



S.F. KOLPING Newsletter

WINTER 2018



Christmas

While it seems like eons ago, it's important we acknowledge the fun time, hard work and familial spirit we enjoyed at our Christmas Mass and Brunch. Our steady set-up crew was on-hand, bright and early to decorate the hall and hang the ornaments on our new tree – thanks to **Rose Marie Azinheira, Brigitte Kruger, Karen Taylor, Arlene Bushner, Andy Egler, Gunther Ehrich, Joanne Ceballos, Cathy Vennemeyer, Lisa Brinkmann** and **Andre' Taylor**.

Christmas Mass was especially nice this year. While **Father Klemmo** presided, **Bill McLoughlin** assisted in his role as deacon. **Christine McLoughlin** and **Mary Brinkmann** led members in song while Lisa did her best to sync the music on her iPod. Brunch was, as usual, delicious. **Steve Lambly** and **Gunther Ehrich** ran the kitchen – cooking up eggs and ham, sausage, hash browns and rolls. **Gerry Costanzo**, with his assistant for the day, **Shirley**, mixed some yummy eggnog and, of course, we all enjoyed the stolen and cookies made especially for us by **Hubert Brinkmann**.

Renee Kouchakji continued her role as secret Santa while **Jack O'Keeffe** donned the cheery red suit and greeted the kids with a jolly "ho, ho, ho." It was great to see **Walter and Joanie Vennemeyer** and **Betty and John Maloney** and **Marie Chambers** with their grandchildren, further reinforcing the Kolping family values.



Kolping Clean-Up



Since we were not planning a bingo/potluck for January, we decided to pick a day and once and for all, "clean up" the Kolping hall. We're not talking about wiping down the tables or scrubbing the floors, rather going through the pantry, closets and drawers to dispose of decades of "stuff." It wasn't promoted as fun, but it did turn out to illustrate a great display of teamwork. There were 12 people on hand, who were divided into teams to tackle the job at hand.



Ron Kapp and **Cathy Vennemeyer** organized the closet in back of the bar; **Gunther Ehrich** and **Steve Lambly** went through the drawers and cabinets in the kitchen; **Monika Weiss** and **Brigitte Kruger** tackled the pantry; **Irene Lambly** plowed through the hall closet; **Wolfgang Weiss** tested our lighting and internet connections; **Jack O'Keeffe** and (new member) **Barbara Eckert** rearranged the upstairs room with all our decorations; **Karen Taylor** and **Peggy Mylett** washed and arranged all the salt/pepper/sugar containers; and **Lisa** answered questions "throw or keep" and managed the effort. We gave a SUV-load of items to the Goodwill, threw out 5 large garbage bags of junk and disposed of one 4' high box of recycling. **A HUGE thanks to everyone who helped.**



PHOTO GALLERY

Christmas





Installation Luncheon

We definitely choose a beautiful day, in between the downpours, to celebrate our 2018 Installation Luncheon. Bill Blythe, our musician, entertained us with his wonderful selection of songs. The Irish Cultural Center outdid itself, serving prime rib and salmon to over 75 members and guests. Thanks to **Karen Taylor** for her beautiful flower arrangements on the tables and **Bill Luque** for organizing the set-up.

Lisa welcomed everyone with a reflection on a recent video she had seen, indicating the top 2 predictors of a long and healthy life being close relationships and social interactions – two values that the Kolping Society holds so dear. Who would have guessed that all those potluck bingos have helped us enjoy longer lives!

Everyone joined in applause to congratulate members for the help they've given throughout the year. While A LOT of people do A LOT of things, this year we thanked **Steve Murphy** for setting up and decorating the hall for the potluck; **Jennifer Zhu** for taking pictures at all our events; **Gerry Costanzo** for mixing it up at the bar; and **Kathy Biesty** for her incredible work on our newsletters.

Finally, **Wolfgang** introduced our newest members to the Board – **Christine McLoughlin** and **Gunther Ehrich**. As special thanks to **Inge Stottmeister** and **Raymond Rolfes** for their years of service.

...and then the dancing began!



Milestones

New Members: **Theresa Deasy** and **Terrance O'Brien**

25-Year Anniversary – **Mildred Biesty**

50-Year Anniversary – **Julia Brinkmann**

65-Year Anniversary – **Hubert Brinkmann** (actually 67 years)

70-Year Anniversary – **Heinz Beering**



PHOTO GALLERY

Installation



Health Corner

By Mary Brinkmann,
Certified Nutritional Counselor



Magnesium Facts

When thinking of magnesium, think green! Mg is one of the most predominant minerals in our cells. Roughly 60% of magnesium is found in the bones, 26% in the muscle and the remainder is in our body fluids and soft tissue. Magnesium is considered the relaxation mineral. It is concentrated in the bones, brain, and muscles (heart)!

Functions

- Helps metabolize absorption of proteins and carbohydrates
- Gives you more energy
- Necessary for absorption of calcium – strong bones
- Keeps cells alive and growing – cells die, you die
- Keeps your bones healthy and alive
- Helps you sleep, relax and destress
- Helps your cognition and brain health functioning



Where do you find Magnesium

Leafy greens/vegetables: Collard greens, Spinach, Kelp, Avocado, Parsley, Cauliflower, Seaweed, Algae, Broccoli, Zucchini

Whole grains, seeds, nuts: Wheat, Rye, Millet, Barley, Brazil Nuts, Cashews, Pecans, Almonds, Flaxseed, Peanuts

Seafood: Halibut, Shellfish, Shrimp, Crab

Fruit: Bananas, Raspberries, Pineapple, Apple, Dried Figs, Prunes, Grapes

Or: Purchase dietary supplementary pill, called MagMind

Calendar

Monday, February 5 – 6:45 p.m. Board and Regular Meeting		
Friday, February 16 – 6:00 p.m. Valentine’s Day Potluck/Bingo		
A – H Entrée	G – N Salad/Appetizers	O – Z Desserts
Monday, March 5 – No meeting.		
Friday, March 16 – 6:00 p.m. St. Patrick’s Day Potluck/Bingo		
A – H Desserts	G – N Entrée	O – Z Salad/Appetizers
Sunday, March 25 – 10:00 a.m. Easter Mass & Brunch – Mark your calendar!		
Monday, April 2 – 6:45 p.m. – Regular Meeting		
Friday, April 20 – 6:00 p.m. Spring Potluck/Bingo		
A – H Salad/Appetizers	G – N Desserts	O – Z Entrée

Other Notes

Prayer Corner

A “thank you” prayer for keeping **John Casserly** safe and helping him to once again be active. It was good seeing you at the Installation Luncheon, John!

Finally, please keep **Chris Hildebrand** in your prayers and maybe he will be able to join us again.

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

Warmly, Lisa Brinkmann and Kathy Biesty