

The German American Societies

Of San Diego, Inc.

Summer-Fall Newsletter 2012

For all pages in color go to : www.germanclubsandiego.org

www.OktoberfestElCajon.com



Last weekend of September 28-29-30
First weekend of October 5-6-7
Just like in Munich!

More Detailed
Oktoberfest Information
Pages 16 & 17

DIRECTORY

German American Societies of San Diego, Inc.

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Our long-time club member, Irmgard (Irmchen) Blauser, can be seen at all club functions, Karneval, Oktoberfest and Open House taking photos of our events, members and guests. We thank Irmchen very much for her talent and dedication.

If you want to order YOUR pictures,
please call her at 619-466-0229 or 619-248-3392



Monika Parme
Ambassador

CLUB HOUSE RULES

The following rules and regulations have been established to ensure that everyone using the club and property has the responsibility to preserve our beautiful facility now and for years to come.

ABC restriction: No alcohol will be allowed to be brought into the club at any event, hall rental or meetings. Also, alcohol served from our bar can only be consumed inside the club house. At no time (except Oktoberfest and Open House) can glasses with alcohol be carried outside into our beer garden and parking lot area.

Cigarettes must be extinguished outside in appropriate containers.

No gum chewing allowed in the building.

No shoe or foot powder allowed in the building. (Dance Floor)

Club staff members **are not responsible for any personal belongings** left unattended or left behind in the facility.

PUBLICATION POLICY

The publicity department of the G.A.S. is responsible for the bulletin's contents and reserves the right to edit or refuse all articles and advertisements submitted for publication.

If you move, PLEASE inform us of your new address! ←

If you change your email address, PLEASE let us know! ←

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PRESIDENT'S MESSAGE



Dear Members,

Summer—Fall 2012 Newsletter Notes:

We just returned from an extended trip through Germany and some of the surrounding countries. It was fabulous and I can report that Germany is as stunningly beautiful as ever. I especially love to be there in the late Spring when everything in nature is fresh and the beautiful shades of green simply dazzle you. The Linden trees had almost finished blooming and we only got a whiff of their beautiful fragrance from some late bloomers. The weather – save for a few cloudy/rainy days - was excellent. We visited with the Guggenbach Buam and they are looking forward to this Oktoberfest with some new ideas for entertainment.

The club is as always in Heidi's and the Board's capable hands as the stunningly decorated Anniversary Ball showed. The beautiful decoration was on loan to us by one of Heidi's friends. Next comes the OPEN HOUSE on Saturday, August 25th and then it's only a few weeks until the OKTOBERFEST starts the last week in September. If you have not signed up to help please do so as we need everyone to make this a success. Not only that, you will have a lot of fun. At last year's O'fest a gentleman asked for the microphone and told everyone that he had just returned from the Muenchen O'fest and found ours a lot more fun. What a fabulous compliment.

We got an incredible deal on repaving our parking lot and grabbed it – what a change. Willie and his crew have – as always – worked all year to update and put finishing touches on everything – and it shows. The grounds look totally fabulous. THANK YOU SO MUCH for all the work you guys do all year long. We can be very proud to have such a wonderful home away from home.

With regards,

Marianna Roberts

Editor's Thoughts on "Getting Older: "



As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I have seen too many dear friends and family members leave this world, too soon; before they understood the great freedom that comes with aging. My brother, for example, passed away at the young age of 42, never took a real vacation and then never able to live his dreams. So did my mother, with only 54 she left this world. I was only 19 then and thought my mom was "old" but, oh my gosh, she was a lot younger at that time than I am now! How lucky I am, being able to see my grandchildren grow up!

Yes, the "golden years", are sometimes not so golden. With enough positive spirit, I even overcame a deadly sickness in combination with a nine-month hospital stay 10 years ago. Nevertheless, for 15 years I enjoy being totally involved in our German club's everyday actions. Being needed and appreciated keeps you young and creative. I know I am sometimes forgetful. But there again, some of life is just as well forgotten and, I eventually remember the important things. As you get older, it is easier to be positive. I've even earned the right to be wrong.Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when your children suffer or hurt you? Yet, broken hearts are what give us strength, understanding, and compassion. I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. Now, I can choose friends by their sense of humor, the love in their heart (even their political outlook) their warm and giving character. Who cares if I get up at 4 AM to write my newsletters or at midnight, to go outside onto the balcony to meditate, look down over the valley and admire the stars in the skythereby giving me the inner freedom I need to live such a busy life. Sometimes during the day, I dance to those wonderful tunes of the 60's & 70's or German Schlager if I choose to, despite the pitying glances from the jet set. They, too, will get old. No one can escape the only fairness in this world.

Anyway, our club is also aging. Often I have lengthy talks on the phone with club friends, who are depressed and so lonely due to the tremendous loss of their darling life partners. I can feel how empty and sad they must be after a life of sharing and togetherness. One can only hope that eventually they will grow stronger to overcome some of their sorrows. Try not to hide in your house, surrounded by all those wonderful memories and crying. Hesitate to ask to spend almost all of your time with your children, begging for their companionship. No, concentrate on filling your days with things to do, giving your life new purpose. Be a volunteer at a hospital, airport, theater, restaurant or....at the club! You will find people who are in the same situation you are in. You can listen to them and they will listen to you. It sounds harsh, but the reality is that nothing in this world has been given to mankind to keep forever. We all must let go sometime. Value and enjoy what is in your life while you have it, and be thankful for good health and an intact mind. Oh yes, everyone will struggle at one time or another, losing their balance trying to live by those "common sense guidelines" Please remind me if ever I struggle and loose my balance. Tell me to read the very words I am writing to you today. Auf Wiedersehen!

