We must all hope that the worst is now behind us and the past year's events become history.



When I became your **Quartermaster** in 2010 the future for the **Post** was very bright and everyone pulled together to expand our facility and operations. We have come a long way during the last ten years and I believe the best is yet to come. It is very obvious that the **Covid-19** pandemic was a setback to all business functions but we are already starting to see a possible return to a normal business function.

Come visit your friends here at the **Post** often and enjoy the food and beverages available here which helps strengthen the **Post** and the various events that we sponsor. We know the best is yet to come here at the **Post**.

Members, please make very effort to attend the **Post General Meeting** at **11 a.m. on Saturday, March 13** to learn more about our current situation and our plans for future growth during 2021.

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

10 p.m.

Saturday night - Live Bands for your entertainment 6 to 10 p.m.

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

H.R.637 Introduced Into The U.S. House of Representatives by Rep. Mike Bost (R-IL-12)

To direct the **Secretary of Veterans Affairs** to provide retraining assistance to certain veterans unemployed by reason of the COVID-19 public health emergency.

HOUSE COMMITTEE ON VETERANS' AFFAIRS

REPUBLICANS | RANKING MEMBER MIKE BOST

H.R. 637: The Veterans Economic Recovery Act of 2021

Background:

Congress has perhaps no greater calling than the calling to help those who have served live their version of the American dream once they hang up their uniforms and to put the numerous skills and talents that veterans developed in service to use in their civilian lives. In 2019, the veteran unemployment rate was just 3.1%, the lowest in 19 years. However, due to the economic impact of the ongoing COVID-19 pandemic, the veteran unemployment rate rose to 5.3% as of December 2020. More than 81% of the over 462,000 veterans unemployed at the start of 2021 are in their prime working years between the ages of 22 and 66. Helping these veterans affected by the pandemic get back on their feet should be one of Congress' highest priorities.

The Veterans Economic Recovery Act of 2021 would create a rapid retraining program to provide unemployed veterans and members of the National Guard or Reserve with up to 12 months of education benefits so that they can pursue training in high-demand occupations. These benefits would be equivalent to the benefits provided under the Post-9/11 GI Bill. To be eligible, veterans must meet several eligibility criteria, including being between the ages of 22 and 66 and unemployed; having an honorable or other than dishonorable discharge; and not being eligible for any other VA education benefit, enrolled in another Federal of State job training program, receiving disability compensation for reasons that have led to unemployment, or in receipt of any unemployment benefit when they begin training under this program. Members of the National Guard or Reserve who were called up on Federal orders to assist states with the COVID-19 response would also be eligible for the rapid retraining program as long as they meet the other age, unemployment, and discharge requirements.

The Message:

- Our veterans are dedicated, talented, hard-working leaders, as employers around the world can attest. They are an asset to any workplace and key to the long-term strength of the American economy.
- The Veterans Economic Recovery Act of 2021 would help veterans and members of the National Guard and Reserve who lost their jobs due to COVID-19 gain skills to compete for meaningful, high-paying careers once the pandemic is over.
- By focusing on veterans between the ages of 22 and 66 who aren't currently eligible for the GI Bill, we are helping veterans in need to thrive in post-COVID economy and make the most of their prime working years while also supporting the American recovery effort to create a better future for us all.

Annual to Life Membership Conversion Special Offer!

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

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

Carl

Quartermaster
Carl Silva



House Committee Report

Comrades:

Well another month in the life of COVID-19. I hope everyone is healthy and your families as well. I would like to start out with thanking all of those who helped with getting the kitchen back in working order: **Danny F.**, **George Y.**, and **Sean L.**



We started back up serving burgers and are still looking for some help with that. Please call the **Post** and let us know if you would like to help out. Thanks to **Lisa M.**, **Danny F.**, and **Sean L.** who helped with burgers on Feb. 20th.

We have worked very hard on the kitchen update; it cost a little more than was anticipated, but it turned out wonderfully. Please take the time to go check it out. The kitchen has been in need of a major makeover for many years. The last thing we are waiting on are bids for the new hood and once installed, the kitchen project will be 100% complete.

We have been working on plans for expanding the deck (where the old BBQ area was) to give us a designated area for live bands and karaoke to set up/perform without taking out guest seating.

