



S.F. KOLPING Newsletter

FALL 2017



Bill McLoughlin's Ordination

The San Francisco Kolping was well represented at the ordination of our Praeses and now Deacon, Bill McLoughlin on May 20th at St. Mary's Cathedral on Geary Street. Wolfgang and Monika Weiss, Bill Luque, Ursula Younger, Steve Murphy, Cathy Vennemeyer, Lisa Brinkmann and Andy Egger proudly watched as Bill (with Chris by his side) and eight other candidates were ordained in grand ceremony and ritual.

To recognize and commemorate this achievement, San Francisco Kolping was able to order a special stole from Kolping International, which we presented to Bill at our July potluck. It was a very special occasion. Congratulations Bill!



Casino Trip



To gamble or not to gamble, that was the question. To those members who did not see the casino trip notice, apologies. To those that did – wasn't it a nice day? Over twenty Kolping members either took the bus or met up at River Rock casino for an afternoon of brunching and gambling. Though we made many stops getting through the City, once on our way, the bus trip was quite pleasant. The time at River Rock was well spent and many of us "spent well." No one got back on the bus with a huge grin or bulging pockets, but we all enjoyed the day out.



Potlucks and Bingos

Since our last newsletters, our potlucks have gone South of the Border with the **Cinco de Mayo** celebration and back to our cowboy roots with the **Country Western** theme. Along the way, we have watched our jackpots grow, the suspense of the blackout lengthen and the number of incredible baskets and raffle gifts choices expand.

For those who may not be aware, the raffle prizes are all donated by our members and the proceeds go to charities. During the start of the year, we donated our raffle monies to the Lenten Project. For the rest of this year, all ticket proceeds will go to St. Anthony's Dining Room.

We'd like to give a huge shout of appreciation to Shirley Costanzo for her beautifully knitted blankets and Peggy and Mike Cooney, Francis Jordon, Bill Luque, Inge Stottmeister, Chris McLoughlin, Irene and Steve Lambly and Lisa Brinkmann for the baskets they've donated these past months. You all help make the potlucks even more fun!

Do you ever notice that blackout winnings often go to guests or members who are only able to show up once in a while? Is it luck or some mysterious way of luring new members and old to the potlucks? Monika Weiss always seems to win when she is able to attend! And then Marie Chamber's grandsons are pretty lucky, too. Of course, every once in a while our regulars, like Gustav Heins who is often humorously grumbling that he never wins, will "hit it big".

Cinco de Mayo Potluck/Bingo



Congratulations

Hubert and Julia Brinkmann,
celebrating their 60th anniversary.



What I enjoy most about the potlucks is that they truly are "potlucks" in every way – you never know who will be there, what you will have to eat or if there are any surprises in store. But what you can count on is that everyone will be happy to see you; you are always welcome; and, we're always willing and happy to put up another table or two when needed. It was great to see Konrad and Anna Habelt and of course it is encouraging to have our members who had been recuperating from illnesses or falls – John Casserly and Louise Tschudi – back playing bingo.

June Potluck/Bingo



Country Western Potluck/Bingo



New at the Bar



Have you checked out the wine selection at the bar lately? While managing the bar, along with Helen Thomas, Gerry Costanzo noticed how many of the wine bottles would end up only half or one quarter empty at the end of each potluck and at times, we didn't have the type of wine a member might prefer. Thanks to Gerry, we will no longer have this problem. Gerry was able to purchase wine splits so going forward there will be a selection of four wines and a small champagne. Members will have a great selection and we won't see wine go to waste – win/win. Thanks Gerry!!

Calendar

September

September 4th — No Regular Meeting

September 15th — 6:00 p.m. —

Oktoberfest Potluck/Bingo

A-H = Salad or Vegetable **I-M** = Dessert **N-Z** = Entree



October

October 2nd — 7:00 p.m. —

Board & Regular Meeting

October 20th — 6:00 p.m. — **Halloween Potluck/Bingo**

A-H = Entree **I-M** = Salad or Vegetable **N-Z** = Dessert



November

November 6th —

7:00 p.m. — Regular Meeting

November 17th — 6:00 p.m. — **Potluck/Bingo**

A-H = Entree **I-M** = Salad or Vegetable **N-Z** = Dessert



December

No Meeting in December

December 1st — 9:30 a.m. — Deck the Hall!

December 3rd — 10:00 a.m.

Christmas Mass & Brunch

Health Corner



By Mary Brinkmann,
Certified Nutritional Counselor

Olive Oil

The olive tree, being a primeval symbol of peace and wisdom, has provided medicine, nourishment, timber, and fuel to several cultures throughout time. Having between 15-35 percent fat content, olives have proven to be ideal for oil production, containing vitamin E and omega 9 monounsaturated fatty acid. Studies have shown that the LDL cholesterol in the monounsaturated fats found in olive oil is less likely to become oxidized, which significant, as it is only the oxidized cholesterol that adheres to the arteries which then forms plaque that can lead to strokes, heart attacks, and other serious conditions.

Health Benefits

- Helps prevent atherosclerosis
- Stabilizes blood sugar – beneficial for diabetics
- Lowers risk of heart disease
- Important treatment for cancer, asthma, and arthritis
- Lowers overall inflammation
- Lowered risk of breast cancer in women

Tips for purchasing and preparing

- Buy organic, cold pressed extra virgin olive oil
- Store in a cool place
- Olive oil is a great marinade staple for fish and meats
- Drizzle over steamed vegetables
- Use when preparing salad dressings

Other Notes

Get Well

Peggy Cooney had an operation on her knee. We miss her at the potlucks and promoting the raffle.

Welcome...

...to our newest member: **Therese Deasy!** Please introduce yourself when you see her.

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

Warmly, Lisa Brinkmann and Kathy Biesty