Thank you for your time to read this article and for your understanding and friendship!

Heidi Williams



In Memory: A Glance into the Life of our Member Ray Skoff / Part 2



Who can name a person who has lived a more interesting and more colorful life than our Ray Skoff? I always admired Ray for his knowledge and great wisdom and, after reading his brilliant story about his life in China, and to the enjoyment of our readers, I filled the Spotlight Page in our last Spring newsletter with part 1 of his truly fascinating life experiences. Many of our readers asked for the continuation of his story, so here it is:



My four sisters and I were all born and grew up in China. My father, a civil engineer, had found a job with an Austrian architect in Tienjin, the second largest city in northern China. It was an industrial town with a large harbor, much international trade and a large international community. My father's firm build bridges, houses, factories etc. In 1927 my father completed a large, two-story house, which became home for us for the next 20 years, with a few interruptions.



Tienjin, which is the foreign spelling for the two Chinese characters Tien which means Sky or Heaven and Tsin or passage. A more poetical translation is the Fort of Heaven. A large river bisects the town. Ocean-going freighters came in to unload goods from all over the world, taking back such items as cotton, dried eggs, sausage skins, hand-hooked carpets, hog bristles and many other items. Tienjin lies about 100 miles southeast of Beijing. Tienjing is also near the northern most end of the 1000 mile long grand canal built nearly 2000 years ago and still used extensively for the transport of cargo and people. In the winter time we boys would ice skate on the frozen canal and watch the small narrow sleds, laden high with cargo, float by at a respectable speed, propelled by a man straddled in the back on the two runners with a pole, equipped with a sharp point between his legs, pushing the sled ahead. In the summer, flat-bottom boats would carry passengers and cargo, pulled by people along the shore.



In some of the major cities in China, the foreign influence was much stronger than in others; Tienjin and Shanghai were such cities. Old records indicate that there was a settlement 400 years before Christ. Over 1.5 million people lived in Tientsin. Up to the middle of the last century China had been pretty much closed to the rest of the world. The Chinese rulers considered China and its people superior to the barbarians surrounding their country I was occasionally called "YANG GUEI TZE" or "foreign devil." A slightly more friendly name for us foreigners was "Da Bee TZE" or "big Nose."

The Government had not encouraged trade with the rest of the world, nor had they made any major acts of aggression to expand. They considered China or as they called themselves Chung Goa, the "Middle Country" of the earth, including a temple in Beijing, were the center. In spite of the lack of governmental and philosophical support, trade still existed through the centuries. China traded silk with the pharaohs in Egypt 4000 years ago, and an active trade existed in the 7th and 8th centuries between China, Central Asia and Europe. Porcelain dishes, called "China", were shipped by boat by the Spaniards across the Pacific ocean, by land through central America, and by boat to Spain.

After China lost the war of 1858-60, the unequal treaties were signed, which gave foreign nations large sections of land for them to build and develop. England, France, Belgium, Russia, Japan, Germany, Austria and Italy all received a large section of land surrounding the city of Tianjin and half a dozen other cities in China. They were called "treaty ports".

As children we very rarely went into the Chinese city. We only spent our time in the foreign settlements, or concessions, where the streets were wide with sidewalks and the buildings all looked like a town might look in Europe. Each nation governed their own concession. They had complete physical control, with their own police and government, as well as extra territorial rights. This meant that their citizens lived by the laws of their own land and were judged in



in the *Spotlight*

their own courts not by Chinese law or in a Chinese court. Each nation laid out the city plans. In their own concession, built streets, gave them names in their own language such as Woodrow Wilson street, Avenue Foch, etc. They build office buildings, parks and the British, of course, had a race course. Most nations also built schools. There was an English school, a French, a German, an American school, etc. After World War I, all nations gave up their concessions except Britain and France, who kept theirs until Japan took them over after Pearl Harbor.

We lived in the Russian concession, but went to school in the German concession, so we had to cross the river twice a day come rain or shine, sun or sleet. In the winter, crossing the river took an hour or more because it was covered with large chunks of ice, and it soon felt cold in spite of all the warm clothes we wore. There were about 50 to 60 kids in our school. They were mostly German, but also 3-4 Russians, 3-4 Half Chinese one or two Americans, 1-2 French. The German school went only to the tenth grade so, after graduation, my father sought to broaden my education, and specifically, to improve my English. Therefore, he sent me to an American boarding school in Tungchow, by Beijing. It was run and operated by the American Mission Board. About sixty to eighty students attended this school from the 8th to the 12th grade.

Many American missionaries lived in small towns in inland China. They established churches and Christian communities, opened hospitals, orphanages and homes for the aged. They also started agricultural schools, where modern methods of husbandry, uses of fertilizers and insecticides, and more modern forms of farming, were taught. They also started many schools for the Chinese to teach them how to read and write both Chinese and English. They also spoke up for women's rights and other social issues. The small children of missionaries stayed home and were taught by their parents or a neighbor, but after the 8th grade they came to Tungchow. They also accepted non-missionary children.