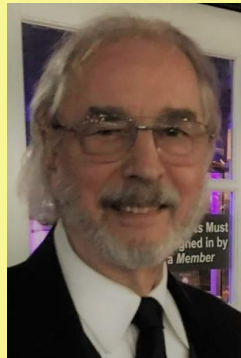
We are holding a **Building Committee**

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.

Chaplain's Message

Recently, your **Chaplain** officiated at a private marriage ceremony here at the **Post** for **Life Member U.S. Navy veteran Donald Elliott** and his new bride **Julie Moore**. Congratulations, **Mr. & Mrs. Elliott!**



Our nation (and the world) is still experiencing the effects of the **COVID-19** virus. Let us pray for all:

O God of all comfort, we pray for those who have been, who are, and who will be, affected by the COVID-19 virus. The physical, mental, spiritual, emotional, and financial burdens are great. We know that not everyone is affected equally, or justly. We pray especially for those who are risking their lives for the protection and sustenance of others. We also pray with and for those whose voices often go unheard. May they know especially that they are heard, they are held, and they are loved. May they know the truth of your protection and abundance. Lord, we are thankful and hopeful that this pandemic will soon end. AMEN.

Three of our fellow veterans have passed away recently, including our **Post Bar Manger Kimberley Rivera's father, U.S. Navy veteran Charles Morris** from COVID-19. (**Chief Morris** was a **Life Member of VFW Post 4379** in Winchester, CA). Also passing were our **Post Life Members U.S. Army veteran Damon Marino** and **U.S. Marine Corps veteran Dale Lawrence**. Let us pray for each of them:

*O God of mercy, peace, and love, we remember before you in this moment our friends and fellow veterans **Charles Morris, Damon Marino** and **Dale Lawrence**. We recall with respect all that they stood for in this life. Help us to live in the companionship of their spirit. May we be kind to the friends and family they cared for; devoted to the community in which they*

meeting at **5 p.m.** on **Wednesday, March 3** to discuss and prioritize future projects. We have halted spending for a few months to regain some of our funds. The smoking room ceiling repair has been approved, but we are awaiting more bids before starting the project.

In the **Canteen**, masks are still required anytime you leave your seat, since we are not out of the woods yet. So please wear your mask and remind those who forget. For those who don't, think about those who are susceptible to this illness, which is about half of the **Post** members.

If you have any questions or concerns for the **House Committee**, please bring them to the meeting the second Saturday of each month and we will be happy to hear them.

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

John

House Committee Chair
John Rizzo



Auxiliary President's Message

Hello everyone and welcome to March, let Springtime begin soon!



The **Post House Committee** has given the **Auxiliary** permission to hold a **St. Patrick's Day bake sale** from 4 - 6 p.m. on **Wednesday, March 17** in coordination with the meal being served that evening. All baked items must be at the post between 2 - 3 p.m. Everyone is invited to participate for home baked or store-bought goods for a great fund-raiser! **Linda P.**, our **Auxiliary Senior VP**, will be handling the sales and funds for this event.

*lived; and loyal to the causes which they served. Thus, in our lives and hearts, may **Charles, Damon and Dale** live on, to our great comfort, to the betterment of your creation, and to the furthering of your most holy will. AMEN.*

Theo

Post 9578 Chaplain
Theodore Bazdorf

Life Member U.S. Navy veteran Donald Elliott Marries Julie Moore at the on Post February 17th with Chaplain Theo officiating



Our **Auxiliary** is financially healthy, and we were able to confirm/secure everything within a new banking account as mentioned in the February newsletter. **Michael** is doing a fantastic job as our treasurer, keeping everything updated and maintaining contact with our three Trustees (**Maggie, Nancy, and Pat**).

The **Community Outreach** as mentioned last month is available to all Auxiliary members to participate in your area. This would be only for food distribution at a verified food bank or center, please remember to wear an article of clothing which represents you as part of **VFW Auxiliary**. Any questions, please let me know via email/phone.

One of our **Auxiliary** members donated to our group, as we realized in our documentation said person already paid for member dues and the \$28 went into the General Funds for future use as needed. This **Auxiliary** member also requested anonymity. I have sent a thank you letter to the **Auxiliary** member for the kind contribution.

