



S.F. KOLPING Newsletter

WINTER 2018

National Convention



Our San Francisco Kolping Society was well represented at the 42nd National Convention. Lisa led the meetings as the National President, while delegates Wolfgang and Monika Weiss attended all meetings and voted on behalf of S.F. Kolping. Our praeses, Deacon Bill McLoughlin, co-presided over the Mass at the very historic St. John the Evangelist church in downtown Philadelphia.



Together with our non-delegates Cathy Mibach, Juan Sibila, Christine McLoughlin and Andy Egler, we proudly cheered as Bill Luque accepted the award for Distinguished Member of the Year.



We were treated to a welcome cocktail hour, with an introduction to what really happened in Philadelphia back in 1776, as told by Betsy Ross and Ben Franklin impersonators. On Saturday, non-delegates were treated to a special viewing of the actual tent used by George Washington, during his campaign for independence.



After much thoughtful and collegial discussion, the delegations agreed upon the following:

1. The Board will review and determine the baseline balance required by the Endowment Fund, so we can better understand monies available.
2. The National Kolping will establish a grant program, open to all Kolping families, to promote local projects and activities with the intent of increasing membership and advancing the ideals of Father Kolping – hardwork, family and Christian values.
3. We will extend the Lenten Project with Kolping Kenya for two more years, with the next review coinciding with our next convention.



4. The National Kolping will match contributions made to the Lenten Project, dollar for dollar, up to \$7,500.
5. A subcommittee will work to “modernize” our annual raffle and supplement our paper raffle tickets with web-based, online options.

The next convention will be held in 2020 in Cincinnati — consider going! It was a lot of fun.



Potlucks and Bingo!

We LOVE our potlucks! *That said, please try your best to bring something associated with your "letter" – entrée, salad, dessert — and, no matter how small, bring something.*

Oktoberfest

Fun! What other word could describe our Oktoberfest? Of course the food was "wunderbar"; the company described as "gemuetlich" and the dessert was "echt lecker." In addition, we had great raffle prizes, provided by Margaret McAuliffe, Shirley Costanzo, Christine McLoughlin and Bill Luque. Normally, when Lisa is on a lucky streak, she defers taking two or more prizes with her winning ticket, but this time, she was obviously conflicted and won both the bottle of Maker's Mark and the box of See's Candy – yes, a happy household was maintained. Marion Bouker enjoyed a new afghan, Valerie McGrew won a bottle of wine, while Bill Luque won a nice goodie basket.

Valeria McGrew then went on to win the first black-out, with Christine McLoughlin winning the second one.



Fun at the National Convention!



Halloween

No tricks were in store for Hubert Brinkmann this Halloween, as he won the second blackout, two bingos and two good neighbors. Well deserved as he made his special pizza appetizer, homemade bread and in-demand beehive cake to share with the crowd.

Petra Kromat, her friend "Belle", and Irene Lambly were awarded raffle tickets for their creative costumes. Thanks to Mary Brinkmann for tending bar, though a hard act to follow, we did hear a few compliments on her Manhattans – watch out, Jerry!! As always, Bill Luque and Steve Murphy outdid themselves on the decorations, making the evening especially festive.

Congratulations to Ron Kapp on winning the first blackout and raffle winners Peggy Cooney (afghan knitted by Cathy Mibach), Frances Murphy (scarf by Cathy), Caroline Zollinger (Italian package from Inge/Petra), Inge Stottmeister (Halloween basket from Francis Murphy), Steve Lambly (champagne), Cathy Mibach and Konrad Habelt (farmer's market flowers from Lisa).

Note: Our raffle baskets are donated by members and the proceeds ALL go to a local non-profit. We have been contributing to the Night Ministry, which delivers warm clothes and support to the homeless in San Francisco. These two raffles raised over \$320. THANK YOU!



San Francisco delegation at Sunday's "Best of Philly" luncheon

Mass on Sunday



Calendar

November Meeting

We will be meeting on Monday, November 5 at 6:45 for our regular and Board meetings. We will also show a short video with pictures from the convention. Please feel free to attend.

Monday, **November 5** – 6:45 p.m. – Regular Meeting

Friday, **November 16** – 6:00 p.m.
Thanksgiving Potluck/Bingo

*If your last name
begins with:*
A – H
Salad/Appetizers

*If your last name
begins with:*
G – N
Desserts

*If your last name
begins with:*
O – Z
Entrée

Sunday, **December 2** – 10:00 a.m.
Christmas Mass & Brunch
Please RSVP.

Please RSVP for the Christmas Mass and Brunch!

Our annual Christmas Mass and brunch will be held on Sunday, December 2nd at 10:00 a.m. at the Kolping Hall. We will plan to decorate the Hall from 9:30 – 11:30 a.m. on Friday, November 30th. Anyone interested in lending a hand is welcome.



Save the Date: Sunday, January 27th

Please keep Sunday, January 27th reserved for our annual Installation Luncheon. We are currently confirming the location, since the Irish Center may not be available. More information will follow.

Raffle Tickets

Please consider purchasing some or all of the raffle tickets sent to you by the National Kolping Society. The proceeds from these tickets sale helps pay for the quarterly Banner and other administrative costs of managing National Kolping.

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

Pumpkin is a type of winter squash that is native to North America. While most think of pumpkin as a vegetable, it is actually a fruit, as it contains seeds. Pumpkins are not only beautiful ornamental fruit, they are also very healthy for us. Pumpkin contains a wide variety of vitamins with vitamin A being the highest, is rich in beta-carotene which our bodies turn into vitamin A, and a great source of vitamins C, E, B12, potassium, copper, and manganese, to name a few. This delicious squash is yet low in calories!!

Health Benefits

- Antioxidant - reduces the risk of disease and cancer
- Weight Loss - low in calories (50 cal. Per cup) and 94% water
- Protects Eye Sight - Vitamin A dense
- Heart Healthy - contains Vitamin C, fiber, and potassium
- Promotes Healthy Skin - Vitamin A & C rich and 94% water

Pumpkin is such a versatile food!

- Saute it with vegetables
- Add it to pasta or rice dishes
- Make a delicious soup