



S.F. KOLPING Newsletter

SUMMER 2018

Upcoming Events:

At long last, we have a date for the

Casino Trip – Monday, August 6.

Lisa will be working with the bus company that goes to River Rock to purchase tickets and (hopefully) have them pick us all up at a convenient location. Right now, the bus we normally take, is scheduled to leave San Francisco around 11:00, arriving at River Rock at 1:15, and then leaving the casino at 5:00 p.m.

If you are interested in joining us, please send Lisa a check for \$10 no later than Friday, July 22 so she can secure the tickets. Lisa's address is 311 Greene Street, Mill Valley, CA 94941.



Rummage Sale – Saturday, July 28



Would you like to sell some of those items you have sitting around the house that are in good condition, but you "just don't want to give it away?"

We are going to have

our first Rummage Sale on Saturday, July 28 from 9:30 a.m. to 2:00 p.m. and we need your help!!

There will be a Rummage Sale **planning meeting** on **Tuesday, June 26** at the Kolping Hall from **4:30 – 6:00**. Anyone interested in helping out and/or selling their "treasures" is encouraged to attend.

If you are unable to make this meeting, but would like to help, email Lisa at lbrinkmann@mac.com.

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		
Monday, August 6 – River Rock Casino Trip		
August – No meetings or potlucks – Happy Summer!		
Monday, September 1 – No Meeting		
Friday – Monday, September 7– 10 Kolping Convention, Philadelphia, PA		
Friday, September 21 – 6:00 p.m. Oktoberfest Potluck/Bingo		
A – H Entrée	G – N Salad/Appetizers	O – Z Desserts
Monday, October 1 – 6:45 p.m. Board and Regular Meeting		
Friday, October 19 – 6:00 p.m. Halloween Potluck/Bingo		
A – H Desserts	G – N Entrée	O – Z Salad/Appetizers

Lucky winners at the Potlucks

Spring Potluck/Bingo



What better way to welcome guests and old members back to our potluck/bingos than to watch them win the bingos and raffle prizes! That's exactly what happened at our Cinco de Mayo bingo, with **Tillie Ferris** winning two raffle prizes and **Caroline Zollinger** winning a bingo and raffle prize – congratulations to both. **Gunter Ehrich** was all smiles as he won the black out pot finally!



Even though our Spring potluck/bingo was a bit quieter than the others, everyone enjoyed the camaraderie, food and drinks. Our raffle prize included a few bouquet of Spring flowers. **Karen Taylor** was the "luckiest" winner with two lucky raffle tickets!

It was nice to see members **Barbara Eckart and Paul** and **Tillie Ferris** at our potluck. We know work, travels and family commitments often coincide with our activities, but it's always a treat to see our members after a while of absence.

We miss you Bill!

As many of you know, **Bill Luque** had a fall back nine weeks ago and while he reported that surgery wasn't necessary, he has had to stay IN BED for over two months now. We miss you Bill and anxiously await to have you back at the potlucks!



That said, Bill has not been resting – hardly. From his bedroom command post, Bill has ensured that the hall has been decorated for all the potlucks and has worked with Steve on the set up. And we are just one of the organizations/groups he manages.

We are lucky to have Bill as a member and Board member and proudly will watch as he receives the Distinguished Members Award for San Francisco Kolping at the convention in Philadelphia.

Get well.

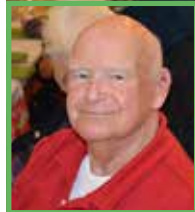
Warm wishes for a full recovery



go out to **Konrad Habelt**, who recently had heart surgery. Konrad is in good hands, recuperating under the care and watch of **Anna**. If you would like to send him a card, their address is:

1722 42nd Ave,
San Francisco, 94122

Cinco de Mayo Potluck/Bingo



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

Thanks!



Member History

St. Boniface church, down on Golden Gate Avenue, was once the center of German Catholic activity for San Francisco. It was the site of many gatherings, weddings and, of course, we all remember the manger scene at Christmas time. St. Boniface church has a deeper meaning for one of our members, Don Mibach, whose (great) great-grandparents, the Doncks, celebrated their golden wedding anniversary at California Hall on November 5, 1895!



What a family history. The Doncks came to California in 1857, first to San Mateo, and then to San Francisco in 1868. Mr. Doncks was the president of St. Paul's Benevolent Society for 25 years, with it being described as "one of the most flourishing of its kind." There were four generations at the ceremony, one of which, was Don Mibach's, grandmother. What a fun family history!

Philadelphia, here we come!

We will be well represented at the 42nd Kolping Convention in Philadelphia. Lisa Brinkmann will be attending as the National President, with Monika and Wolfgang Weiss representing San Francisco as our delegates and Bill McLoughlin as our Praeses. Among our non-delegates will be our Most Distinguished Member, Bill Luque, Chris McLoughlin, Andy Egger, Cathy Mibach and Juan Sibila. We are grateful for your support and look forward to showing you pictures upon our return.



Lenten Project

Thank you San Francisco Kolping! Our Kolping family was able to donate \$1,292 dollars to the Lenten Project supporting the small animal initiative through our Kolping Kenya families. Just think, that between 10-15 goats from us alone! And the majority of the contribution was from the proceeds of our raffle baskets. A big "shout out" to all those who created and provided the baskets and, of course, to our happy ticket purchasers. The total contributed to this year's project was \$10,612.



Health Corner

By Mary Brinkmann, Certified Nutritional Counselor

VITAMIN D is vital for the absorption of calcium, iron, zinc, magnesium, and phosphate to take place in our bodies. It is also essential for bone health. A diet low in vitamin D with insufficient sunlight can lead to softening of the bones, or rickets in children and osteomalacia in adults.

Sources

- The Sun – 15 minutes of daily sunshine increases Vitamin D absorption
- Fatty fish – wild salmon, deep cold water white fish, mackerel, tuna
- Egg yolks
- Mushrooms (ex. Portabello)
- Fish oil/cod liver oil
- Beef liver
- Cheese

Benefits

- Lowers risk of bone fractures and breaks
- Boosts the immune system
- Relieves depression
- Regulates blood pressure
- Decreases risk for fibromyalgia
- Lowers risk of arthritis and MS
- Useful in lowering insulin insensitivity
- Increases cognitive function

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

Warmly, Lisa Brinkmann and Kathy Biesty