For our April meeting (we will soon know if the meeting is online or at our Post) we will be having nominations and elections for 2021 - 2022 officers for our **Auxiliary**. If you are interested in participating, please consider becoming an officer. All options are available, and we will need at least 1 new trustee to commit for 3 years to assist with the financial side of the house. The positions are listed in the bylaws book; members in good standing (meaning your dues are paid!) are eligible to be an officer. Any questions, please let me know. We want to keep our Auxiliary strong for many years to come.

Condolences to **Kimberley**, our Post Canteen Manager, on the loss of her father and also to the **Marino** family on the loss of their husband/dad and our **Post 9578** comrade.

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.

Stay safe, follow healthy practices, and thanks for your continued support.

Respectfully submitted,

Sheila Jo

Auxiliary President
District 1 Auxiliary Chaplain 2019 - 2020

MONTH OF MARCH CHANGES:

Bar Games 5PM
Tuesdays/Thursday

Karaoke on
Wednesday 5-9PM
Friday 6-10 PM

Alpine VFW 9578
844 Tavern Rd.

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 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](#)

**VFW Auxiliary
Department of
CA President
Robyn Kuznik
visits S.D.**

by **Shelia Jo Toor-Snyder**



The District had an official visit from our current **Department President Robyn Kuznik** during Feb. 11 - 14, to have not only our members within San Diego, but outside Auxiliary members join us for our meetings, either in person or on teleconference. While the weather was a bit rainy and windy, we were able to visit the **VA Medical Center in La Jolla**, where **Robyn** presented a check to the **VA** for their continued contributions on behalf of veterans in San Diego. We also were able to spend time at **Crown Point Shores** to watch the **Wolfpack Wheelchair Basketball Team** conduct practices and hold photo ops.



Robyn Kuznik photos source: **VFW**

Alpine VFW Post 9578**Sunday Supper****by Julie****March 14**

**Smoked Tri-Tip,
Loaded Baked Potato,
Broccoli Cheese
Casserole, Roll &
Cheesecake \$10**

3 to 7 or until gone

**Open to Public for Meals
and Events**


**Auxiliary
Chaplain's Message**


Spring is definitely here! What gorgeous weather we are having! Makes you feel reborn, happy, maybe even giddy to be outside and "living" again, doesn't it? Ah, change!

We have all had a really tough 12 months. We have lost loved ones, been sick ourselves, bored, afraid, cared and prayed for others; and for many – been lonely and isolated. Let's make it our plan to call our friends and check in on them. Talk a little while, make a plan to see each other in the near future. Give hope, understanding, friendship, and bring some joy into their lives.

While the past year has brought us hardship and suffering – it has also changed us forever. We are now more patient, hopefully more kind, understanding, not so much in a hurry. We are willing to wait in a line, 6 feet apart, to wear a mask, to help a person who is unable to leave their home, and to lift the spirits of a stranger. This kind of change is good – even though it was not by choice. It has made us all better by turning our lives upside down or even changing us in some ridiculously small but important ways.

Maybe we enjoy our solitude now; maybe we enjoy our families more; maybe we realized just how strong we are. Look back and see what you have accomplished in this past year. I think you will be quite amazed! **We did it!**

Bring on the change, bring on the improvement, bring on a newfound enjoyment of life and all its pleasures big and small. Take a walk. Call a friend. Open a door. And smile at everyone! Change has happened! And above all, be grateful that you are still here to enjoy it!

I especially want to make mention of all our Comrades, family & friends that your prayers have helped. We have survivors of very serious illnesses and cancers, that are not only better, they have been cured! The power of united prayer. Thank you!

Happy St. Patrick's Day – Don't forget our **Auxiliary Bake Sale** on **Wednesday, March 17**. You can donate items after 2


**St. Patrick's Day
17th of March 2021**
Lunch by Julie**Wednesday, 11-5**

**Corned Beef and
Cabbage Tacos \$3**

Drink Specials:**Jell-O Shot \$1**

**Bud Light Seltzer
Special \$3, with a Bud
Light glass to take
home!**

**Support Your Post -
Attend Regularly to Enjoy
The Comradery, Games &
Live Entertainment!**

MARCH 6

BROWN SUGAR OLDIES

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



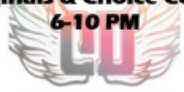
MARCH 13



MARCH 20

THE CORDERMAN DETAIL

Soul, Rock, Diverse
Originals & Choice Covers
6-10 PM



KARAOKE
WEDNESDAYS 5-9
& FRIDAYS 6-10PM

\$15 Ribeye
Steak
Dinner
Every
Saturday
from 5-7:30
and Live
Music from
6-10 PM

ALPINE VFW 9578

844 TAVERN RD

VFW POST 9578 ALPINE, CA

LIVE MUSIC

The Whole
She-Bang

Dance Band 60' 70's & 80's classic rock
and pop to get the party going!

