

VFW Bert Fuller Post 9578

Newsletter

September 2023 Alpine, CA



Commander's Message

Comrades,

We made it through August and the tropical storm. Thank you for your patience and understanding as we did close the **Post** for a day due to the winds and rain due to safety precautions.



As you walk out on the deck and see the new clock on the wall don't forget to thank **Fred** and **Gloria**, I am sure that will make their day. **Gloria** is always decorating and the **Post** truly appreciates all that she does around here.

We still need volunteers and auction items for our **October 14th Annual Deep Pit BBQ**. Please see myself or **Theo** if interested in helping us with the BBQ

In closing as always, I am honored to be your commander and deeply appreciate all of you as members and patrons of this great **Post**!

If you need to reach out to me, please call me at **(858) 729-3911**. I am here for you -

Upcoming Post Events

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



House Committee Message

Comrades,

The resurfacing of the deck has been slated for this month. Please bear with us as we move forward with improvements around the **Post**.

Our **Annual Deep Pit BBQ** will be held on **Saturday, October 14th**. We are looking for auction items, golf packages, spa days, or anything you can think of. The event will feature a potluck for the sides, so please prepare and bring your favorite dish. We are also looking for monetary donations to help pay for some of the food.

Please attend the member's **General meeting** held at **11 a.m. Saturday, Sept. 9th** at the **Post**. Your input and feedback on **Post** operations is welcome.

The House Committee will meet at **10 a.m. a.m. Saturday, September 9th** at the **Post**.

Thanks,

Mark

Post 9578 House Committee Chair
Mark Traplay

the **Veterans**, the **Auxiliary**, our families and the community of **Alpine!**

God Bless you and God bless the United States of America!

John

Post Commander
John Sullivan



VFW Post 9578

Notice of August Monthly Regular Meeting

9 a.m., Saturday, September 9th

VFW Post 9578 Meeting Room

844 Tavern Road, Alpine, CA (619) 445-6040

Chaplain's Message

I hope everyone is safe after the recent tropical storm. this was the first time the National Hurricane Center and the National Weather Service have issued a tropical storm warning for Southern California.



In this month's column, I will provide information regarding our veteran care, history and how to reach out for assistance. I am a former combat veteran (1968 -1969) who served during the Vietnam War.

In 1865, **President Abraham Lincoln** made a promise to the nation's veterans by charging all Americans "To care for him who shall have borne the battle, and for his widow, and his orphan" by serving and honoring the men and women who are America's veterans.

Once a soldier is engaged in close combat, he is exposed to many inhumane situations and the atrocities of war. Upon returning home, most will experience post-traumatic stress disorder (PTSD), traumatic brain injury, hearing loss, suicide thoughts, nightmares and illnesses caused by war's toxic exposure. Traumatic experiences can occur years later and affect any stage of a

VFW Post 9578 Auxiliary

Notice of Regular Monthly Meeting

10 a.m., Saturday, September 2nd

VFW Post 9578 Meeting Room

844 Tavern Road, Alpine, CA (619) 445-6040

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

Auxiliary President's Message

I hope this message finds everyone surviving the heat. Phew, it's warm out there!



The **Post 9578 Auxiliary** has been busy! We brought back the "Burgers with a view" events - there will be two this upcoming weekend. **Saturday Sept. 2nd** and **Monday, Sept. 4th**. Hot dogs and hamburgers will be served with all the fixin's. On **Monday the 4th**, there will be root beer floats available and opportunity basket raffles. Thank you to **Jan Bazdorf** for organizing and to everyone who donates their time and supplies to make these events a success.

On August 4th, we were honored to have several dignitaries join us at the **Post** for dinner. These guests included: **VFW State Commander Tim Bryant; Auxiliary District President Diana Russell; Auxiliary Department President Diana Rude** along with several others.

