



S.F. KOLPING Newsletter

Q2 SPRING 2019



Installation Luncheon

I'm not sure if it was the change in scenery, the warm ambiance or the generous lunch menu, but everyone agreed, this year's Installation Luncheon at Nick's was a success!

Over 65 members and guest enjoyed lively conversation and the wonderful music played by Bill Blythe, who drove down from Santa Rosa especially for this Kolping event. I don't think we will ever get tired of his version of "Spanish Eyes".



A special thanks went out to Christine McLoughlin, who did a great job coordinating all the details with Nick's. Despite our sadness over the loss of Bill Luque, just weeks before the Installation, Chris stepped up to make sure everything flowed just as Bill had planned. Bill had selected the location and initiated the conversation and contract – to ensure we all enjoy the time we have together.

Continued on next page.

Lenten Project



Marilee Uhlhorn's poster illustrates the work involved in making the Lenten Project a success. Included are emails between Kenya, Koln and the U.S., invoices from the goat purchases and pictures of the families receiving the goats.

Did you see the Lenten display at the Installation Luncheon? Marilee Uhlhorn, a Kolping Cincinatti member, created a special display to illustrate the progress we made through our Lenten Project donations.

Kolping families throughout the U.S. have decided to continue supporting this project in 2019, so keep an eye out for the donation envelopes that will arrive in you next edition of the Banner. Funds generated through our Lenten donations will be used to purchase goats for Kolping families in Kenya. Before receiving a goat, these families must attend classes on how to raise and breed the goats, as well as how to utilize the dung as compost. Each family will donate one goat from every litter back to the community so another family can participate in this program. Our goal is to support our Kenyan brothers and sisters so they can be self-sufficient and their goat herd can be sustainable.



Continued from the front page.

Our Deacon Bill McLoughlin lead us in prayer and said grace – and lunch was served. Lisa made a Costco run to ensure we would enjoy some good wine and supplied the centerpieces from Sloat’s Garden Center.

Lisa reported that Kolping San Francisco donated over \$34,000 to local charities in 2018, including many Catholic schools, soup kitchens and other organizations that promote and support establishing a strong family foundation with an emphasis on the dignity of work.

Hubert Brinkmann took the microphone to share how important the Kolping was for him, when he first arrived in the United States. He explained how it enabled him to save money to begin a new life, meet new friends and gain the confidence needed to start a job in a new country, in a new language.

We are very grateful to Gunther Ehrich for agreeing to step into the Vice President position, assisting Lisa and the Kolping with the upkeep of our building and set up for our many events.



Wolfgang Weiss told a story of the early days of Father Kolping, reading excerpts from a paper, published in the 1800’s. It told of Father Kolping’s humble beginnings and his passion for improving the conditions of the laborer. Wolfgang and Bill McLoughlin welcomed our new members, extending them their “official” Kolping pin – welcome to Barbara Ekhart, Margaret McLaughlin and Juan Sibila.

The program was ended with a raffle to honor Bill Luque. Included as gifts were special calendars from our 2018 Kolping events and a special basket with a bottle of champagne – to toast the good memories we make each day.



Valentine Potluck

Be mine! What a fun and goofy potluck. Lisa, Cathy Vennemeyer, Gunther Ehrich, Hubert, Julia and Mary Brinkmann and John Casserly ALL arrived early for the potluck to set up tables, put up some decorations and organize the hall so everything was ready for our Valentine’s Day potluck. While it was still a bit chilly outside, at least the rain stopped for our event.

The food was delicious and the raffle baskets abundant thanks to Frances Murphy, Lisa, Chris McLoughlin and Irene and Steve Lambly. While Don Mibach was celebrating his actual birthday, we sang an strong version of Happy Birthday to January and February “babies”, Mimi Springer, Jean Nelson and Dollie Gruebl.

The \$65 first blackout was suspenseful as Eleanore Redmond claimed the prize, but Lisa called a “no win”, only to realize one bingo ball had fallen to the floor – congrats to Eleanore! Mike Cooney and Bill McLoughlin shared the second blackout, splitting the \$40 pot.

Proceeds from the raffle topped \$200 and will be donated to the Night Ministry, helping the homeless on the streets of San Francisco.







Health Corner

By Mary Brinkmann, Certified Nutritional Counselor

Echinacea

Purple Coneflower | Asteraceae

With winter upon us and the cold and flu season entoe, incorporating echinacea into your daily routine could prove to be a really good thing. This vibrant hot pink daisy like flower is both a beautiful and powerful medicinal herb. Used in the 19th century by Native Americans, echinacea has the ability to combat both bacterial and viral infection, clear toxins from the body, treat snake bites, and is most commonly used to treat upper respiratory infections such as coughs, flu, and colds.

Echinacea increases the amount of white blood cells and their ability to combat infection. It is used to gargle for sore throats and as a preventative, can be added to water in tincture form to strengthen the immune system. Echinacea also supports the treatment of allergies such as asthma and can be used as an antiseptic for bug bites and stings.

Echinacea can be ingested as a pill, mixed with water in its tincture form or taken directly as follows:

- Tincture form — for chronic infections, take ½ tsp. 3x per day
- Capsule form — for colds, take 500mg. 3x per day
- Decoction — for throat infections, gargle with 2 ½ TB 3x per day.



Easter Mass and Brunch

We hope you will be able to join us at our annual Easter Mass and Brunch. Father Clemo and Deacon Bill McLoughlin will preside over Mass, starting at 10:00 sharp. This will be followed by a tasty brunch and friendly comradery. Please be sure to rsvp and send the enclosed form back to Lisa so we have a good headcount.

Calendar

Date • Time	Event
Monday, March 4	No meeting.
Friday, March 15 6:00 p.m.	Saint Patrick's Day Potluck/Bingo A – H Desserts G – N Entrée O – Z Salad/Appetizers
Monday, April 1 6:45 p.m.	Regular Meeting
Sunday, April 14 10:00 a.m.	Easter Mass & Brunch
April	No Potluck/Bingo
Monday, May 6	No meeting.
Friday, May 17 6:00 p.m.	Cinco de Mayo Potluck/Bingo A – H Salad/Appetizers G – N Desserts O – Z Entrée
Monday, June 3 6:45 p.m.	Regular Meeting
Friday, June 14 6:00 p.m.	Italian Night Potluck/Bingo A – H Entrée G – N Salad/Appetizers O – Z Desserts

Prayers and Thoughts



Our prayers go out to all the friends and family of Bill Luque – our 2018 distinguished Kolping member, a fun and playful person and an invaluable contributor to our organization. He will be missed very much by all of us.

Please take time during this Lenten season to give prayers for and enjoy memories of all of our members who no longer are with us today.

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

Warmly, Lisa Brinkmann and Kathy Biesty