

VFW Bert Fuller Post 9578

Newsletter

August 2024 Alpine, CA



Commander's Message

Greetings, Comrades

As we embrace the warmth of August, I hope this newsletter finds you well and ready to take on the opportunities and challenges the new month brings. August is a time when we can reflect on our summer activities and look ahead to the busy months that follow.



It has been wonderful these past few weeks seeing all of the new faces around the **Post**, and this is a testament of all you inviting the community and friends and family to our **Post**. I do not have a whole lot this month but I want to leave you with this poem from unknown author:

Be Great, Comrades

In the heart of the night, where the shadows play,
And the battles of old gently fade away,
We stand as a beacon, a guiding light,

Upcoming Post Events

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



House Committee Message

Comrades,

Please come out and attend our members **General Meeting** held at **11 a.m. Saturday August 10th** at the **Post**. Your input and feedback on **Post** operations is welcome.

The **House Committee** will meet at **10 a.m. Saturday August 10th** at the **Post**. May God bless America, and our troops.

Rich

Post 9578 House Committee Chair
Rich Simmons

VFW Post 9578 Auxiliary

Notice of Regular Monthly Meeting

10 a.m., Saturday, August 3rd

VFW Post 9578 Meeting Room
844 Tavern Road, Alpine, CA

UNWAVERING SUPPORT



FOR UNCOMMON HEROES™

Auxiliary President's Message

I hope everybody is enjoying their summer. Our next meeting will be held at **10 a.m. on Saturday August 3rd**. We will be visited by the new **District President Le Anna Brown**. There will not be an **Auxiliary** lunch that day.



In the halls of our Post, where spirits ignite.

Be great, comrades, in every endeavor,
In the bonds that we share, and the ties
that we sever,
With courage and honor, let our actions
proclaim,
The strength of our unity, the power of our
name.

In the echoes of history, in the stories we
tell,
Of valor and sacrifice, of triumph and hell,
Let our hearts be the drumbeat, our voices
the song,
In the spirit of service, where we all belong.

Be great, comrades, with each hand that
we lend,
With each life that we touch, with each
heart we defend,
In the quiet of remembrance, in the joy of
today,
In the warmth of our fellowship, come what
may.
As we gather together, with pride in our
eyes,
Let us honor the fallen, let their legacy rise,
For in the strength of our numbers, in the
warmth of our cheer,
We embody the valor, the courage held
dear.

So be great, comrades, with each step we
take,
With the lives we uplift, and the bonds that
we make,
In the spirit of the VFW, with resolve
steadfast and true,
Let our actions reflect the honor that lives in
each of you.

--This poem aims to inspire and uplift,
encouraging members to embody the
values of courage, unity, and honor that are
central to the VFW spirit.
Engage your veteran friends and invite
them to visit and or join the **Post**.

If you need to reach out to me, please call
me at (858) 729-3911. I am here for you -
the **Veterans**, the **Auxiliary**, our families
and the community of **Alpine**!

Sincerely,

John
Post Commander
John Sullivan

A few members participated in the **Pine Valley Days parade** on July 27th. Thank you to **Kemerley Gondek** and **Jan Bazardorf** for attending and representing our **Auxiliary**.

Congratulations to **Kemerley Gondek** who was elected to the open **3rd year Trustee** position for 2024 - 2025 term. Our latest lunch and basket were a huge success. Thank you to **Pat Alston-Aldrich, Olivia Wilkinson, Jamye Pritchett-Salzano, Jeanne Pate** and **Cara Cowser** for all your hard work and dedication.

We have several upcoming projects that we are working on:

Labor Day lunch and basket.
Rummage Sale
Octoberfest Vendor Market
Veteran's Day lunch
Wreaths Across America Alpine Cemetery

We are always in need of volunteers to assist in our numerous projects. Please reach out to offer your assistance.

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

Kindest regards,

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](#)

Auxiliary Chaplain's Message

Why do some people
"weather the storm"
better than others?
How can you learn to
cope with all the ups,
and especially the
downs, of your life?



Inner strength is the ability to cope with stressful situations. This is often called "resilience." Building inner strength begins

VFW Post 9578

Notice of Monthly Regular Meeting

11 a.m., Saturday, August 10th

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



Dear Comrades and Friends,

As we gather this month, let us take a moment to reflect on the importance of community, fellowship, and the enduring spirit of service that unites us as veterans. Our shared experiences in defense of our nation bind us together, creating a strong foundation of support and understanding.



This month, I encourage each of us to reach out to our fellow veterans and their families, extending a hand of friendship and support. Whether through a simple phone call, a shared meal, or participation in our **Post** activities, let us reinforce the bonds that sustain us.

We are reminded that our service does not end when we leave the battlefield; it continues in our commitment to one another and to the communities we serve. Let us strive to embody the values we hold dear - courage, honor, and loyalty - and to support each other in times of need.