We started our senior year in 1940 with 10 students, but we ended up with 4 at graduation time in May of 1941. All Americans had gone home except one, the other three were an Italian, my sister and I. I loved my 2 years in Tungchow, and formed life-long friendships there. We still meet to this day. We had a re-union last year here in San Diego, where about 80 of us got together.

Some of you may remember hearing that the attack on Pearl Harbor on December 7 1941 was a surprise, but in China everyone knew of a pending war nearly a year before. Almost every month students left to go back to the States. Our school year was shortened to the end of May; after that the school was closed forever, never to open again. Most Americans had left China six to nine months before Pearl Harbor. When the war was over, my best friend sponsored me to come over to the United States.

Let me tell you about another embarrassed hostess. Everybody was raving about the toast that was served. Now I must interject for you youngsters that electric toasters had not yet been introduced into China, and each toast had to be held carefully close to the glowing coal with a fork, then turned over to brown on the other side. A nice brown, but unburned toast, was not that easy. The ladies would go to the kitchen for a demonstration. The cook laid out several slices, filled his mouth with water and went puff, spraying the bread lightly with a spray of water. I doubt that the ladies ever ate toast there again. This technique of spraying water over clothes before ironing was standard procedure in China, except when the housewife found out about it.

After Tungchow, I first went to Shanghai where the German school offered two grades than in Tianjin, with a more extensive curriculum and more advanced courses. It was like a junior college. After graduation, I entered the Fujen (or Catholic) University in Beijing run by the Catholic Church with many German priests, but also with Chinese professors. There were about 1500 students, all Chinese except 5 or 6. Most courses were lectured in Chinese. In the science department, some of the courses were lectured in English, and all the text books and the tests were in English. A very good Chinese student, who became a close friend, helped me in those courses where the lectures were in Chinese. So I graduated with a degree in Science in 1947. For a while, I lived in the dormitory with Chinese students.

Travel was restricted by the Japanese, who were still at war with China, and had only occupied the coastal cities and the railroads. The countryside was in the hands of the communists or 8th Route Army. Hearing gun fire in the distance was not uncommon, and more than one bullet struck our house. Trains were frequently halted, while bridges and road beds, that were blown up the night before, were repaired.

I regret that I do not have any slides of our house, or any of the schools, or the university. Thank you for having been such a wonderful audience, and letting me share my experience in China with you.

Ray Skoff



SUNSHINE COMMITTEE

We would like to provide members of the G.A.S. with warm and sincere wishes at times of illness and grief by sending a greeting card. This can only function if club members and friends notify us. Please don't hesitate to leave a message at the club office (619)442-6637 or get in touch with our Sunshine Lady.



Tillie O'Haver
(619)596-7745

We would like to welcome more Sunshine Ladies to assist Tillie, visiting needy members, putting happy moments into their lives and seeing that smile! A knock on the door announcing a visit, just a little flower bucket, a trip to the store, an outing to the park, holding hands or just talking over a cup of coffee ...all that can mean the world to someone lonely For this "out-in-the-field-service" we can give you addresses and directions, also reimburse you for expenses. Please call the club office and leave a message. I will contact you, Heidi Williams
THANK YOU, THANK YOU, THANK YOU!

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Here is Heidi Williams to add a little report to this advertisement. Diana is the daughter of Rosa who lives in the little house on the club property and takes such good care of our clubhouse. Her husband recently passed away and Diana is thankful that her mother is in good hands with us. To say 'thank you' she is decorating our clubhouse hall with flowers for all Anniversary Balls for free!! What a talent she has! Please consider her business when you have an order for flowers and/or party items.

DEUTSCHER GOTTESDIENST

San Diego
First Lutheran Church

Third & Ash Street

15:00 Uhr

letzter Sonntag im Monat

Für Nähere Informationen 858-452-9797



"Ihr seid das Salz der Erde - You are the salt of the earth!"

sagt Jesu in der Bergpredigt (Mt 5:13). Salz reinigt, macht haltbar und würzt. Diese Fähigkeiten müssen wir nicht erwerben oder trainieren, wir haben sie schon, sagt Jesus. Wir sind Salz für San Diego und Umgebung, weil wir Gottes Kinder sind. Das heißt? Wir mögen vergleichsweise wenige und gut assimiliert sein, doch wir tragen die

Kultur und die Werte unserer Heimat in das US-amerikanische und kalifornische Leben mit einunwiderruflich. Ganz gleich ob Oktoberfest, Weihnachten, Karneval, Chorsingen, tätige Hilfe, Kaffeekränzchen, Gottesdienst oder eine unerwartete Begegnung, wir haben die Kraft unserer Welt Witz und Würze zu verleihen, ihr Geschmack am Leben zu schenken, das Kostbare in ihr zu reinigen und zu konservieren.

Mitglieder des Clubs und der Deutschen Kirche in San Diego haben dies vor uns getan und wir tun dies heute. Wir sind Salz für San Diego und Umgebung, weil wir Gottes Kinder sind – one pinch at a time.

Nach dem Kirchen-Picknick am 26 Aug. findet der nächste Gottesdienste erst am 28. Okt. um 3:00 pm statt (Ecke Third and Ash, San Diego). Alle sind herzlich willkommen!