MARCH 27

p.m. on that day. Items will be for sale
throughout dinnertime from 4 p.m. - 6 p.m.

In peace and love,

Jan

Post 9578 Auxiliary Chaplain
Jan Bazdorf

Canteen
Manager's
Message



Special shout-out and
thanks to **Allisen Earls**
who prepares the
wonderful flyers that
highlight **Post Events**
and Activities, special menus, etc.
Thank you to my bartenders (**Holly**
Campbell, Dani Caton, Sandy Curry,
Julie Kalogiannis, and Jessica
McKittrick) for your hard work and meals
you do for our **Post**.

Things are looking good now and we are
back to providing some live entertainment:

Tuesday - Game Night 5 to 7 p.m.

Wednesday - Karaoke 5 to 9 p.m.

Thursday - Game Night 5 to 7 p.m.

Friday - Karaoke 6 to 10 p.m.

Saturday night - Live Bands for your
entertainment 6 to 10 p.m.

Sunday 2 to 6 p.m. **Ivon** and her beautiful
mother **Maria** will be preparing homemade
tortilla dinners.

Special Note:

Sunday March 14 Julie is doing her \$10 Tri
tip dinner 3 pm till gone

Our **March Raffle Basket** will be themed for
St. Patrick'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
since you do not have to be "present" to win!

Come out and join us on our **Game Night**

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



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 indoor and outdoor dining on our beautiful Patio with its great scenic views.

Kimberley

Canteen / Entertainment Manager
Kimberley Rivera

VFW 9578 ALPINE



SATURDAY DINNER MENU

5-7:30 PM

• **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

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 Post 9578 Auxiliary holds



St. Patrick's Day Bake Sale on Wednesday, March 17th

by **Shelia Jo Toor-Snyder**

The **Post House Committee** has given the **Auxiliary** permission to hold a **St. Patrick's Day Bake Sale** from 4 - 6 p.m. on **Wednesday, March 17** in coordination with the meal being served that evening.

Everyone is invited to participate for either home baked or store-bought goodies for a great fund-raiser!

Please note: all baked items must delivered to the Post between **2 - 4 p.m.** for sale from 4 - 6 p.m.

Linda P., our **Auxiliary Senior VP**, will be handling the sales and funds for this event.

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

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

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

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

Canteen / Entertainment

Kimberley Rivera, Manager

Volunteer Bartenders

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

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!



PRMI

Primary Residential
Mortgage, Inc.

Chris Wiley

Branch Manager
NMLS License #240137

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

2124 Arnold Way
Alpine, CA 91901
www.alpineprmi.com

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](#)

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

Tim Tracey

www.3trv.com

East County Karate

We Teach Attitudes First

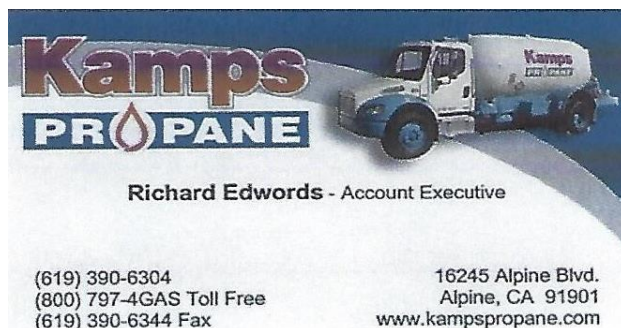
Nathan Morton

9253 Adlai Road

Lakeside, CA 92040

(619) 627-4850

NathanMorton619@gmail.com





Individuals • Small Businesses • Rental Owners
Corporations • LLC's • Partnerships • Trusts • Non-Profits

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



BISHER'S

QUALITY MEATS

The Very Best In Meats

Dan Bisher, Owner

2330 Main St #A Ramona 92065

Josh Lehman, Manager

(760) 789 1488

Three T RV

Tim Tracey



1131 Broadway
El Cajon, CA 92021

619-444-0047

Cell 619-302-4348

3trmotors@gmail.com

www.3trv.com

www.buysrvs4cash.com

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.

