



S.F. KOLPING Newsletter

JULY 2023

NEW NEIGHBORS: YouthSF



YouthSF volunteers preparing the Kolping Hall for their guest speaker, an international renowned Cosmonaut.

If you noticed the sign in the window above the Kolping Hall, its for our newest tenant, **YouthSF**. Its mission is similar to the Kolping's focusing on the importance of developing skills of

and educating youth to prepare them for the future: YouthSF prepares students (K-12) from underserved populations to more actively participate in the digital revolution that is transforming our world. You can find out more at their website, youthsf.org. Also, if you missed it, their Executive Director, Louis Kolenda, is one of our newer members.

Upcoming Events

Our events will be on the **3rd Saturday**... save the date!

Day at the Races – Bingo/Games — Saturday, JULY 15th, 1:30–4:00 — Join us for good conversation, some bingo and a “day at the races”, Kolping style.

Day in The City — Saturday, AUGUST 19th, 1:30–4:00 — We usually don't meet in August, but this year we'll be hosting an Afternoon at the Kolping for all the City diehards.

Wear something that shows your San Francisco spirit! Snacks, socializing and a few rounds of bingo.

Oktoberfest! — Saturday, SEPTEMBER 16th, 12:30–4:00 — Join us for wurst, beer and some umm paa!

Members \$5, Guests \$10

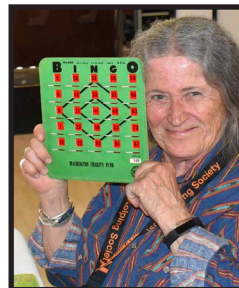
Please RSVP to Lisa – lbrinkmann@mac.com or 415-517-3631 (cell) or 415-381-3989 (home)

Welcome to our newest members!



Ann Fontanella

Ann Fontanella: Ann works at City College as a teacher of English as a Second Language. In fact, in 2014, she was awarded Teacher of the Year by TESOL (Teachers of English to Speakers of Other Languages), an organization of 12, 000 educators representing 156 countries! Ann is a long-time friend of Karen Taylor. Thanks Karen, for inviting Ann to our bingo!



Linda Maher

Linda Maher: If Linda looks a bit familiar, it's because you may have seen her around Safeway, where she retired after 42 years. Linda is a City girl, through and through, from St. Gabriel's to AP Giannini, from Lincoln to City College. Welcome!



Romelia (Romy) Scott

Romelia (Romy) Scott: Romy was introduced to the Kolping through our grant to the Good Shephard Gracenter, where she serves as President of the Auxillary and is a friend of Shirley and Gerry Costanzo. A San Francisco firefighter, Romy is a wonderful addition to our Kolping family.

One of best means of recruiting new members is for our existing members to invite friends and family—and what could be more fun than hanging out with those you know and like?

BINGO

SPRING FLING!

If the pictures show the spirit of our Spring Fling bingo, you could easily call it fun and comical. Everyone was in great spirits, engaging in lively conversations and enjoying the afternoon together.



BINGO

Western Round Up



Thanks to Muffy Friel, Arline Bushner, Karen Cilia-Santi, Cathy Mibach and Cathy Vennemeyer, the hall looked festive and ready for a true round-up. With the bingo table situated dead in the middle of the tables, we knew we were in for business.

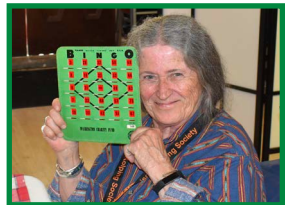
Andy Egger and Gunther Ehrich did a great job heating up and dishing out the grub for the day. Many of our members asked Lisa "who made the salad and where did you get those delicious

hot dogs?" Rather than face a lynching and claiming culinary expertise, she fessed up to reveal it was a Costco purchase.

Winner the bingos and raffles was exciting, but even more so was welcoming guests

to our event. Debra Kapp, our deceased member Ron Kapp's sister, joined us, friends of Patti and Bob Lazzaretto and Marie Chambers, and Shirley and Gerry's son and girlfriend! It was also nice to see some members who haven't been able to make it in a while, namely Andy Rolfes, Jack O'Keeffe, and Valerie McGrew.

Congratulations to our first black out winners (all 3 of them), Debra Kapp, Linda Maher and Inge Stottmeister, and our second black-out winner, Renee Kouchakji. Thanks to our raffle donors from which the proceeds will go to the Gubbio Project, which provides resting places for the homeless.



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!



Farewell to our dear Eleanore.

Eleanore Redmond, our Kolping member since 2000, passed away this past May at her home in Millbrae. Eleanore was 92 years young.

The last time we saw Eleanore was at one of the luncheons we held at the Concordia Club, shortly before she was to move to New Jersey to be with her daughter and family. She recently moved back, claiming "the winters are just too cold." A native of Stuttgart, Germany, Eleanore could be found at almost all of our events, sitting with Mimi, Elsa and Gustav. I know she was hoping to meet up with all of us again. We will miss her smile and happy spirit.

**GOD GIVES HIS
HARDEST BATTLES
TO HIS TOUGHEST
SOLDIERS.**

Thoughts & Prayers

Please keep Anna Habelt, Louise Tschudi and Margaret McAuliffe in your thoughts and prayers.

- **Anna** had a minor stroke and, while recovering, contact Covid, which extended her hospital stay.
- **Louise** is bed-bound, but enjoys hearing what we're up to.
- And **Margaret** is recovering from a fall and fighting cancer, but is planning her summer trips. Let's hope Anna and Margaret can join us soon.

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

Warmly, *Lisa Brinkmann and Kathy Biesty*