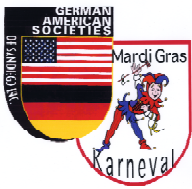
PLEASE LET US KNOW!

Please notify Pastor Karin (760) 798-7130 when:

- You, or someone you know, is in the hospital
- You, or someone you know, want to plan a (bi-lingual) baptism, wedding, or celebration
- A club or church member, family member, or someone you know dies
- You, or someone you know, is ill or grieving

If possible, we want to include you in our prayers, arrange for pastoral visits, and announce information to the congregation, when appropriate.

Karin Boye,
Pastorin.



1.) From the G.A.S. Board of Directors to the Karneval Gesellschaft

Congratulations ! Another wonderful Karneval Season well done!

Our 46th season in 2012 had come to an end a few month ago, and what a memorable season it has been! We hope some of our members had a chance to visit at least one performance. Thank you for your endless effort putting all this together for everyone's enjoyment!

An enormous THANK YOU has to go to the group for once more providing us with everything Kinderkarneval had to offer and everything was absolutely out of this world! Also, a great big THANK YOU goes to the parents and grandparents that faithfully bring the kids to practices. A final THANK YOU to all of you for your support of the Karnevalsgesellschaft, as well as for your support of "our" club. We can all be proud of what was accomplished, and it is our hope, that we will continue all our traditions for many years.



Helau and Alaaf, Heidi W.



2.) Damenkreis (ladies group) Announcement

to all members of the German American Societies

The DAMENKREIS is doing bus trips throughout the year and from now on will be offering those outings to ALL members of the club. Many don't want to travel longer distance with their car, but like to explore places on an organized trip.

Are YOU interested ?

Our trip organizer is Connie McGrath. She is a long-time member and is doing this for us for many years! Everyone in the Damenkreis is very thankful for having the opportunity to get out of the house to enjoy a fun-filled day in a group spirit. We would like for you to be part of us.....



Damenkreis Chairperson, Heidi Williams **For more information call 619-445-2549**



3.) German School at the club



Come and learn German with us here at the German-American Societies Club House at 1017 South Mollison Ave. in El Cajon. I am Erna Duby and I am teaching the class. I have been a German instructor for a long time.

Many years ago, I even used to substitute in Charlotte Evans' German class here at the club whenever she traveled to Germany. Currently, I am still teaching German at Grossmont College.

Many of you already know my face, because I have been coming to the club since it opened its doors. I have danced in the "Prinzen Garde" during Karneval for fifteen years.

So come and join us every Tuesday from 5-7 p.m. and have fun learning German. I am looking forward to seeing you at the club.

You can call me directly at 619-447-0302



Erna Duby, German Teacher

The German American Societies Club Ph. 619-442-6637 for messages

Who designs our Oktoberfest Posters?

Dear members and guests of the German American Societies,
by reaching out to the greater community these two Pages are "a must read" to understand the reason why we,
the German American Societies, is connected with St. Madeleine Sophie's Center:
We want to be part of this great organization, letting them be part of us. For some time their program "to be an artist,"
and every year, one of their talented students takes great pride in designing and painting our Oktoberfest posters. They are
considered collector's items and are displayed at the Oktoberfest inside the club house entrance.

Please, notice them next
time you visit us! Thank you.

"a must read"

St. Madeleine
Sophie's Center
Serving Adults With Developmental Disabilities



Our Mission:
To empower adults with developmental disabilities to discover, experience and realize their full potential as members of the greater community.



Our History

In 1966, the Religious of the Society of the Sacred Heart created a program in **El Cajon, California** for preschool children with developmental disabilities. It began with one classroom and eight students
"We decided to start a preschool to prepare these children for public school. It started on nickels and dimes. The parents came on Saturdays to help. Then, we received our first gift of \$25,000 to build the first small building. The building was completed in January 1966, and we celebrated the opening of St. Madeleine Sophie's Center on May 25, 1966 - the Feast Day of St. Madeleine Sophie and the centenary of her death." Sr. Maxine Kraemer, RSCJ

In 1975, a new federal law mandated that the public school system assume responsibility for training these young students. The new law also required changes in training for teachers of the developmentally disabled and changes in public school [programs](#) and facilities that, before this time, were not designed to meet the needs of the students. Integrating children with disabilities into public schools opened a whole new world as social interactions and broader training helped these students achieve higher skill levels. It also created higher aspirations for their future and higher expectations of living full and productive adult lives.

SMSC Transitions to Serving Adults with Developmental Disabilities

SMSC determined in 1972 to change its focus and transition its services to meet the needs of adults with developmental disabilities. Sr. Maxine Kraemer was instrumental in orchestrating this transition to services for adults and educating the community about the fact that SMSC was no longer a preschool. Once the focus changed, parents were thrilled to learn that SMSC was available to serve their adult children.

Sr. Kraemer launched a four-pronged program that included:

- Education - Continuing math, reading, and basic [education programs](#)
- Independent Living Skills
- Pre-vocational training
- Arts - dance, choral club, music appreciation, and visual arts

St. Madeleine report continuing next page

Who designs our Oktoberfest Posters?

