



S.F. KOLPING Newsletter

WINTER 2017

Prayers and warm thoughts



Our thoughts and prayers go out to all those who lost so much during the devastating wildfires in Santa Rosa, Sonoma and Napa County. Our own Kolping member, Marianne Kress, lost her home on Dennis Lane and was evacuated by Cal Fire as the fire blazed around

her home. Hildegard Rolfes and Andrew Rolfes' grandson/nephew also lost his home. Our thoughts and prayers go out to them as they now face the daunting challenge of rebuilding their lives.

Special Raffle Recipient

The raffle proceeds from our Halloween potluck/ bingo were dedicated to Marianne Kress to help her through this trying time. Raffle tickets for baskets donated by our members were generously purchased, raising \$250 for Marianne. Thank you everyone!

Note: In addition to the raffle proceeds, the San Francisco Kolping Society donated an additional \$1,000.

Basket Cases



As we wind down this year, we would like to recognize all those who have donated to the "pre-blackout" raffles. We usually raise between \$120 – \$175 on our raffles, all of which has been donated to wonderful causes—the Lenten Project (Kenyan goat efforts), St. Anthony's, and this month, our member, Marianne Kress. We appreciate the thought, work and generosity that has gone into making these gifts.

Thank you to Bill Luque, Frances Murphy, Peggy Cooney, Inge Stottmeister, Christine McLoughlin, Irene Lambly, and the many afghans from Shirley Costanzo.

Please forgive us if we've forgotten anyone.

Congratulations to Wolfgang and Monika Weiss

It's always exciting (and a surprise) to see a friend featured in the Chronicle, let alone the front page of the Bay Area section. Wolfgang's picture appeared in the October 5, 2017 edition of the Chronicle in the article A focus on green is clear. His and Monika's firm, ergSol, have developed solar tubes to transfer and transport heat through large hotels, manufacturing plants and operations. Ask Wolfgang and Monika for a technical explanation!!



Photo: Paul Kuroda, Special to the Chronicle

Halloween brought out some characters as well as an old hippie left over from the 60's. Turn the page to see the fun!



It was great to see Jerry deRyan back at the bingo table after 16 months in rehabilitation



for breaking his neck. Jerry was as happy as ever and we were all glad to see him.



Potlucks and Bingos

Octoberfest!



More than 50 people enjoyed the **Gemueticlichkeit** of our **Oktoberfest** potluck/bingo. Thanks to **Steve Lambly** for supplying the Saag brat- and brockwursts which was complemented by sauerkraut,

potato salad, breads and of course lots of desserts. **Renee Kouchakji** introduced her son and his wife, who were down visiting from Washington and celebrating their anniversary with Renee (and us). But it paid off, as Renee's son not only won a raffle prize, but also a bingo and blackout.



And talk about newcomer's luck, **Marie Chamber** and gang once again "cleaned up", winning 3 bingos and a raffle basket. **Peggy Mylett** topped us all by winning a very big first blackout and a raffle basket.

Our **Halloween** potluck/bingo brought out some fairly ghoulish characters as well as an old hippie left over from the 60's. There were lots of witches (or were they good fairies?), an angel, clown, farmers and even a green M&M! Of course the treats of the night were the delicious entrees, side dishes and yummy desserts – mmm, mmm, good! **Al Davila** won the first blackout this month of \$50 and **Jack O'Keeffe and Jennifer** split the second blackout. And in the



raffle arena, it seemed like the tickets were rigged. **Lisa's** numbers were pulled 4 times, **Bill Luque** and his guest, **Jo Coffey**, both won twice. Fortunately, they all decided to share the wealth and only walked out with one basket each.

As always, thanks to **Steve Murphy** for his wonderful set-up/decorating; **Steve Lambly, Gunther Ehrich and Hubert Brinkmann** for the kitchen coordination; **Gerry Costanzo** for his fabulous bartending; and all those that helped make the evening fun.



Halloween!



Health Corner

By Mary Brinkmann,
Certified Nutritional Counselor

Cinnamon

Did You Know?

The strong, aromatic, sweet tasting dried inner bark of a tree in the Laurel family, cinnamon is one of humanity's oldest spices. It was imported to Egypt as early as 2000 BC. After it is peeled away from the tree, the bark curls up into tubes called "quills." It was so highly prized among ancient nations that it was regarded as a gift fit for monarchs and even for a god: a fine inscription records the gift of cinnamon and cassia to the temple of Apollo at Miletus. Cinnamon or its oil is still used today as a flavoring agent in personal health, pharmaceutical, and cosmetic products.

Health Benefits

- Diabetes – studies have shown that including cinnamon and cinnamon extract in the diet may help Type 2 diabetics to control blood glucose levels.
- Blood Sugar Control – studies have found that cinnamon has properties that help those with insulin resistance.
- Antioxidant – aids the absorption of nutrients.
- Alzheimer's disease – Two compounds found in cinnamon; cinnamaldehyde and epicatechin, may prevent the aggregation of the tau protein—a trademark of Alzheimer's.
- Complexion problems – contains properties that can help get rid of acne, remove dead skin cells, and help restore shine and suppleness to the skin.
- Supports the heart, spleen, lung, kidney, and uterus functions.
- It is used for arthritis, insomnia, peptic ulcers, cancer, diarrhea, fever, as well as many other ailments.



Calendar

November



November 6th —

7:00 p.m. — Regular Meeting

November 17th — **6:00 p.m.** —

Friendship 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

Please remember to RSVP to our Christmas Mass and Brunch on Sunday, December 3rd. The rsvp form is included for easy mailing. We hope you can join us at the last celebration of the year.



January

January 1st — No Meeting

January 13th —

10:00 a.m. – 1:00 p.m. — Kolping clean-up!

January 21st — **noon – 3:30 p.m.** — Installation Luncheon

Other Notes

Congratulations



A big congratulations to Peggy Cooney on her 75th birthday. Even while away celebrating, Peggy was thinking of the Kolping, as she donated a basket for our raffle. Here's to many more good years!

Please let us know if you have a big birthday or event, so we can recognize you and your family.

Membership Dues

Membership dues should be paid to Cathy Vennemeyer by the end of the year. Our Installation Luncheon is early this year – Sunday, January 21st – so we'd like to have everything accounted for by then. Singles are \$25/year; Couples are \$50/year. You can send your check made out the the S.F. Kolping to: Cathy Vennemeyer, 2733 Trousdale Drive, Burlingame, CA 94010.

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

Warmly, Lisa Brinkmann and Kathy Biesty