Serving East County For 25+ Years

**ALPINE
COMPUTER**

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Post Entertainment March Schedule

Before coming to the Post for one of the events listed below, please first check your email for a Post notice that the scheduled event has not been cancelled/re-scheduled. 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](#)

March 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
"Fun & Games" on Tues & Thurs "Karaoke by Fred Johnson" on Wed & Fri	1 6 p.m. "Texas Hold 'em"	2 5 p.m. "Fun & Games"	3 5 – 9 p.m. Karaoke by Fred Johnson	4 5 p.m. "Fun & Games"	5 6 – 10 p.m. Karaoke by Fred Johnson	6 6 – 10 p.m. "Brown Sugar Oldies" Band
7 From 9 a.m.: PGA, NASCAR & other sports on 7 TVs!	8 6 p.m. "Texas Hold 'em"	9 5 p.m. "Fun & Games"	10 5 – 9 p.m. Karaoke by Fred Johnson	11 5 p.m. "Fun & Games"	12 6 – 10 p.m. Karaoke by Fred Johnson	13 6 – 10 p.m. "Wild Rumour" Band
14 DAYLIGHT SAVINGS From 9 a.m.: PGA, NASCAR & other sports on 7 TVs!	15 6 p.m. "Texas Hold 'em"	16 5 p.m. "Fun & Games"	17 ST. PATRICK'S DAY 2 p.m. VFW Post Auxiliary Bake Sale 5 – 9 p.m. Karaoke by Fred Johnson	18 5 p.m. "Fun & Games"	19 6 – 10 p.m. Karaoke by Fred Johnson	20 SPRING BEGINS 6 – 10 p.m. "The Corderman Detail" Band
21 From 9 a.m.: PGA, NASCAR & other sports on 7 TVs!	22 6 p.m. "Texas Hold 'em"	23 5 p.m. "Fun & Games"	24 5 – 9 p.m. Karaoke by Fred Johnson	25 5 p.m. "Fun & Games"	26 6 – 10 p.m. Karaoke by Fred Johnson	27 PASSOVER BEGINS 6 – 10 p.m. "The Whole ShaBang" Band
28 PALM SUNDAY From 9 a.m.: PGA, NASCAR & other sports on 7 TVs!	29 6 p.m. "Texas Hold 'em"	30 5 p.m. "Fun & Games"	31 5 – 9 p.m. Karaoke by Fred Johnson"	COVID-19 SD COUNTY HEALTH DEPARTMENT NOTICE: Stay home if sick. Wear mask and practice "social distancing" (six feet). Wash hands and use sanitizer frequently.		

March 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 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	3 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	4 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	5 11 a.m. \$6 Lunch 5 – 7:30 p.m. \$12 Fish & Shrimp Dinner	6 10 a.m. – 3 p.m. \$7 Grilled Burgers & Hot Dogs 5 – 7:30 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. Dinner TBA	11 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	12 11 a.m. \$6 Lunch 5 – 7:30 p.m. \$12 Fish & Shrimp Dinner	13 10 a.m. – 3 p.m. \$7 Grilled Burgers & Hot Dogs 5 – 7:30 p.m. \$15 Ribeye Steak Dinner
14 DAYLIGHT SAVINGS 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	15 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	16 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	17 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	18 11 a.m. \$6 Lunch 5 p.m. Dinner by Sandy	19 11 a.m. \$6 Lunch 5 – 7:30 p.m. \$12 Fish & Shrimp Dinner	20 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 7:30 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 – 7:30 p.m. \$12 Fish & Shrimp Dinner	27 10 a.m. – 3 p.m. Grilled Burgers & Hot Dogs 5 – 7:30 p.m. \$15 Ribeye Steak Dinner
28 9 a.m. – 12:30 p.m. Breakfast 1 p.m. Lunch/Dinner TBA	29 11 a.m. \$6 Lunch 5 p.m. Dinner TBA	30 11 a.m. \$6 Lunch 5 p.m. \$3 Tacos by Nora	31 11 a.m. \$6 Lunch 5 p.m. Donato's Pizza \$2 per Slice	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