St. Madeleine report

- SMSC has always been there to help its students work through the daily challenges of finding fulfillment and happiness; and battle obstacles such as prejudice, discrimination, and society's misconceptions. SMSC is also a leader in reaching out to the greater community and helping to [educate](#) the public about the realities of developmental disabilities which know no social boundaries and touch everyone - rich and poor, urban and rural, and every race and nationality. Because there is no cure for developmental disabilities - which include Down syndrome, autism, epilepsy, and cerebral palsy - the developmentally disabled require special supports through all stages of life, from infant to senior citizen.
- . Sometimes for those who have a developmental [disability](#), the simplest dream can become a great accomplishment; and sometimes these dreams are powerful statements of how much this incredible community of people not only wants to give, but also demonstrates how much they have to give from their hearts.
- **Into the Greater Community**

SMSC is also a leader in reaching out to the greater community and helping to [educate](#) the public about the realities of developmental disabilities which know no social boundaries and touch everyone - rich and poor, urban and rural, and every race and nationality. Because there is no cure for developmental disabilities - which include Down syndrome, autism, epilepsy, and cerebral palsy - the developmentally disabled require special supports through all stages of life, from infant to senior citizen. And, because public transportation is inaccessible or inappropriate for use, SMSC has its own fleet of more than 30 paratransit vans and buses that transport students between home, campus, and work sites, five days a week.

St. Madeleine Sophie's Center students design and paint our Oktoberfest posters. They are considered collector's items. We are very thankful and display them with pride



SORRY, WE CAN NOT
INTRODUCE OUR 2012
OKTOBERFEST POSTER YET



Here's to a great year!

Mike Anderson

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Aw, Nuts!



Unless your one of those unfortunates with a bad allergy to them, nuts are good for you in a lot of ways.

In addition to being highly portable and found on most commercial flights, nuts are full of protein, which is good news for the vegetarians, and for the rest of us. They are also a good source for fiber, which makes the stomach feel fuller and helps with digestion.... And the list goes on...

Antioxidants:

Oxidation produces free radicals, which causes damage to the body's cells. They can influence aging, cause diseases, and generally be a bad thing. Unfortunately, you can't keep your body in mint condition. You have to use it every day. Nuts are a super good source of antioxidants, which can help prevent your cells from deteriorating, reduce the effects of aging, and improve immunity. They aid in the elimination of those free radicals, as well as repairing the damage they caused. Walnuts are especially high in antioxidants

In addition to being highly portable and found on most commercial flights, nuts are full of protein, which is good news for the vegetarians, and for the rest of us. They are also a good source for fiber, which makes the stomach feel fuller and helps with digestion. And the list goes on...

Omega-3 Fatty Acids:

These are the good fats and the stuff your brain really needs. Your heart needs it, too. And many nuts are full of it! Omega-3's help your brain process all its data, stay focused, and in some cases alleviate the symptoms of depression. These fatty acids have also been shown to be anti-inflammatory that help reduce risk of artery disease, strokes, and certain kinds of cancers.

Vitamins and Minerals:

The nutritional content of nuts include vitamin-E, which is great for skin and arteries, and B-Complex, which promotes overall good health. Nuts are also full of essential minerals, such as zinc, manganese, magnesium, and potassium. All good stuff that you need. So, when you're in a pinch for something to snack on, instead of getting a bag of greasy chips, try going nuts!

OTHER SUPER FOODS

Acai Fruit: The Acai berry is one of the most nutritionally powerful foods.

BARLEY: High in fiber and helps metabolize fats, cholesterol and carbs.

BEANS AND LENTILS : Beans and lentils reduce cholesterol and supersize your antioxidants, folic acid and potassium.

BLUEBERRIES Tasty blueberries are rich in fiber, vitamin C , and antioxidants.

BUCKWHEAT: SEED AND GRAIN : Buckwheat is loaded with protein, and amino acids , stabilizes blood sugar and reduces hypertension.

HOT PEPPERS: Bell and Chili peppers are great fat burners , contain antioxidants , and have twice the vitamin C as citrus fruit.

LEAFY GREENS : Kale, spinach, and broccoli rabe are nutritionally great. High in Vitamine C, carotenoids ,potassium, folate, calcium, and fiber.

SWEET POTATOES : Loaded with carotenoids , vitamin C, potassium, and fiber. Sweet potatoes are one of the best vegetables you can eat.

WILD SALMON: Omega-3 fats in fatty fresh fish like wild salmon, are great for your heart. Wild salmon has less contaminants than farmed.

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Some of our members don't have a computer. Therefore they can't receive emails and helpful hints on the Internet. The information on this page can support enjoying a healthier life.