As we move forward, may we also remember those who are no longer with us, honoring their sacrifice by living lives of purpose and gratitude. May we find strength in our shared mission and continue to uphold the legacy of those who have served before us.

Thank you for your dedication and camaraderie. May we continue to support and uplift one another, and may our efforts bring peace and healing to all who have served.

If you know any veteran in need or if you just need some guidance, please reach out anytime via text, call or email.

Office: (619) 445-6040
Cell: (702) 468-0821
Fax: (619) 445-8740

with simple actions or thoughts that you practice, such as planning for what to do next and learning to accept change. Inner strength can help you face problems. Our troubles are part of our spiritual training.

Ways to develop inner strength include:

- Practicing self-awareness
- Listening to your body
- Discovering your talents
- Investing in your skills
- Spending time with like-minded people
- Opening yourself to new experiences
- Being patient
- Cultivating a growth mindset
- Practicing self-compassion
- Building a support system
- Prioritizing self-care
- Embracing challenge
- Being vulnerable and emotionally honest

To develop inner strength, you must cultivate a growth mindset, practice self-compassion, build a support system, prioritize self-care, and embrace challenges. Being vulnerable and emotionally honest is not a sign of weakness but a display of great strength and courage.

What is inner strength from the bible? Inner strength from the Holy Spirit gives us the strength to serve God, do our duty, and persevere in our daily walk with cheerfulness despite all the troubles.

There's no greater way to awaken your inner power than to be in the service of someone who has none. If you're feeling disempowered, immediately find a way to serve. Go to a homeless shelter, mentor a child - do anything that helps you discover your power and harness it to use in the service of someone else.

Personal strengths are the unique attributes and qualities that are inherent to you. This can include traits such as empathy, resilience, and creativity. Recognizing these strengths can lead to improved relationships, better problem-solving abilities, and a more fulfilling life overall.

Then you will be able to cope better when the "why me?" hits. It will make more sense and be much easier to deal with.

In Peace and Love,

Jan
Post 9578 Auxiliary Chaplain
Jan Bazdorf

Email: VF9578Chaplain@gmail.com

Yours in Comradeship,

Ryan

Post 9578 Chaplain

Thank You,

Ryan Gondek

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!

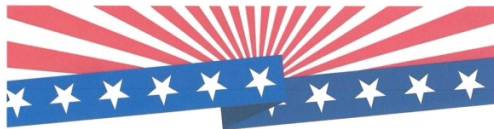
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@AlpineVFW9578

or:

www.vfw9578.com

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



Monday August 5th Dinner Special
5:30 p.m. – 7:30 or until gone

Lovely Leta's

Honey garlic chicken, steamed rice,
Bok choy salad, and a dessert
\$10



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



VFW Post 9578

Christie Kurtz

This Week's Meals by Christie

Tuesday

Lunch 11 a.m. – until gone!

Smoked Tri Tip Sammies, Pasta Salad & Chips - \$10

Open to the public for meals and entertainment!

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ALPINE VFW

DAY AT THE RACES

10 A.M. THURSDAY, AUGUST 29



ONLY \$70 PER PERSON* AND INCLUDES:

- MID-MORNING SNACK AT VFW POST
- COACH TRANSPORT TO DEL MAR & BACK,
- RESERVED CLUBHOUSE LEVEL SEATING,
- PLUS BEER, WINE & SOFT DRINKS ON THE BUS!

~SIGN UP & PAY @ VFW CANTEEN~

*NON-REFUNDABLE; LIMITED SEATING AVAILABLE – SIGN UP TODAY!

844 TAVERN ROAD, ALPINE (619) 445-6040

Canteen Manager's Message



Welcome to our new **Karaoke Host Leslie!** Come on up to the Post on Friday nights and sing your favorite karaoke songs.

Thursday, August 29th is Alpine Post 9578 "Day at the Races" at Del Mar Racetrack. Sign up with the **Canteen staff** as soon as possible as this event will be a sell-out.

We are always looking for donations for our monthly raffle baskets. Please let the **Canteen staff** know if you have a donation.

Come on up to the Post and enjoy beautiful views and wonderful sunsets.

Kimberley

Canteen / Entertainment Manager
Kimberley Rivera

Friday Nights @ The Post

VFW Post 9578

This Month's Tuesday Meals by Kimberly

Tuesdays

Dinner 6 p.m. - until gone

Tacos with all the fixings OR Taco Salad - \$3



Kimberly Rivera



Open to the public for meals and entertainment!

844 Tavern Road, Alpine (619) 445-6040

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](https://www.facebook.com/AlpineVFW9578)

or:

www.vfw9578.com

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



Open to the public for meals and entertainment!