Are you ready for the races? Our **Post 9578 Auxiliary** organized a bus trip to the races on Thursday, August 31st. I believe there are only a few tickets left. Thank you, **Jeanne Pate**, for organizing this fun-filled event!

Have you seen the opportunity baskets available via a raffle ticket at the **Post**? Our highly talented **Aux Jr Vice member Jamye Pritchett-Solorzano** has been busy putting together very amazing opportunity baskets. Don't miss out of the drawings, as the baskets are spectacular.

Our next meeting will be held at **10 a.m., Saturday, Sept 2nd**. We will have our District inspection on this day. **Diana Rude, District President** and her team will be joining us.

veteran's remaining life, such as maintaining a job or being able to cope with normal daily activities.

If you or your loved one experiences any unwanted past memories and needs medical attention, call 911 immediately for help.

In dealing with past trauma or suicidal crisis, please contact the **Veterans Crisis** line: dial **988** then press **1**. You can also text **838255**.

You are not alone. the **Veterans Crisis** line is here for you. As a veteran, you do not have to be enrolled in the **Veterans Health Administration** for health care. Please call **988** then press **1**. Access is free, confidential and support is 24/7 - 365 days a year.

This month's bible verse is from Zechariah 10:5. King James Version (KJV)
"And they shall be as mighty men, which tread down their enemies in the mire of the streets in the battle: and they shall fight, because the LORD is with them, and the riders on horses shall be confounded."
Blessings,

Fred

Post 9578 Chaplain
Fred Rivera



Special Notice regarding Post Events, Meals

The prices displayed on various Post flyers and menus and also in this newsletter are subject to change without advance notice. Thank you for your understanding.

Monday Nights @ The Post

6 p.m. **GAME** Night!

Open to the public for meals and entertainment!

Stay connected with our up-to-date Facebook:

@AlpineVFW9578

or:

www.vfw9578.com

Alpine VFW Post 9578 844 Tavern Road, Alpine (619) 445-6040

Here is the contact email for the Auxiliary: **AlpineVFWAuxiliary9578@gmail.com**
Also, I can be reached at (619) **540-6204**.
Yours in service,

Nancy

Post 9578 Auxiliary President
Nancy Hauer

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 State Commander Tim Bryant, Auxiliary District President Diana Russell; Auxiliary Department President Diana Rude and other VFW/Aux visit Alpine VFW Post 9578 in August.



Auxiliary burger and dog fundraiser is back!

The first Saturday of each month from
11:30-2

Burger lunch \$10

Dog lunch \$8

(Cheese and chili, if you want)

Your choice of potato, macaroni, or pasta salad, (depending on the day)
Watermelon

Maybe a dessert surprise! 😊

Thank for your support. The VFW Auxiliary exists to help and support our Veterans and our community.



Auxiliary Chaplain's Message

I hope everyone is finally getting a little

Tuesday Nights @ The Post

5 – 7 p.m. Fundraiser Games

Open to the public for meals and entertainment

Stay connected with our up-to-date Facebook:

[@AlpineVFW9578](#)

or:

www.vfw9578.com

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Wednesday Nights @ The Post

5 – 7 p.m. Fundraiser Games

Open to the public for meals and entertainment!

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or:

www.vfw9578.com

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Thursday Nights @ The Post

5 – 7 p.m.

Fundraiser Games

Open to the public for meals and entertainment!

Stay connected with our up-to-date Facebook:

[@AlpineVFW9578](#)

or:

www.VFW9578.com

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break from all the heat that we have had this summer. Have a safe **Labor Day!**



I would like to again thank everyone who helped with our **Fourth of July “Burgers with a View”!** Our **Post 9578 Auxiliary** is really, really stepping up! We made nearly **\$1,000**. The **Post** appreciated it also, because we were able to donate **\$500** back to them towards the purchase of a new freezer and AC unit that was needed in the kitchen.