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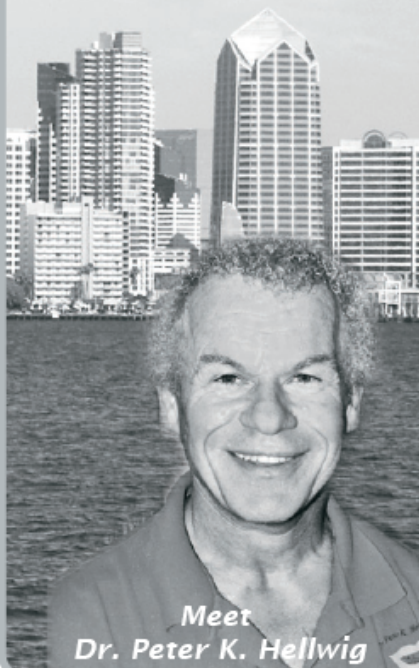
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hier auch Deutsch*



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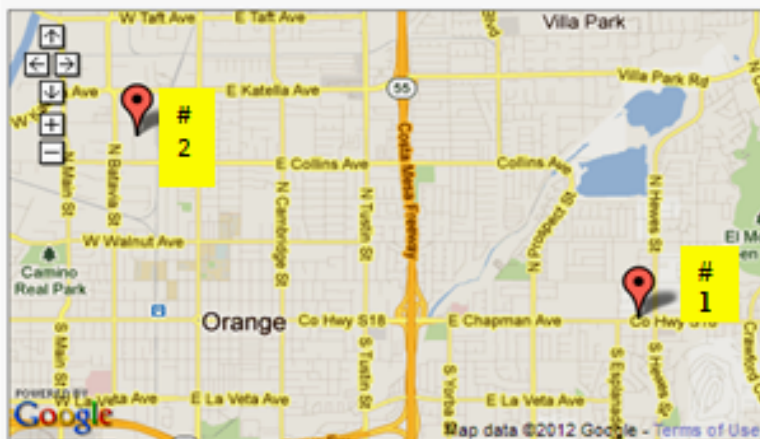


Interesting Information about our Oktoberfest Sausage Supplier

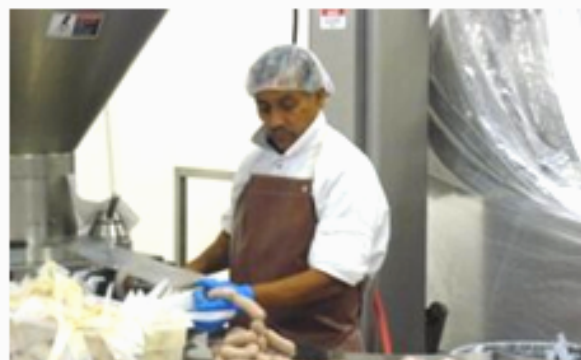
Report by Heidi Williams

Mattern Sausage & Meats

2 locations in Orange County



1 Deli & Retail Store Address: 4327 E CHAPMAN AVE
ORANGE, CA 92869
Orange County
714-639-3550



2 Meat Factory Address: 1003 N Parker St
ORANGE, CA 92867
Orange County
(714) 628-9630

When Mattern Sausage and Meats opened in 1982, the sausage sold in the front of the deli was manufactured on the back premises. As the wholesale business grew, it became clear that the manufacturing arm needed a space of its own.

In 1998, Mattern Sausage production moved out of the Deli's East Chapman location to an industrial area in West Orange. Managed by Mike Mattern, son of the deli's European trained founder, the 11,000-square-foot factory churns out 90 varieties of sausage to not only stock Mattern Sausage and Meats, but also to ship across the country to hotels, restaurants, and food distributors.

At Mattern Sausage, 15 staffers cook up 90 different varieties of sausage. The factory employs 15 people who create everything from salami to Weisswurst to spicy Polish sausage (Mike Mattern's favorite). The meat used to create the sausage, including deli meats, arrives at the factory in big bins and is stored in the raw meat cooler, where temperatures stay under 40 degrees Fahrenheit. Fifty-pound buckets hold the spectrum of spices required by various recipes: garlic, clove, cardamom, marjoram, coriander, anise, paprika. It is cookery on a scale almost too large to imagine—and awesome to observe.

Massive machines, imported from Germany and Austria, mix huge batches of each sausage recipe, as well as injecting the appropriate amount of sausage meat into each casing—some sausages are eight links to the pound, some three links to the pound, and others four.

Some of the sausages then proceed to the smokers, which can accommodate up to 1000 pounds. Others, like salami, need time to dry out.

Once the sausage is ready to eat, it can go to the deep freezers and await it's time to be sold, bought, and devoured. Mattern uses shoulder meat, explaining: "It costs a little more, but it's better quality of meat due to its texture, juiciness and less fat."

Mike Mattern was just 12 when his father opened the Deli and he grew up making sausage. Other aspects of the job he had to learn on the go—like repairing the machinery. Most of the distributors and servicemen are based on the East Coast, so if Mike Mattern can't fix something himself, he has to pay for the repairman's flight out to Orange, as well as for his rental car and hotel room—on top of the repair fee.

While for retail sales, buying from a whole seller is a must, the super-clean environment at the meat factory and top quality of the product are the most important factors why the German American Societies is a customer of Mattern Sausage and Meats for many years.