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

July 2024

VFW Post 9578

This Week's Meals by Christie

Wednesday

Lunch 11 a.m. - until gone!

BBQ Chicken Sliders, Slaw & Chips - \$8

Open to the public for meals and entertainment!

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Christie Kurtz



Wednesday Nights @ The Post

5 - 7 p.m. Fundraiser Games

Open to the public for meals and entertainment!

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www.vfw9578.com

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

Saturday Nights @ The Post

5 - 9 p.m. Aug 3rd



5 - 9 p.m. Aug 10th



5 - 9 p.m. Aug 17th

At & The Santee Express

5 - 9 p.m. Aug 24th



5 - 9 p.m. August 31st



Open to the public for meals and entertainment!

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

www.VFW9578.com

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

VFW Post 9578

This Week's Meals by Christie

Thursday

Lunch 11 a.m. - until gone!

Choice of:

Grilled Brat, Italian Sausage or Chicken Parm Sausage!

Pasta Salad

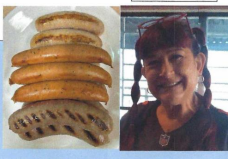
Choice of Chips

\$8

Open to the public for meals and entertainment!

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Christie Kurtz



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.

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

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

Friday Nights @ The Post



5 – 9 p.m. **Karaoke**

5 – 7:30 P.M. DINNER SERVICE

FISH FRY

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	
Fish Sandwich & Fries - \$13	Chicken Caesar Salad - \$12	
Dinner Salad - \$6	Dessert - \$4	

Burger* Menu

Cheeseburger - \$12	Western Burger - \$15
Avocado Bacon Burger - \$15	Mushroom Bacon Swiss Burger - \$15
Po' Boy Sandwich - \$16	

**All served with fries & coleslaw*

Chicken Tenders - \$10 Onion Rings - \$6 Jalapeno Poppers - \$6

Open to the public for meals and entertainment!

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

Aug 2024

Friday Nights @ The Post

5 – 7:30 P.M. **BURGERS DINNER MENU**

All served with fries & coleslaw

Cheeseburger - \$12

Lettuce, Tomato, Onion, and Cheese

Western Burger - \$15

Bacon, BBQ Sauce, Cheddar Cheese, Onion Rings

Avocado Bacon Burger - \$15

Avocado, Bacon, American Cheese & Garlic Pepper Aioli Sauce

Mushroom Bacon Swiss Burger - \$15

Grilled Mushrooms, Bacon, Swiss & Secret Sauce

Po' Boy Sandwich - \$16

Fried Shrimp, Fried Fish, Lettuce, Tomato, Onion & Garlic Pepper Aioli Sauce on a French Roll

SIDES

Chicken Tenders - \$10

Onion Rings - \$6

Jalapeno Poppers - \$6

Dessert - \$4

Open to the public for meals and entertainment!

Stay connected with our up-to-date Facebook:

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Aug 2024

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

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.

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

10 a.m.

Alpine VFW Post 9578

Saturday Dinner Menu

5 - 7:30 p.m.



\$25 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 \$4



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

Aug 2024

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 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

Alpine VFW Post 9578

Sunday Breakfast Menu

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

- Ribeye Steak, Eggs, Potatoes & Toast - \$25
- 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) - \$10
- Biscuits and Gravy (half order) - \$5
- 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!

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Aug 2024

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 Statement:

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 Post Officers & Trustees

John Sullivan - Commander
Richard Simmons - Sr Vice Commander
Chris Martindell - Jr Vice Commander
Theo Bazdorf - Quartermaster
Ryan Gondek - Chaplain
Theo Bazdorf - Adjutant
Jim Bilka - Judge Advocate
Rick Walsh - Service Officer

Wayne Williams - 1st Year Trustee
Rich Martindell - 2nd Year Trustee
Fred Erickson - 3rd Year Trustee

Coming to the **Post** for meals and entertainment? Please remember to tip the **Canteen** bartenders and wait staff for the great service that they provide!

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

Olivia Wilkinson - Trustee #1
Sherry Wheeler - Trustee #2
Kemerley Gondek - Trustee #3

House Committee

Richard Simmons - Chairperson
Dan Focht - Member
Joel Murillo - Member
James Wheeler - Member
Neal Zeitler - Member

Canteen / Entertainment

Kimberley Rivera - Canteen Manager
Sandy Curry - Canteen Assistant Manager

Volunteer Bartenders

Christie Kurtz
Dani Caton
Katie Sharp
Leta Keyes
Sandy Curry



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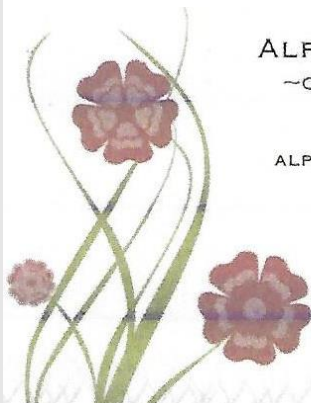
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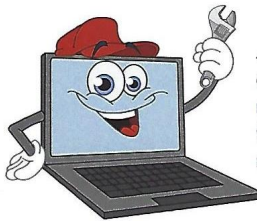
Richard Edwards - Account Executive

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- ☑ Blue, Black or Just 'Blank' Screen?
- ☑ Screen Popup or Email Warnings?