As I write this, we have not yet had our Labor Day celebration, but I am sure that it was a rallying success. Again, thank you to everyone who donated to our event, especially our **Auxiliary** member, **Sherry Wheeler**, and her husband **James**, a **Post** member for donating, yet again, their karaoke services to make the **Labor Day** event even more festive and exciting.

All of this makes me very happy, as an **Auxiliary** member and certainly as the **Chaplain**. **We are working together!** And it makes me appreciate even more the **Auxiliary** and **Post Members** who volunteer - whether it's a little bit or a whole lot. That is the only way that we as the **Alpine VFW Post 9578** can make our **Post** viable. To keep it running, to be able to host events, and be open to the public as well. We need everyone to pitch in. Even if you think it's something very small, we need your help.

Our **Annual Deep Pit BBQ**, the biggest fundraiser we have, is coming up on **Saturday, October 14**. The **Post** needs help from our **Auxiliary!** There will be signup sheets and a job for everyone - so please keep the date in mind. They need silent auction items, workers, set up/clean up, and a little bit of your time. **Let's pull together and show how we are the #1 Post and Auxiliary in the Mighty District #1!** Thank you in advance.

P.S. – Headed to celebrate my Mom's 98th birthday in September! Happy birthday Virginia/Mom! Love you so much!

In gratefulness and peace,

Jan

Post 9578 Auxiliary Chaplain
Jan Bazdorf

Friday Nights @ The Post

FRIDAY DINNER 5 – 7:30 P.M.



- | | |
|--------------------------------|---------------------------------|
| Fish & Chips Dinner - \$16 | Shrimp & Chips Dinner - \$16 |
| Fish & Shrimp Dinner - \$16 | Chicken Sandwich & Fries - \$12 |
| ½ Fish or Shrimp Dinner - \$11 | Shrimp Salad - \$12 |
| Shrimp Cocktail - \$11 | French Fries - \$4 |
| Dinner Salad & Shrimp - \$14 | Fish Sandwich & Fries - \$13 |
| Dinner Salad - \$6 | Chicken Caesar Salad - \$12 |
| Dessert - \$3 | |



5 – 9 p.m. Friday Night **Karaoke**
with Fred Johnson

Open to the public for meals and entertainment!

Stay connected with our up-to-date Facebook:

@AlpineVFW9578

or:

www.vfw9578.com

June 2023

Alpine VFW Post 9578 844 Tavern Road, Alpine (619) 445-6040



* **Labor Day** *

* Monday, September 4, 2023 *

Alpine VFW Auxiliary
"Burgers with a View" fundraiser!
11:30-2

★ **Burger lunch \$10**

★ **Dog lunch \$8**
(Cheese and chili, if you want)

*Your choice of side salad plus watermelon

★ **Karaoke and music generously
donated by Sherry & James Wheeler**

★ **Raffle baskets too!**

★ **AND... Root Beer Floats for purchase!**



Thank for your support



The VFW Auxiliary exists to help and support our Veterans
and our community.

Alpine VFW Post #9578

844 Tavern Road, Alpine Ca 91901

619-445-6040

Saturday Nights @ The Post

5 – 9 p.m. Sept 2nd

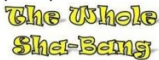
High-energy rock & roll dance music and live singer!



5 – 9 p.m. Sept 9th



6 – 10 p.m. Sept 16th



5 – 9 p.m. Sept 23rd

"The New Catillacs"

5 – 9 p.m. Sept 30th

Brown Sugar Oldies

*Open to the public
for meals and entertainment!*

Alpine VFW Post 9578
844 Tavern Road
(619) 445-6040

5 – 7:30 p.m. Dinner Service

\$24 **Ribeye** Steak Dinner

Ribeye Steak
Baked Potato
Vegetable
Dinner Roll



Ribeye Steak
& Shrimp Dinner \$31

Shrimp Dinner \$20

Shrimp Skewer \$10



Shrimp Cocktail \$11

Shrimp Salad \$12

Dinner Salad \$6

Extra Vegetable \$4

Extra Potato \$4

Dessert \$3

September 2023

Canteen Manager's Message

Come up to the **Post** to
enjoy our beautiful
sunsets on our deck
and Friday and
Saturday night dinners,
with new items added to our menu.

