



S.F. KOLPING Newsletter

FALL 2022

Mark your calendars!!!

We're going to finally get back on track with our regularly scheduled activities. Per the request of most of our members, we will be hosting our bingos on Saturdays! We hope you will be able to join us and bring a friend!

Saturday, October 8th Oktoberfest Bingo

12:30 – 4:00

Lunch will be served.

\$5.00 donation for members, \$10.00 for guests

Saturday, December 3rd Christmas Cheer Bingo

12:30 – 4:00

Lunch will be served. \$5 donation for all.

If you can, bring a toy for the Fire Department Toy Drive

Please RSVP to Lisa for the lunches so we have an idea of who is coming. Though it's not a potluck, if you are in the mood to make a dessert, it is always welcomed!

Lisa's numbers: 415-517-3631 (cell)
415-383-3989 (home),
lbrinkmann@mac.com

Saturday, November 5th Giving Thanks Bingo

2:00 – 5:00

Snacks will be available. Members asked to bring a food item to donate to a food drive.



It's an Irish Oktoberfest by the Beach

Saturday, October 15, 2022 | 4:00 – 11:30 pm.

This year the Kolping Society will be reserving two tables at the Irish Center's Oktoberfest by the Beach. It's a wonderful event with great music. We will have 16 seats available on a first come, first serve basis, so let us know if you'd like to join us and sing "Ein Prosit!"

Festivities start at 4:00 p.m. and includes a wurst dinner, beer/wine and fun!



San Francisco Kolping invades the Queen City! Read all about it.

Kolping Convention 2022 in Cincinnati



Attending a Kolping convention is something I think every Kolping member should try to experience at least once. You get to discover a new place in the U.S., meet fellow Kolping members from other families around the country and strengthen the friendships with our own members. Twelve of us were able to enjoy this year's convention in Cincinnati.

Friday morning the San Francisco contingency met for breakfast and took a long walk across the Roebling Bridge, connecting Covington, KY (where our hotel was) to Cincinnati. The bridge was actually a prototype of the Brooklyn Bridge, built around the Civil War era. It was a beautiful, sunny day and after our little trek, we treated ourselves to some local BBQ at Smokin Justice.

That evening, Lisa had a Board meeting and joined the group for a welcome reception, hosted by the Cincinnati Kolping family. It was a nice opportunity to reacquaint ourselves with members we've haven't seen in over 4 years and enjoy an incredible view of the Cincinnati waterfront.

On Saturday, those attendees who did not have to go to meetings, hopped on a bus and went to the Newport aquarium, Sam Adams brewery and tour of Cincinnati. Lisa, Bill, Wolfgang and Monika attended the general meeting. Lisa, as the National President, ran the meeting, which all thought to be very amiable, interesting and productive. Watch for the Banner for more info!

That evening we were all bussed to the Cincinnati Kolping where we were treated to a delicious banquet dinner, 18-piece brass orchestra and evening of fun and recognition. We were especially proud when our 2020 distinguished member, Gunther Ehrich, accepted his

Saturday afternoon.





Saturday night banquet.



Sunday at the Mother of God Church.

recognition (the plaque already hangs in our Kolping hall.) It was also heartwarming to have Susie Ruecker (his sweetheart) and Katrina Morgan (his daughter) accept the award for our 2022 distinguished member, Raymond Rolfes, who passed away last year. After the award ceremony, there was music, dancing, some singing and a bit of schnapps passed around. It was a fun night for all.

The Cincinnati Kolping is a very impressive site in itself. They have 40 acres, with 10 soccer field, an outside snack shack, two banquet rooms, a bridal changing room, a groom's changing room, a clubhouse/bar/Kneipe, an outside beer garden and room for a Schuetzenfest!

On Sunday, we all met at the Mother of God Church in Covington, Ky., to celebrate Mass with all of the Kolping families. Our own, Deacon Bill McLoughlin, presided over a large portion of the ceremony. Wolfgang Weiss carried our flag into the church, representing the San Francisco Kolping Society. The church itself was founded in 1841 by

the German families in the city and the cathedral was completed and dedicated in 1871. It was built in the Italian Renaissance basilica design, with some of its stained glass windows imported from Munich in 1890.

We then boarded our busses once again for a riverboat tour and lunch. It was a full day. Many of us decided to just relax around the hotel, while a small contingent of diehards (Katrina, Susie) hit the local Oktoberfest to end the day.

The next morning a group of us – Lisa, Andy Egger, Trudy Reinhart, Cathy Vennemeyer, Gunther Ehrich and Heidi Ehrich – headed off for the airport around 5:45 a.m. only to arrive seeing a sea of humanity in the TSA line. Lucky Cathy was able to head for the pre-TSA line, while the rest of us waited for the wheelchair assistants – who never came. We finally hailed down another airport employee who guided us to the front of the line while we pushed the wheelchairs ourselves through TSA, onto the connecting busline and to our flight, just as it was boarding. Close call, but exciting!

We missed Cathy Mibach and Connie Sorensen, who had to cancel their plans at the last minute, due to medical issues. Thankfully, Cathy is doing fine and recovering well.

On the riverboat.



What did Winnie the Pooh know?



Did you know that honey may be the only type of sugar that can actually improve your tooth health instead of harming it? It's true!

Here are just a few examples of how consuming honey is beneficial:

- Honey mixed with warm water aids fat digestion.
- Honey has mineral and vitamin benefits, such as Vitamin C, Iron, and Calcium.
- Honey has been shown to improve energy in athletes because it helps maintain blood sugar levels, aids in muscle recovery, and assists insulin regulation.
- Organic honey's powerful antibacterial and antiseptic properties can help treat gum disease and prevent tooth decay.

Honey can help treat gum diseases, including gingivitis, bleeding, and receding gums. When you mix honey with water, an enzyme in honey called glucose oxidase

produces hydrogen peroxide. The production of hydrogen peroxide is the primary reason for its antimicrobial activity. Honey's antibacterial properties flush out harmful bacteria. By fighting the bacteria, honey reduces the amount of acid your mouth produces.

All honey is NOT made equal. The majority of honey sold in the US is processed or refined.

Tip 1: Stay away from honey that says 'ultra-filtered'.

Tip 2: Know where your honey comes from.

Make sure when choosing honey to choose local when possible and always raw. You want to avoid mass produced honey that came from China which is often fraudulently cut with high fructose corn syrup to make it cheaper.

WANTED: Board and Committee Members

"Many hands make light work!" I love that saying and it rings true now more than ever.

All organizations benefit from the ideas, energy and creativity of its members. Often, the best way to help is to be involved - as a Board member, officer and/or committee member. These past few years have been challenging, but we now have a wonderful meeting hall with members anxious to begin regular activities.

We need some help, though! Wolfgang and Monika Weiss recently moved to Portland, OR. and as such, Wolfgang has resigned as our

Chairman. Monika will continue as Secretary while our meetings are on Zoom. Wolfgang and Monika will continue to be members of the San Francisco Kolping, though their participation will be limited to activities that align with flight plans and business meetings. We know this is a great move for them and wish them the best.

We would love to add a few members to our Board and take names for the following committees:

1. Facilities: help Lisa and Gunther with work around the hall (meeting with contractors, handymen, etc);

2. Events: help Lisa set up, decorate and take down decorations for our lunches, bingos and and plan for future events;

3. Communications: help Lisa with articles for the newsletter, so we get it out on a (more) regular basis.

If you are interested, **PLEASE** let us know. We promise it will be fun and not too time-consuming.