



S.F. KOLPING Newsletter

OCTOBER 2020

Trick or Treat!

2020 has been full of tricks for all of us, so we thought it would be nice to send a few treats to celebrate this strange and unusual year.

TREAT:

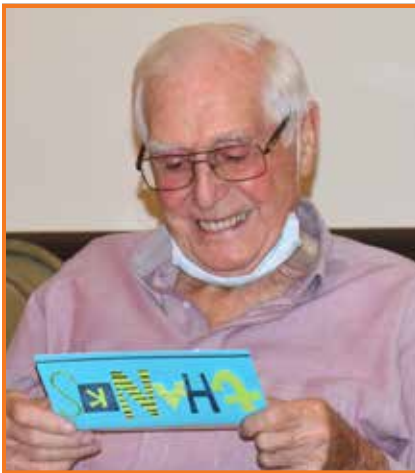
Every year the National Kolping office sends out raffle tickets for a drawing to take place the first week of December. This money goes to help fund the administrative costs of running the National office. You may not know, but the San Francisco Kolping is sent two books of raffle tickets, which we purchase and then distribute as "good neighbor" prizes during our bingo games.

Since we will not be having our Halloween potluck/bingo this year, we thought we would send you each your own candy ticket (please check your newsletter to make sure you receive it.) On Halloween, Lisa will randomly select two 'candies' from a large jack-o-lantern. Those members who have these tickets will get a raffle ticket in the mail as a receipt for the ones we send back to the National office. We will post the winners to our website: Kolping.org under local branches. Good luck!!

THE MOST POPULAR HALLOWEEN CANDY IN EVERY STATE



Based on Google search volume, per capita



TREAT:

Where were you the weekend of September 11th?

Probably at home. We should have been at the Kolping Convention in Cincinnati, planning new activities for the next few years, meeting other Kolping members from across the country, and, most importantly, celebrating our distinguished member. With the convention cancelled and our local activities curtailed, our Board thought it would be nice to "go ahead" and thank our distinguished member, Gunther Ehrich, anyway. A small group of us met on that weekend to thank Gunther for all his hard work over the years. While the social distance and COVID precautions didn't allow for a full celebration, we very much enjoyed being in close proximity (6+ feet) and just being able to thank Gunther in person.

And let us not forget, HAPPY 90th BIRTHDAY GUNTHER!



A small group of Board members met that weekend to acknowledge Gunther for his work over the years.



TREAT:

I don't know about you, but about the third Friday of every month I get a craving for my Dad's bread, Gerry's beverage of choice and a few samples from the dessert table at our potluck. O.K. the main dishes are pretty darn good, too. It was tough knowing there would be no bratwurst and red cabbage this year and harder still not being able to put on my favorite witch outfit for Halloween. In deference to the wonderful times we've had and in anticipation of more to come, we put together the following "Best of" collection of pictures from past Oktoberfests and Halloween festivities. Enjoy!

Best of Oktoberfest



Best of Halloween





TREAT:

Amazing Health Benefits of Pumpkin

Pumpkin—quite possibly everyone’s favorite fall vegetable—is really, really good for you.

Pumpkins and other orange fruits and vegetables, such as carrots, winter squash, sweet potatoes, papayas and mangoes, are bursting with carotenoids. Carotenoids are fierce pigments that multitask to keep you healthy. They gobble up harmful free radicals and reduce inflammation—a known culprit in many chronic diseases, including heart disease, colitis and asthma. They also prevent the buildup of fatty plaques in your arteries that can lead to heart disease and stroke. Carotenoids even filter out UV light that harms your eyes. So, when you think about it, pumpkin is a superfood and one you can feel really good about eating.

Here are 5 surprising health benefits of pumpkin:

1. Burn Belly Fat: Research suggests eating more high-carotenoid foods may help prevent excess fat storage, especially around your midsection. It’s also well-established that leaner people have higher blood levels of carotenoids.

2. Improve Your Eyes: When scientists analyzed the diets of more than 100,000 men and women who were followed for 35 years in the Nurses’ Health Study, they found those who ate the carotenoid equivalent of 2½ cups of carrots each week lowered their risk of advanced macular degeneration (a leading cause of vision loss) by 25 to 35 percent.

3. Destroy Cancer Cells: New research shows that getting the carotenoid beta carotene from fruits and vegetables—not from supplements—may ramp up your body’s ability to target and destroy cancer cells. Though other studies on carotenoids’ cancer-prevention possibilities have been mixed, there is promising research that suggests eating carotenoid-rich veggies could lower your risk of breast and colorectal cancers.

4. Boost Immunity: The pigment that gives orange veggies their safety-vest color is the same one your body uses to make vitamin A—and this nutrient is vital for immune-system health. It even makes immunizations—like that flu shot you just got—more effective. And emerging research suggests vitamin A may provide some protection against autoimmune diseases, such as type 1 diabetes, lupus and multiple sclerosis.

5. Super Spice: Pumpkin is often paired with sugar (hello, lattes and pie!), but the spices that typically liven up its flavor—namely ginger and cinnamon—are really good for you too. Ginger helps soothe an upset tummy and reduce pain. Cinnamon helps reduce muscle soreness and benefits your blood sugar. Go ahead and spice up your pumpkin treats, just be mindful of the added sugar.

From www.EatingWell.com

Karen Ansel, M.S., R.D., & Anne Treadwell Updated October 06, 2020



In Memory

It’s with great sadness that we need to share with you that **Steve Murphy** passed away in September. Steve served as Vice President and was invaluable in maintaining the building, helping with

the painting and ensuring the hall was in good shape. Of course we all appreciated Steve’s wit and charm as bartender and more than anything his devotion to Jennifer, our de facto photographer. We send our sincere condolences to Fengyan and Jennifer and will keep Steve in our memory.

NO TRICK:

The National Kolping Society is working on a scholarship program to promote education and training among its members and their family members. Currently, scholarships are planned to be offered to high school, college and trade school students, no matter what age they might be. The National Board approved the overall guidelines, now we are looking for individuals willing to serve on the scholarship committee to help us determine how to implement the program. If you are interested in getting involved, please let Lisa now.

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

Warmly, Lisa Brinkmann and Kathy Biesty