50-50 and raffle baskets one dollar each or
six for five dollars. We are always looking
for donations...

Kimberly

Canteen / Entertainment Manager
Kimberly Rivera



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 be allowed on **Post** property in the future.

Saturday Dinner Menu

5 - 7:30 p.m.



\$24 Ribeye Steak Dinner

Baked Potato Vegetable Dinner Roll

Ribeye Steak & Shrimp Dinner \$31

Shrimp Dinner \$20

Shrimp Cocktail \$11

Shrimp Skewer \$10

Shrimp Salad \$12

Dinner Salad \$6

Extra Vegetable or Potato \$4

Dessert \$3



Stay connected and up-to-date:

Facebook page: @AlpineVFW9578

VFW Website: www.vfw9578.com

Open to the Public for meals and entertainment!

844 Tavern Road, Alpine (619) 445-6040

June 2023

Post Members Meetings - 2nd Saturday

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: VFW9578cmd@gmail.com

Newsletter Submissions

Items for consideration may be emailed to

John.P.Sullivan1@gmail.com

Contact: (858) 729-3911

or mailed to the post at:

VFW Bert Fuller Post 9578

Attention: **John Sullivan**

844 Tavern Road

Alpine, CA 91901

Please note: newsletter submission deadline is the 25th of the prior month.

Sunday Breakfast Menu

Served 9 a.m. - 12:30 p.m.

- Ribeye Steak, Eggs, Potatoes & Toast - \$24
- Bacon, Eggs, Potatoes & Toast - \$14
- Sausage, Eggs, Potatoes & Toast - \$14
- Porkchop Breakfast - \$18
- Porkchop (only) - \$12
- Chicken Fried Steak Breakfast - \$17
- Chicken Fried Steak Sandwich - \$17
- Breakfast Sandwich w/ Potatoes - \$12
- Biscuits and Gravy (full order) - \$8
- Biscuits and Gravy (half order) - \$4
- BLT Sandwich w/ Potatoes - \$10
- Pancakes - \$8
- Extra Bacon or Sausage - \$6
- Extra Egg or Toast - \$2
- Extra Gravy - \$3



Stay connected and up to date:

Facebook: @AlpineVFW9578 or website: www.vfw9578.com

Open to the public for meals and entertainment!

844 Tavern Road, Alpine (619) 445-6040

June 2023

VFW Post 9578 Hours of Operation

(Subject to change without advance notice - call Post at (619) 445-6040 for details)

The **Post** will observe the following business hours:

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.

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

FYI for Post Members:

House Committee meetings are held every **second Saturday of the month** at

Annual Deep Pit BBQ!

Alpine VFW

Bert Fuller Post 9578

844 Taven Road, Alpine, CA

(For Members and Guests)



2 p.m. Saturday, October 14th

Beef, Pork & Turkey

With all the fixin's

Live Music by "The Whole Sha-Bang"

3 - 7 pm

\$30.00 in Advance; \$35.00 at the Door

Tickets Available at the Post

(619) 445-6040

(All Proceeds go to our Post Relief Fund to Assist Veterans in Need)

10 a.m.

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

Auxiliary Member meetings are held on the **first Saturday of the month at 10 a.m.**

Show your pride in our **Post** by letting people know you are a member of our **VFW Post 9578** and invite them to enjoy the meals and events!

