



S.F. KOLPING Newsletter

SPRING 2018



Easter Mass and Brunch

Once again many of us came together to celebrate a holy Palm Sunday Mass, followed by a hardy Easter brunch.

Father Klemmo and **Bill McLoughlin** presided over the Mass, blessing the palms and leading us through the story of the last supper and crucifixion of Christ. **Monika Weiss**, **Cathy Mibach**, **Connie Sorenson** and **Jackie Zuger** were our readers, with **Terry Deasy's** friend, **Barbara** serving as a Eucharistic minister. **Chris McLoughlin** and **Lisa** lead us in song. Everyone participated.



We had a new member to the cooking team – **Andy Egger** – filling in for **Steve Lambly**, who helped with the prep work, but left early feeling a bit under the weather. Thanks to **Gunther Ehrich**, **Andy Egger** and **Steve Lambly** for the delicious ham and eggs, sausages and hash browns! **Mary Brinkmann** did a great job at the bar and pitched in “post brunch” to wash a lot of pans!



We appreciated the help by **Bill Luque** and **Steve Murphy**, who made sure the hall was festive; **Cathy Vennemeyer**, **Joanne Ceballas** and **Lisa** for decorating; and **Hubert Brinkmann** for his homemade beehive cake.



It was great to see **Lisa (Vennemeyer) Scott** and her two daughters. We've watched the girls grow up through Cathy's pictures on her phone, but seeing them in person makes us realize just how many years have passed since they were last here.

As with all of our activities, we are so appreciative and grateful for the help all of our members provide, pitching in to help things run smoothly and lending a hand cleaning up!



Pot Luck & Bingo

St. Patrick's Day and Valentine's Day

A full house – those are the only words we could use to describe the first two potluck/ bingos of 2018! Lisa and gang scrambled on Valentine's Day to set up two extra tables and she and Cathy called bingo from an old-fashion card table near the bar. We planned for more people on St. Patrick's Day, but ended setting up an extra table as well.

Needless to say, the bingo pots were generous, the raffle baskets were beautiful and everyone left feeling like they were a winner!! Thanks to Jennifer for taking such great pictures.



Raffle Baskets

You may or may not know it, but the baskets we raffle off during our bingo games are all created and donated by members. In addition, Shirley Costanzo has been knitting and donating colorful afghans for just about every potluck for the past year (I won one that now decorates my living room.)

All proceeds from these raffles go directly to other non-profits. The past two have been donated to the Lenten Project, supporting the small animal initiative in Kenya. Prior raffles have supported St. Anthony's and the Martin de Porres House of Hospitality, which serves breakfast and lunch to the poor and homeless.

We are very proud of the generous spirit of our members and would like to recognize these donors:

Bill Luque

Frances Murphy

Irene and Steve Lambly

Shirley Costanzo

Margaret McAuliffe

Peggy and Mike Cooney

Inge Stottmeister

Lisa Brinkmann

Bill and Chris McLoughlin

And thanks to all attendees for participating in and supporting these raffles!



Recognition of our Kolping Pin



Thanks to Cathy Mibach, who sent an excerpt from the memoir, "I'll Never Tell", by Father Harry Schlitt, founder of the GodSquadProductions. In this book, he describes meeting Cardinal Ratzinger (who later became Pope Benedict XVI) for the first time.

"I was first introduced to Cardinal Ratzinger when I arrived home fresh from a meeting of the local Kolping Society. It was a German organization founded to help early immigrants in the San Francisco Bay Area. Their president was a member of St. Gabriel parish" (Bill Taylor) "and nominated me as an honorary member. They had asked me to give a short talk on my own Germany heritage and then pinned with a sign of membership."

"I was completely disarmed by his firm handshake and piercing eyes . . . He immediately recognized my pin and noted that I must be a member of the Kolping Society."

You never know who you may meet who knows of the Kolping, so wear your pins with pride – the Kolping Society is an organization recognized around the world.

Kolping Convention in Philadelphia

Soon all members will be receiving information about the Kolping Convention, which will be held in Philadelphia from September 7-9, 2018. These conventions are wonderful opportunities to meet other Kolping members from around the country, see how the “local” family operates and functions and have a lot of fun. For attendees not having to go to meetings, there are usually great tours of the area and for all attendees, we usually enjoy great German food and attend a Mass dedicated to the Kolping Societies throughout the U.S.



If you are thinking that you might like to attend the convention, please let Lisa know. The Board will be meeting in May to discuss the number of attendees and delegates from San Francisco.

Also, at this convention, we will be able to celebrate Bill Luque as he receives the Most Distinguished Member award as nominated by the San Francisco Kolping – should be fun!

Calendar

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| Monday, May 7 – 6:45 p.m. – Regular Meeting (Moved from April) | | |
| Friday, May 18 – 6:00 p.m. Cinco de Mayo Potluck/Bingo | | |
| A – H Entrée | G – N Salad/Appetizers | O – Z Desserts |
| Monday, June 4 – 6:45 p.m. – Regular Meeting Tentative – to be confirmed | | |
| Friday, June 15 – 6:00 p.m. Italian Night Potluck/Bingo | | |
| A – H Desserts | G – N Entrée | O – Z Salad/Appetizers |
| Monday, July 2 – No Meeting | | |
| Friday, July 20 – 6:00 p.m. Western Night Potluck/Bingo | | |
| A – H Salad/Appetizers | G – N Desserts | O – Z Entrée |
| Saturday, July 28 – 9:30 a.m. to 2:00 p.m. Rummage Sale | | |
| August – No meetings or potlucks – Happy Summer! | | |

Health Corner

By Mary Brinkmann, Certified Nutritional Counselor

Apple Cider Vinegar

Apple cider vinegar (ACV) has been used as a home remedy since the days of Hippocrates. For centuries, doctors have been using ACV to treat those with high blood pressure, gut health issues, high cholesterol, diabetes – keeping blood sugar levels stable, heart conditions, acid reflux, weight loss, treating dandruff, and healing wounds, to name a few.



Apple cider vinegar is fermented apple cider. When fermentation occurs, health promoting enzymes and probiotics are formed. Probiotics are a necessary factor for good gut health and proper digestion. In addition, apple cider vinegar has high levels of antioxidants. Antioxidants are crucial for fighting inflammation, disease, and illness.

Although drinking straight apple cider vinegar is ***not recommended***, mixing a few teaspoons to a tablespoon in water, tea, or a fresh squeezed juice works wonders. Avoid juice that has added sugar, as it defeats the purpose. Your ACV drink can be taken before each meal especially for those with digestive issues. Folks who are battling diabetes would benefit from a glass before bedtime to help lower sugar levels.

****Of course, be sure to talk to your doctor before consuming!***

Functions

- Assists in lowering cholesterol
- Supports diabetes and blood sugar level stability
- Improves gut health and digestion
- Supports heart health
- Treats dandruff
- Promotes weight loss

In Memory:

Please say a prayer for **Margaret Davila** who passed away this past March. Margaret truly enjoyed coming to the Kolping potlucks and bingos - in fact, if it weren't for the black-out games, we considered retiring her favorite number “69” which she made sure was on all her bingo cards. Interestingly enough, on our first bingo after her death, her number was only called once all night!! She will be missed. Our thoughts and prayers are with **her husband, Al**.



We welcome submissions for the newsletters and topics that might be of interest to all.

Warmly, Lisa Brinkmann and Kathy Biesty