



S.F. KOLPING Newsletter

Q3 SUMMER 2019



Easter Mass & Brunch

Over 55 members and guests gathered at the Kolping Hall on Palm Sunday to celebrate Mass together, receive the symbolic blessed palms and enjoy a hardy Easter brunch afterwards.



Father Clemo, who had presided over our past few Masses had been assigned to a 10:00 service at another church, so Margaret McAuliffe jumped into action to help locate a replacement. Thank you for that, as Father Phelan was just wonderful. He and our Deacon Bill McLoughlin lead us through the (long) gospel, with participation from all members, especially our readers, Jackie Zuger, Monika Weiss and Cathy Mibach. Lisa and Chris McLoughlin did their best to include a few hymns throughout the service. Bill shared with us a very thoughtful, meaningful sermon.



Everyone commented that they were grateful that Father Phelan was able to not only celebrate Mass with us, but share his interesting stories and join us for breakfast.

Thanks as always to all of our members who helped make this Easter Brunch a success: Lisa, Cathy Vennemeyer and Gunther Ehrich for setting up and decorating the hall; Steve Lambly for shopping and delivering all the food AND leading his crew of Andy Egger and Gunther E. in preparing a delicious breakfast;



bloody Mary's and Irene Lambly as her back-up bar tender; Hubert Brinkmann for his beehive and the helping hands serving food and cleaning up afterwards.



St. Patrick's Day Potluck

Leprechauns had a field day at this year's St. Patrick's Day potluck/bingo! Not only was the hall showing its green, but there was 'nary a member clad in another color. The luck of the Irish hung over us, as we enjoyed a break in the torrential rains and drew a good crowd, despite the pending parade early the next morning, in which many members participated. Peggy Mylett enjoyed being "first in line" for dinner, as she was our only member present who was born in Ireland!

Mary Brinkmann prepared some delicious corned beefs for all to enjoy, while Gerry Costanzo mixed it up at the bar. Our raffle brought in close to \$200, with over 9 gifts donated by members – special thanks to Shirley Costanzo for her creative blankets. And as luck would have it, the Irish won the blackouts – with Ryan Biesty winning the big "pot of golds" and Arlene Buschner the second. Congrats to all!!



More Easter Photos





Calendar

Date • Time	Event
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 10 6:45 p.m.	Regular Meeting DATE CHANGE
CORRECTION: Friday, June 21* 6:00 p.m.	Italian Night Potluck/Bingo A – H Entrée G – N Salad/Appetizers O – Z Desserts
Monday, July 1	No meeting.
Friday, July 19 6:00 p.m.	Western Night Potluck/Bingo A – H Desserts G – N Entrée O – Z Salad/Appetizers
August	No Potluck/Bingo
Monday, August 5th	SAVE THE DATE! River Rock Casino Trip More details to come.

**Please note date correction: The 3rd Friday in June is the 21st, not the 14th. The calendar sent at the beginning of the year is incorrect. Sorry for the confusion.*

Memorial Service for Bill Luque



Members and friends from the Irish Cultural Center will be holding a memorial service for Bill Luque on **Saturday, May 25 at 11:00 a.m.**

This will be held at **Holy Name Church, 1555 39th Avenue, S.F.,** cross street Lawton.

Celebration

A happy birthday wish to **Raymond Rolfes**, who celebrated his 90th birthday with us at this Easter Brunch. Raymond came over to the U.S. with Hubert Brinkmann (his cousin) in 1952 and lived at the Kolping house on Fillmore 'back in the day.'



HEALTH CORNER:

Preventing Falls

Did you know that every 11 seconds an older person is admitted to the hospital for a fall? One in every four persons over the age of 65 falls each year. We all know how debilitating a fall can be and how long it might take to recover from a fall, if ever. So what can we do to prevent them:

- Be aware: review your prescriptions to see if any make you dizzy or sleepy – including over the counter medicines
- Exercise: strengthen your legs and work on your balance
- Check your eyes: make sure your prescription is up to date and you have sunglasses for outside activities when the glare is bright
- Declutter: look around at home and get rid or move things that you could trip over (throw rugs, cord, papers, etc)
- Lighten up: make sure your home has lots of lighting – inside and out
- Hold on: install grab bars in and/or around your tub, shower and toilet, put railings on both sides of your stairs and use them!

Want to go to Thunder Valley Casino Resort?

The Filipino community of St. Cecilia's is having a fundraiser casino trip to Thunder Valley Casino Resort in Lincoln, CA.

Saturday, May 25 — Donation: \$30

Pick-up: St. Cecilia Church, 2555 Vicente St.

Boarding: 7:45 a.m., Departure: 8:00 a.m.

For reservations call 415-601-3493 or 415-753-1617

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

Warmly, Lisa Brinkmann and Kathy Biesty