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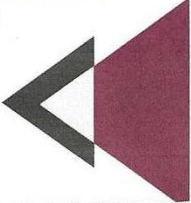
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(619) 627-4850

NathanMorton619@gmail.com

Aug 2024 Bert Fuller VFW Post 9578 Activities (subject to change w/o advance notice!)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 From 9 a.m.: Sports on 7 TVs!	29 5:30 p.m. GAME Night!	30 5 p.m. FUNDRAISER GAMES	31 5 p.m. FUNDRAISER GAMES	1 5 p.m. FUNDRAISER GAMES	2 5-9 p.m. Karaoke By Leslie	3 10 a.m. Auxiliary Mtg 5-9 p.m. Live Band: NITRO EXPRESS
4 From 9 a.m.: Sports on 7 TVs!	5 5:30 p.m. GAME Night!	6 5 p.m. FUNDRAISER GAMES	7 5 p.m. FUNDRAISER GAMES	8 5 p.m. FUNDRAISER GAMES	9 5-9 p.m. Karaoke By Leslie	10 10 a.m. House Comm 11 a.m. General Mtg 5-9 p.m. Live Band: 
11 From 9 a.m.: Sports on 7 TVs!	12 5:30 p.m. GAME Night!	13 5 p.m. FUNDRAISER GAMES	14 5 p.m. FUNDRAISER GAMES	15 5 p.m. FUNDRAISER GAMES	16 5-9 p.m. Karaoke By Leslie	17 5-9 p.m. Live Band: Al & The Santee Express
18 From 9 a.m.: Sports on 7 TVs!	19 5:30 p.m. GAME Night!	20 5 p.m. FUNDRAISER GAMES	21 5 p.m. FUNDRAISER GAMES	22 5 p.m. FUNDRAISER GAMES	23 5-9 p.m. Karaoke By Leslie	24 5-9 p.m. Live Band: 8 EAST BAND 
25 From 9 a.m.: Sports on 7 TVs!	26 5:30 p.m. GAME Night!	27 5 p.m. FUNDRAISER GAMES	28 5 p.m. FUNDRAISER GAMES	29 5 p.m. FUNDRAISER GAMES	30 5-9 p.m. Karaoke By Leslie	31 5-9 p.m. Live Band: CYREN 

Aug 2024 Bert Fuller VFW Post 9578 Menu (subject to change w/o advance notice!)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 9 a.m. – 12:30 p.m. Breakfast Service 2 p.m. Lunch/Dinner TBA	29 11 a.m. \$8 Lunch by Katie 5 p.m. Dinner TBA	30 11 a.m. \$10 Lunch by Christie Smoked Tri-Tip Sammies Pasta Salad & Chips 5 p.m. – until gone Tacos or Taco Salad	31 11 a.m. \$8 Lunch by Christie BBQ Chicken Sliders Slaw & Chips 5 p.m. Dinner TBA	1 11 a.m. \$8 Lunch by Christie Grilled Brat or Italian or Chicken Parm Sausage Pasta Salad & Chips 5 p.m. Dinner TBA	2 11 a.m. \$8 Lunch by 5 – 7:30 p.m. \$16 Fish & Shrimp Dinner or Burger Dinner 	3 10 a.m. Auxiliary Mtg 5 – 7:30 p.m. \$24 Ribeye Steak Dinner 
4 9 a.m. – 12:30 p.m. Breakfast Service 2 p.m. Lunch/Dinner TBA	5 11 a.m. \$8 Lunch by Katie 5 p.m. Dinner TBA	6 11 a.m. \$10 Lunch by Christie Smoked Tri-Tip Sammies Pasta Salad & Chips 5 p.m. – until gone Tacos or Taco Salad	7 11 a.m. \$8 Lunch by Christie BBQ Chicken Sliders Slaw & Chips 5 p.m. Dinner TBA	8 11 a.m. \$8 Lunch by Christie Grilled Brat or Italian or Chicken Parm Sausage Pasta Salad & Chips 5 p.m. Dinner TBA	9 11 a.m. \$8 Lunch by 5 – 7:30 p.m. \$16 Fish & Shrimp Dinner or Burger Dinner 	10 10 a.m. House Comm 11 a.m. General Mtg 5 – 7:30 p.m. \$24 Ribeye Steak Dinner 
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