



S.F. KOLPING Newsletter

JUNE 2022

Installation Luncheon

What a great day it was, spending a beautiful Saturday afternoon together at Nick's to install officers and celebrate membership. Over 50 members and guests gathered, excited to be together, as many of us hadn't seen one another in over 2 years. There were "thank you's" to go around: **Sylvia Hildebrandt** donated all the wine; **Christine McLoughlin** decorated our tables; **Irene and Steve Lambly** picked out the music; and **Deacon Bill McLoughlin** blessed us and read a report from **Wolfgang Weiss**, who was in Portland. Nick's outdid themselves with their brontosaurus-size prime rib, delicious halibut and all the side dishes and salad. **Piet Zuger** treated us by inviting fellow Swiss, **Andy Egger**, to join him in a Swiss/German drinking song—who knew we had such talent!

Lisa gave an update on what our Kolping has been doing these past two years, including repairing the hall after the roof leak, donating close to \$80,000 to local Catholic schools in lower-income neighborhoods (as well as other organizations helping to support the family), and just trying to stay in touch.

She gave a shout-out to **Cathy Vennemeyer** who continues to manage our finances impeccably, and awarded her dedication with a travel voucher.

We were happy to be able to honor our **Distinguished Members for 2020 and 2022**. **Gunther Ehrich** (2020 awardee) will be traveling to the Kolping Convention in Cincinnati to receive his award. **Raymond Rolfes**, our 2022 awardee, passed away before learning of this honor. However, **Susie Ruecker**, his long-time partner, her daughter, **Heidi**, and Raymond's daughter, **Katrina Morgan** were at the luncheon and Susie and Katrina will be accepting the award in Cincinnati.

Since we were unable to meet last year, **Bill McLoughlin** and **Petra Stottmeister** awarded pins to our one (and two)-year new members: **Maria Link** and **Charlotte Folcomer** and 25 (and 26)-year pins to **Lisa Brinkmann**, **Trudy Reinhard**, **Karen Taylor** and **Ursula Younger**. The following pin recipients were not able to attend: **Lucy Chambers** (1 year) and **Arline Elliott**, **Brigitta Kruger** and **Mimi Springer** all 25/26 years.







KLUB NINETY

While putting together information for this year's Installation Luncheon, Lisa realized we had a large number of members in their 90s and was very inspired to see how age hasn't slowed them down (much.) As a way of honoring these individuals, we decided to acknowledge this special group with a **KLUB NINETY** mug for that morning coffee or tea.

Members initiated into this special "Klub" are **Jean Nelson, Peggy Mylett, Inge Stottmeister, Ursula Younger, Milly Gaehwiler, Hildegard Beering, Rosemarie Azinheira, Gunther Ehrich, Mimi Springer, Eleonore Redmond, Heinz Beering, Louise Tschudi, Gerhard Holder, Dolly Gruebl, Gerry DeRyan.**

One member was overheard saying, "Geez, I have to wait another two years to get mine!" No worries, we'll have one for you!



Heinz Beering

While **Heinz and Hildegard** were not able to make the luncheon, we did want to acknowledge Heinz as being our oldest (by membership tenure not age) member. Lisa delivered his and Hildegard's Klub Ninety mug and while there, Heinz shared some of his early Kolping memories.

Heinz joined the Kolping Society in 1947 when he became a journeyman while still in Germany and then in 1953 when he arrived in San Francisco. Heinz commented on how important the Kolping Society was for him as a young man, just starting out. Through the Kolping, he developed connections with other trades people, learned more about his own trade and, most importantly, made lifelong friends.



HYDRATION TIPS



It's getting hot out there and one thing we need to remember is the importance of staying hydrated. I read an article which said, "If dehydration is not identified and treated, the health effects are significant at any age, but amplified for older adults and can quickly become life-threatening." But how do you know if you might be dehydrated?

The following are symptoms of mild dehydration:

- Producing only small amounts of dark urine
- Headaches
- Cramping in limbs
- Weakness, overall feeling of being unwell
- Sleepiness or irritability
- Dryness of mouth; dry tongue with thick saliva

It can be a challenge to stay hydrated when you don't feel thirsty. To help with fluid intake, try these 6 tips:

1. Eat foods with a naturally high water content (watermelon, cucumbers, celery, strawberries)
2. Set hydration reminders (drink on the hour, use timers, during commercials, etc.)
3. Experiment with beverages at different temperatures
4. Try tastier alternatives to water (broth, lemon water, sparkling water, Ensure, or smoothies)
5. Make healthy popsicles
6. Eat Jell-O

Enjoy the summer and stay well!

Moving

Eleonore Redmond gave Lisa a call to let her know she was moving back East to be with her daughter. She wanted everyone to know how much she enjoyed participating at the potlucks, brunches and Masses and will very much she will miss seeing you all. Her new address is:

Eleonore Redmond
14 Garden Ct.,
Mahwah, New Jersey 07430.

UPCOMING ACTIVITIES

Western Dinner & Bingo

Saturday, July 9th — 4:00 – 7:30

\$5 donation suggested for dinner, drinks \$2 each

Summer Fun & Bingo

Saturday, August 13th — 4:00 – 7:30

\$5 donation suggested for dinner, drinks \$2 each

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

Warmly, Lisa Brinkmann and Kathy Biesty