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

VFW Post Officers & Trustees

John Sullivan - Commander
Richard Simmons - Sr Vice Commander
Neal Zeitler - Jr Vice Commander
Theo Bazdorf - Quartermaster
Fred Rivera - Chaplain
John Rizzo - Adjutant
Jim Bilka - Judge Advocate
Rick Walsh - Service Officer

Fred Rivera - 1st Year Trustee
Rich Martindell - 2nd Year Trustee
James Abercrombie - 3rd Year Trustee

Auxiliary Officers

Nancy Hauer - President
Jeanne Pate - Senior Vice
Jamye Pritchett Solorzano - JrVice
Jan Bazdorf - Chaplain
Pat Alston Aldrich - Treasurer
Erika Simmons - Secretary
Vikki Hemmen - Conductress
Sven Ricketts - Guard


Darren Pyle - Trustee #1
Bob Bealo - Trustee #2
Olivia Wilkenson - Trustee #3

House Committee

Mark Traplay - Chairperson
Dan Focht - Member
Joel Murillo - Member
Richard Simmons - Member
John Rizzo - Member

Canteen / Entertainment

Alpine VFW Post 9578
Message from the Commander
July 19, 2023
Comrades, Members & Guests:



We have noticed recently that patrons attending the Post's activities are bringing in food and beverages from the outside. This is against Post policy and those patrons will be asked to leave the Post by officers or staff.

The Post relies on Canteen food & beverage sales to offset its expenses and to be able to provide services and activities for members.

Thank you for your understanding and cooperation.

John P. Sullivan
John Paul Sullivan
Commander

Kimberly Rivera - Canteen Manager
Sandy Curry - Canteen Assistant Manager

Volunteer Bartenders

April Ball
Christie Kurtz
Darla Beery
Dani Caton
Katie Sharp
Sandy Curry



**Drive Thru
Food Distribution**

What: FREE Food Distribution
Who: Open to ALL MILITARY - Active Duty, Veterans,
Guard, Reservists and their families.
When: 2nd and 4th Sat. of every month 10am
Where: 9465 Farnham St. San Diego CA 92123

- ✓ *First come, first serve. No RSVP required.*
- ✓ *Must present military/veteran ID at check-in.*

Hosted by *Courage to Call* in partnership with *Feeding San Diego*.
If you have any questions, please email couragetocall@turnbhs.org



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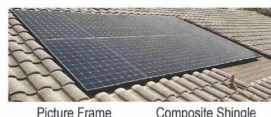
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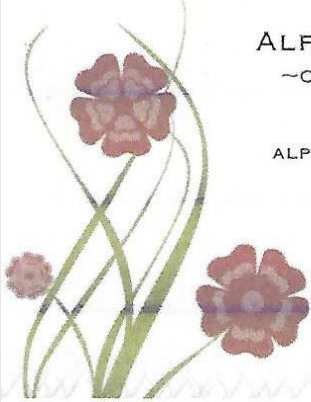
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Manager

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"TECH SUPPORT" SCAMS ARE ON THE RISE – DON'T BE THE NEXT VICTIM!

- Pop-up warnings
- Unsolicited calls from "Tech Support"
- Email message warnings
- Website error messages



You have received a phone call, pc or laptop screen pop-up or email informing you that there is a problem with your computer or laptop: Pretending to be from a popular tech company, scammers will try to convince you that your computer or laptop is infected and they want to immediately remote in to it, and then will gain access to your personal and financial information...

What To Do Next – Action Steps:

If a caller: Hang up the phone and...

If a pop-up: Immediately shut down the pc/laptop and...

If an email: Close your email program, shut down your pc/laptop and...

Call **ALPINE COMPUTER** to come check your pc/laptop for any malware or unauthorized access.

(619) 277-7858

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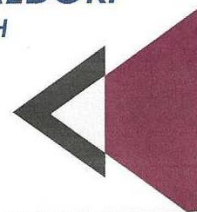
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NathanMorton619@gmail.com

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!