HW

GERMAN BUSINESS CONNECTION

Sausage & More
 12241 Woodside Ave.
 Lakeside, Ca. 92040
 Telephone 619-390-1514
 Owner: Christel Pfeifer

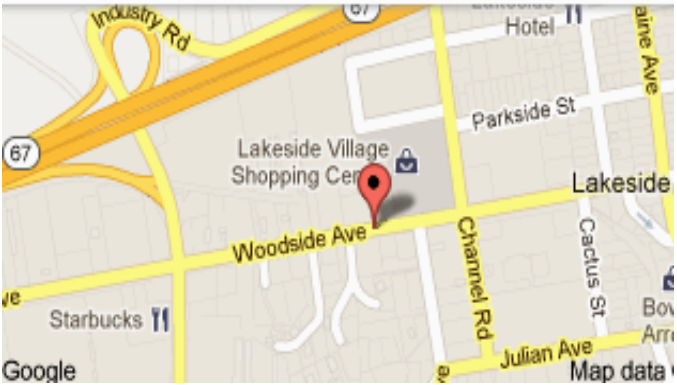


...is adding a touch of Germany
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Our business hours are:
Tuesday through Friday: 9 am - 6 pm
Saturday: 9 am - 5 pm
Sundays and Mondays closed
www.sausageandmore.com/



HW



Volunteers Needed FOR OUR OKTOBERFEST 2012

Sept. 28, 29, 30 & Oct. 5, 6, 7

Oktoberfest is fast approaching and the Committee is underway with all the planning. This means getting our Volunteers in order. It is because of you and the time you are able to give that makes our Oktoberfest so Successful!

Please review the needed positions below and let Nicole know where you can help. Volunteering for Oktoberfest is really fun and rewarding! Not only does it make you feel good, but you get to meet lots of new people. Help keep the traditions of Oktoberfest alive through your own efforts, and share in the experience with others.

www.germanclubsandiego.org www.OktoberfestElCajon.com

Entrance Cashiers
Entrance & Exit Door Guard
Information booth Raffle Ticket Sales & (entrance)
T-Shirts and Glassware Sales
Food BBQ Area: Servers and Cooks
Food Line Cashiers
Soda Booth
Beer Booth
<u>Interested to be a Oktoberfest Queen??</u>

Oktoberfest Prep Sept 15 th & 16 th (8-5)
Oktoberfest Prep Sept 22 th & 23 th (8-5)
Supply Room & Cleaning Crew
NEED HELP Clean Up <u>Week Between</u> Oktoberfest
NEED HELP Clean Up <u>Week After</u> Oktoberfest
Karneval Booth Call: 619-440-4767 (Lana Fausken)
Choir Booth Call: 619-498-3898 (Frauke Kuo)
Pastry & Bretzel Booth Call : 619-445-2549
Membership & Raffle Booth Call: 619-445-2549

Shifts for Volunteering

1 st Weekend			2 nd Weekend		
Sep 28 th	Sep 29 th	Sep 30 th	Oct 5 th	Oct 6 th	Oct 7 th
12-3 Set Up	12:00 – 3:00	12:00 – 3:00	12-3 Set Up	12:00 – 3:00	12:00 3:00
3:00 – 6:00	3:00 – 6:00	3:00 – 6:00	3:00 – 6:00	3:00 – 6:00	3:00 – 6:00
6:00 – 9:00	6:00 – 9:00	6:00 – 9:00	6:00 – 9:00	6:00 – 9:00	6:00 – 9:00

(1) Name _____ Email: _____ Ph. # _____

(2) Name _____ Email: _____ Ph. # _____

If you have any other family, friends or neighbors that would like to volunteer, please pass this information on to them or have them call or email Nicole—our new volunteer leader & Oktoberfest Committee member, so she can schedule them and you too.

Nicole King 619-302-0989 enicoleking@gmail.com

Thank for your participation and interest in keeping our club's activities and the Oktoberfest alive and successful.
You're Oktoberfest Committee

SEND THIS FORM AND ANY IDEAS OR SUGGESTIONS YOU MAY HAVE TO:

The German American Societies, 1017 S. Mollison Ave., El Cajon, Ca. 92020

Club Information - Heidi Williams, Business Manager at (619) 442-6637 or (619) 445-2549 or email: heidwigermanclub@cox.net
Oktoberfest Information - Mike Anderson, Oktoberfest Chairman at (619) 390-9793 or email: realtvinsd@aol.com

Oktoberfest Update: Last weekend of September 28-29-30 and First weekend of October 5-6-7 – just like in Munich!

It's just around the corner, and closer than you think! Oktoberfest in El Cajon 2012 will be a little early this year, taking place on the weekends of September 28-30 and October 5-7 – just like in Munich! This one should be just as fun as in the past (with or without a blackout), with our favorite band Guggenbach-Buam on stage, ever-popular Gitta as MC, and all the fun we've all come to expect. Check out the website for more info, www.OktoberfestElCajon.com, or Oktoberfest in El Cajon on Facebook!



Mike A.



Gitta K.

Opening parades on both Saturdays start at 4:00; on the first Saturday we'll have our VIP guests, plus select members of our club accompanying a new beer wagon onto the dance floor, where the Königin will be crowned and our official keg tapped and tasted. I would like to invite all the children, grandchildren, nieces, nephews, and friends of club members to join us in traditional German or Bavarian attire on the 2nd Saturday for our Children's Parade, also at 4:00.

If you'd like to volunteer, you may contact our new coordinator, **Nicole King, at 619-302-0989**, or email nicoleking@gmail.com. If you haven't volunteered previously, take it from those that have: you'll have a great time! It's also a wonderful way to get to know others in the German American Societies, and establish a feeling of belonging to our club.



