



S.F. KOLPING Newsletter

QI WINTER 2019



Christmas Mass and Brunch

I honestly think we had Santa's elves on hand to help set up and decorate the hall for our Christmas Mass and Brunch. Members "divided and conquered" the tasks at hand. Thanks to Cathy Vennemeyer and Ursula Younger for managing the tables, silverware and place arrangements. Arlene Bushner and Andy Egger assembled the Christmas tree with Petra Kromat lending a tall hand with the decorations. Karen Taylor, Brigitta Kruger and Rosemarie Azinheira creatively used the Santa collection, garland and other ornaments to add festive accents around the hall. George Schnapps was sent to pick up the Santa suit and came back with a life-size Santa and Lisa Brinkmann hung the garland. Whew – and of course, we depended on Steve Murphy to do the heavy lifting of the tables and chairs.

Kudos to the kitchen crew – Steve Lambly, Gunther Ehrich and Hubert Brinkmann – for the delicious breakfast of eggs, sausages, biscuits and hash browns. The early morning shift was already at work by 8:00, organizing cooking plates, cutting stollen and getting the coffee going.

We were very fortunate to have Father Clemo preside at our Christmas Mass again this year. Bill McLoughlin led us in prayer as our Deacon and organized the wonderful readers – Cathy Mibach, Jackie Zuger and Monika Weiss. Lisa and Christine Mc Loughlin started off the beautiful Christmas hymns and were joined by everyone in the room. It was especially nice to hear a verse of Silent Night sung in German. Margaret McLaughlin administered the Eucharist with Bill and Father.

After a joyous round of Joy to the World, Mary Brinkmann opened the bar and began serving her special eggnog cocktail. As the noise level increased, we



Continued on next page.

Installation Luncheon Sunday, January 27th

Join us in congratulating our officers and directors at our annual installation luncheon. This year it will be held at **Nick's in Pacifica**. We know that not all our members are able to drive, so we are asking that you indicate on your reservation slip if you need a ride OR if you are able to give a ride. Our wonderful musician, Bill Blythe, will be providing entertainment, perhaps for his last time before retirement. We hope to see you there.



Continued from the front page.

got the signal that breakfast was ready and the ladies "manned" they positions, making sure everyone had a hearty breakfast plate and coffee.

It was so very nice to see everyone enjoying themselves and the ambiance of our special Kolping family. Quieting the conversations was a challenge as we sang a verse of Rudolph the Red Nose Reindeer followed by Santa Claus is Coming to Town – which, by the way, was how Santa found his way to the Kolping Hall!

The kids and adults were excited to see Santa and take a picture or two on his knee. Santa must have had a great year, because he looked a few years younger and acted almost as if it was his first time wearing the red suit!

A special thanks to Renee Kouchakji our Secret Santa; to Tom Biesty for being a jolly good sport and donning the special outfit; to Hubert Brinkmann for making the delicious cookies and stollen; to Bill Luque for his back scene organization and to all of the Kolping members who made this such a fun event. Happy New Years!!



Thanksgiving Potluck

We had quite a nice crowd at our November potluck. Everyone braved the smoke from the Camp Fire and made their way to the Kolping for a wonderful potluck selection of entrees and desserts that was especially impressive and for which we gave sincere thanks. It was great to see Raymond Rolfes and Suzie. Our big winners were Jennifer and Fengyan Chen, who not only won a bingo, but between the two of them, both blackouts!! Congratulations and thanks to all for a great dinner!



Getting Ready for Christmas!



Annual Calendar

We are including our annual calendar with this newsletter. If you have a good idea for a bus trip or a special class/activity, let us know. We can plan it together!

Monday, January 7	No meeting.
Sunday, January 27 Noon – 3:30 p.m.	Installation Luncheon Nick's Seashore Restaurant (Rockaway Beach) 100 Rockaway Beach Avenue, Pacifica, CA 94044

Prayers and Thoughts

It is with great sadness that we have to report that **Mildred (Millie) Biesty** passed away on Sunday, November 25th. Millie was a member of the San Francisco Kolping since 1993, supporting her husband, Pat, during his terms as President and playing a mean



game of cards with Jean Nelson before meetings and potlucks. She will be missed by many. Our condolences to her family – Kathy, Tom and Susan, Tina and Ralph, and grandkids Ryan, Jared, Annika, Liam, and Johnny).

Our sympathy to Sana Wolden, whose husband **Joseph Wolden**, passed away in December. Joe joined the Kolping in 1982, though probably grew up with the organization as his parents were early members. Joe fought a brave battle with Parkinson's. We send our sincere condolences to Sana and his sister, Marie Chambers.

Please send prayers and good wishes to **Bill Luque** who has had some medical setbacks and has had to miss the last few activities. We wish him a quick, steady recovery and are hopeful he will be ready to party at the Installation Lunch.

National Raffle Ticket Winner

For the first time in a few years, a San Francisco Kolping member won one of the main prizes from the National Raffle. Congratulations to Joseph Wolden on his \$1,000 winnings. Bittersweet as it is, Joe did find out about his winnings prior to passing and was quite excited.

Membership Dues are Due

Please be sure to send your membership checks for 2019 to Cathy Vennemeyer. Individual memberships are \$25/person. Households are \$50/couple. **Make your checks out to the S.F. Kolping.**

Send to: Cathy Vennemeyer
2733 Trousdale Dr., Burlingame, CA 94010

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

Cranberries are great for your health . . . for a wide range of reasons.

Cranberries have been used as a health food throughout U.S. history. Native Americans used cranberries to treat illnesses, and pilgrims used cranberry skin to fight scurvy, a disease resulting from a lack of vitamin C.

Science is now confirming their power as a health food. While they are most commonly known for their aid against urinary tract infections, they also provide powerful antioxidant protection and anti-inflammatory benefits. They benefit the digestive system, have anti cancer properties, improve cardiovascular function, and strengthen our immune system. Cranberries are high in vitamin C and fiber, can detoxify the liver and have both anti-viral and antibacterial properties.

These little red berries can be eaten fresh, dried, or frozen. Sprinkle on a salad, drink as a juice, or incorporate into any meal!

Read your labels to check for any unwanted sugars and additives. Just keep it clean!