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Issues with your computer, laptop, printer, network or software programs? Call Alpine Computer today!
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Sept 2023 Bert Fuller VFW Post 9578 Activities (subject to change w/o advance notice!)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please note: No outside food or beverages may be brought into the Post. Thank you in advance for your understanding and cooperation.		29 5 p.m. FUNDRAISER GAMES	30 5 p.m. FUNDRAISER GAMES	31 5 p.m. FUNDRAISER GAMES	1 5 - 9 p.m. Karaoke by Fred Johnson	2 10 a.m. Auxiliary Mtg 11:30 a.m. - 2 p.m. "Burgers With A View" 5 - 9 p.m. Live Band:
3 From 9 a.m.: NASCAR, PGA & Other sports On 7 TVs!	4 LABOR DAY 11:30 a.m. - 2 p.m. "Burgers With A View" 5:30 p.m. GAME Night!	5 5 p.m. FUNDRAISER GAMES	6 5 p.m. FUNDRAISER GAMES	7 5 p.m. FUNDRAISER GAMES	8 5 - 9 p.m. Karaoke by Fred Johnson	9 10 a.m. House Comm 11 a.m. General Mtg 5 - 9 p.m. Live Band:
10 From 9 a.m.: NASCAR, PGA & Other sports On 7 TVs!	11 5:30 p.m. GAME Night!	12 5 p.m. FUNDRAISER GAMES	13 5 p.m. FUNDRAISER GAMES	14 5 p.m. FUNDRAISER GAMES	15 5 - 9 p.m. Karaoke by Fred Johnson	16 6 - 10 p.m. Live Band: The Whole She-Bang
17 From 9 a.m.: NASCAR, PGA & Other sports On 7 TVs!	18 5:30 p.m. GAME Night!	19 5 p.m. FUNDRAISER GAMES	20 5 p.m. FUNDRAISER GAMES	21 5 p.m. FUNDRAISER GAMES	22 5 - 9 p.m. Karaoke by Fred Johnson	23 5 - 9 p.m. Live Band: "The New Catillacs"
24 From 9 a.m.: NASCAR, PGA & Other sports On 7 TVs!	25 5:30 p.m. GAME Night!	26 5 p.m. FUNDRAISER GAMES	27 5 p.m. FUNDRAISER GAMES	28 5 p.m. FUNDRAISER GAMES	29 5 - 9 p.m. Karaoke by Fred Johnson	30 5 - 9 p.m. Live Band: Erown Sugar Oldies

Sept 2023 Bert Fuller VFW Post 9578 Menu (subject to change w/o advance notice!)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
VFW Auxiliary Sat 9/2 and Labor Day Monday 9/4 "Burgers with a View" \$10 Burger \$8 Hot Dog (cheese and/or chili)		29 11 a.m. \$8 Lunch by	30 11 a.m. \$8 Lunch by	31 11 a.m. \$8 Lunch by	1 11 a.m. \$8 Lunch by 5 – 7:30 p.m. \$16 Fish & Shrimp Dinner 	2 11:30 – 2 p.m. \$10 Burger Lunch; \$8 Hot Dog Lunch by Auxiliary  5 – 7:30 p.m. \$24 Ribeye Steak Dinner 
3 9 a.m. – 12:30 p.m. Breakfast Service 2 p.m. Lunch/Dinner TBA	4 LABOR DAY 11:30 – 2 p.m. Lunch by Auxiliary \$10 Burger Lunch; \$8 Hot Dog 5 p.m. Dinner TBA	5 11 a.m. \$8 Lunch TBA 5 p.m. Dinner TBA	6 11 a.m. \$8 Lunch TBA 5 p.m. Dinner TBA	7 11 a.m. \$8 Lunch TBA 5 p.m. Dinner TBA	8 11 a.m. \$8 Lunch 5 – 7:30 p.m. \$16 Fish & Shrimp Dinner 	9 11 a.m. \$8 Lunch TBA 5 – 7:30 p.m. \$24 Ribeye Steak Dinner 
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www.vfw9578.com



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