



# S.F. KOLPING Newsletter

FALL 2018



## Rummage Sale

What started out as a comment made in gest while cleaning out the Kolping closets back in January, ended up in a full fledged Rummage Sale this July. While we didn't make a killing, selling items for \$1 – \$10, we did have fun.

Lisa organized a meeting, asking interested members for help and direction. Cathy and Don Mibach, Marie Chambers, Rosemarie Azinheira, Ursula Younger, Barbara Eckart, Gunther Ehrich, Dolly Gruber, Peggy Mylett, and Kevin (we wish we knew your last name!) were there to help set out the "rules of rummage."

Announcements were made in our newsletter, posting on Craigslist, a banner hung outside the Kolping, flyers tacked to poles and bulletin boards and, of course, rummage was gathered. On the day of the sale, Bill Luque, Karen Taylor, Terrie Deasy and Chris McLoughlin joined the team to help label, discount and sell a myriad of items.

It was a lot of fun watching members of the public wander in and out; making side bets and what would sell and what wouldn't; enjoying the surprise of seeing a "who would buy that thing" go first; and sharing stories among ourselves.

What was probably the most fun was seeing what we bought ourselves — those \$1 scarves were a bargain.

At the end of the day, despite the hard work and clean up, we all agreed it was worth the adventure. We didn't make a killing financially, but are able to earn \$350, which we will be donating to a good cause. Thanks to everyone for your support.



# Potlucks and Bingo!

## Western Potluck

Inge Stottmeister was the big winner at the Italian Night potluck, not only winning the black out, but also a prize in the raffle. Our new guests, Emil and Caroline Zollinger proved to be on a lucky streak as well, with Caroline winning two gifts through the raffle and a regular bingo.

You knew it was Western Night by the showing of cowboy hats and red bandanas! Steve Lambly was "back in the saddle", assisting Gunther Ehrich in the kitchen with food prep and Mary Brinkmann stepped in as our bartender, while Shirley and Jerry Constanzo were "home on the range" at their summer abode in Pollack Pines.

As always, thanks to Steve Murphy for decorating the hall so wonderfully festive – and to Bill Luque for securing the decoratons. The past few potlucks, donations to the raffles have gone to the Night Ministry, a non-profit organization helping homeless people on the streets at night.



## Italian Night



# Casino Trip

The prospect of getting out of the cold City was, for some, enough of a motivator for some to sign up for the annual casino trip to River Rock. Between members and friends, we had around 21 people on this year's trip. Unlike prior years when we had to make multiple stops just to get out of the City, Lisa worked with the bus company to coordinate a special pick-up which continued non-stop to Geyersville!

On her way to the parking location, Lisa spotted Peggy Mylett taking her daily walk along 19th Ave. and pulled over to see if she needed a ride. When asked why she wasn't going on the trip, Peggy explained that she had prior commitments, which unfortunately had since been cancelled. With an extra ticket in hand, Lisa convinced her to "hop in" and join the group. Peggy did and off they went — that's what I call spontaneity!

Mary, Julia and Hubert Brinkmann met the bus up at River Rock and joined the group for the buffet lunch and some gambling. We're not sure who the big winners were that day, but rumor has it Malia Taeupa, Hubert Brinkmann and Chris McLoughlin left with more than they came with — congrats!

It was great to have Anna and Konrad Habelt and their daughter Barbara, who was visiting from Seattle, with us. This was Konrad's first trip after recovering from triple by-pass surgery!! Rosemarie Azinheira invited a few guests from St. Cecilia's — who knows, maybe they'll be the next new members! We must say, we did miss a few of our regulars who were unable to make it — Gustav Heins, Elsa Kehl, Bill Luque, Inge Stottmeister and Heinz and Hildegard Beering.



Laugh for the day!



"The handle on your recliner does not qualify as an exercise machine."

## Email Addresses

Do you have an email address (that you use)? If so, please share it with Lisa. We would love to be able to email members if we have quick announcements and only call/mail those members who do not use computers. No worries – the newsletter will continue in print.

**Email to [lbrinkmann@mac.com](mailto:lbrinkmann@mac.com)**

Thanks!



# Calendar

Monday, <b>September 1</b> – No Meeting		
Friday–Monday, <b>September 7–10</b> Kolping Convention, Philadelphia		
Friday, <b>September 21</b> – 6:00 p.m. Oktoberfest Potluck/Bingo		
<b>A – H</b> Entrée	<b>G – N</b> Salad/Appetizers	<b>O – Z</b> Desserts
Monday, <b>October 1</b> – 6:45 p.m. Board and Regular Meeting		
Friday, <b>October 19</b> – 6:00 p.m. Halloween Potluck/Bingo		
<b>A – H</b> Desserts	<b>G – N</b> Entrée	<b>O – Z</b> Salad/Appetizers
Monday, <b>November 5</b> – 6:45 p.m. – Regular Meeting		
Friday, <b>November 16</b> – 6:00 p.m. Thanksgiving Potluck/Bingo		
<b>A – H</b> Salad/Appetizers	<b>G – N</b> Desserts	<b>O – Z</b> Entrée
Sunday, <b>December 2</b> – 10:00 a.m. Christmas Mass & Brunch		

## Other Notes

### In thoughts and prayer

Please send your prayers and good wishes to Gustav Heins who had a health scare and is having an aortic valve repaired. We wish him a speedy recovery.

Also, good thoughts and prayers go out to John Casserly, Else Kehl, Marianne Kress and all our Kolping members who may be facing life's challenges.

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

Warmly, Lisa Brinkmann and Kathy Biesty



## Health Corner

By Mary Brinkmann, Certified Nutritional Counselor

### Fats & Oils

Dietary fats are essential for good health – however, not all fats are created equal!!

#### Eat more of these fats:

When cooking with high heat, it's best to use fats that are not easily oxidized:

- Butter, lard, duck fat, eggs, meat & seafood.  
Of course, organic is always preferred.

#### Fats that are best for cold uses:

- Olive oil, nut oils, avocado, raw nuts, seeds and their butters

#### Avoid these fats:

Man-made fats should be avoided at all costs and have been shown to be extremely damaging to the body. They are known to lower HDL (good) cholesterol, make it more difficult for arteries to dilate and raise the risk of diabetes. These may be lurking in:

- "buttery spreads", including oil blends like Country Crock and I Can't Believe It's Not Butter
- Coffeemate Coffee Creamers (all flavors)
- Packaged cookies
- Crackers, chips and pretzels

These fats are extremely refined and oxidize easily due to light, heat or air. Oxidized fats are linked to many diseases:

- Canola oil, vegetable oil, soybean oil
- Corn oil, safflower oil, sunflower oil

*Fat is necessary for brain function, healthy skin and cell membranes, hormone production, storing energy and transporting vitamins.*