What can you do to help? We need raffle prizes, so if you know anyone that might be interested in donating gift certificates, sporting goods, gift baskets, tickets to sporting or music events, or anything that might be a fun raffle prize, please contact the Oktoberfest Committee (OktoberfestinEC@aol.com). There are flyers that you can hand out to your friends, co-workers, and others, and posters that could be displayed in the window of your office or any business. And raffle tickets can be pre-sold, too. Ask us how you can help at the Open House this month. And invite your friends!

Do you know someone who works in radio, television, or the airline industry? We're always looking for air-time on TV and radio, and connections are extremely helpful. And our grand prize is still a round trip ticket for two to Germany; it would be nice to have an airline or travel agency provide this great prize!

Although our deadline approaches, **we are still accepting applications for Oktoberfest Königin**. You must be a club member in good standing, able to be at Oktoberfest for the entire two weekends, and at least 21 years of age. Please let us know if you're interested! Use the above email or call the club office.

Don't forget, Sundays are GAS member days – anyone with their current GAS membership card gets in free! And of course, anyone already on the volunteer roster will already be admitted free, as we appreciate your help immensely!

Parking is better in one way, and not so in another. The parking lot is re-paved and looks great, but it's no larger than it was last year! The best way to make sure you get a parking space is to arrive early. Carpooling is definitely encouraged, getting dropped off by friends or a cab, and then taking a taxi home is a great way to enjoy all that Oktoberfest has to offer!

Danke schön!

Mike Anderson

Oktoberfest Committee Chairman



German American Societies
Oktoberfest Committee



Some of our club members have known Dr. Ruiz and his wife Susie, who is also a dentist, for more than 20 years.

They both speak English .

Dr. Ruiz is a professor at the University in Tijuana and has a small, private practice for selected patients. He will give you an honest estimate, at low cost and a possible financial pay plan.

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Dr. Stephan F Hollmann
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 Phone: 619-321-0606

email: akranz@german-consulate.org
<http://www.germany.info/losangeles>



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OBITUARIES

On a very sad note ,
we want to express
our heart-felt
condolences
to relatives and friends of
the following
members who passed
away in
the last few months



In Loving Memory — **Anna Soldner-Nachant** — January 22, 1932 – June 20, 2012

Anna Nachant, a longtime member of the German American Societies, pictured with her husband Fritz **donated the painting , which hangs in our clubhouse, many years ago. Fritz’s mother, Elise Lohman, painted the picture.**

Anna was born in Munich and immigrated to the United States in 1956. She was a German who instilled her love of life, generosity and compassion to her three daughters, extended family, and beloved friends. She was an active community member and was a volunteer for Children’s Hospital and Kaiser Hospital for over 30 years. Her home was always open to all and you never left hungry!! She thoroughly enjoyed cooking and baking for her family and friends. A natural born caregiver, she was at your side in good times and in bad. She will be dearly missed by all those she touched. She is survived by her children and her grandchildren

Anna’s family would like to extend a **sincere thank you to the German American Society** for allowing us to celebrate her life in a place she always found special.



Rodney & Karin
Gettmann

A letter from daughter Diana (Gettmann) Zapata

Thank you, Heidi, for offering to put something in the bulletin for my mother Karin. It has been a very difficult time for all of us the last 8 months, since my father's unfortunate accident. There was so much hope at the beginning and we really thought that he might pull through and have some sort of a life.

Here is one photo. They always enjoyed trips together during retirement alternating between Cancun, Puerto Vallarta and Hawaii. It was rather difficult to find a photo of him

although there were hundreds from every trip they had taken together, since he was the photographer.

Here are the facts that my mom had mentioned to me the other day.

Rodney Gettmann is survived by Karin Gettmann who was by his side when he passed away on July 21. They have 3 daughters Diana, Andrea and Stefanie and 3 grandchildren. He was 75 years young. It was very important to him that all three of us attend German school on Saturdays to grow up knowing our heritage and culture.



“Alle Tage ist kein Sonntag, alle Tag gibts keinen Wein, aber du sollst alle Tage recht lieb zu mir sein und wenn ich einst tot bin sollst du denken an mich, auch am Abend eh du einschläfst, aber weinen darfst du nicht. Auch am Abend eh du einschläfst, aber weinen darfst du nicht.”



To the left, we see a picture of **Renate and Ed Johnson**. They also are long-time members of the German American Societies . Both enjoyed coming to almost all club functions but missed our last one on July 14th, the Anniversary Ball. Their reserved seats were waiting for them until I found out that Ed wasn't feeling so good, therefore they had to stay home. A few days later, someone said that **Ed Johnson** passed away and we were shocked. He always was a quiet man, very friendly , making sure to spoil his Renate. She sang his favorite German song to him not too long ago . When she shared this with me on the phone, we both couldn't stop our tears. She is

very thankful that one son, one daughter and good friends are the comfort in her sorrow.



Our hearts go out to **Willie Lechler** and his family. They lost

Marianne Lechler, wife and mother, who was sick for many years, but never alone. Her family took such good care of her and made sure to always be at her side for over 9 years. Willie Lechler was one of the founders of the German American Societies . Both were very involved with the club’s Karneval Under Group . Marianne liked to spoil the , in earlier years called : “Kinder Volkstanz Gruppe” and we thank her for that. Her daughter Barbara was the leader of the Karneval Prinzen Garde for a long time. Marianne, may you rest in peace. You will be greatly missed by your husband, daughter , son, daughter in law, and many friends.

Roxanne Govari & Team

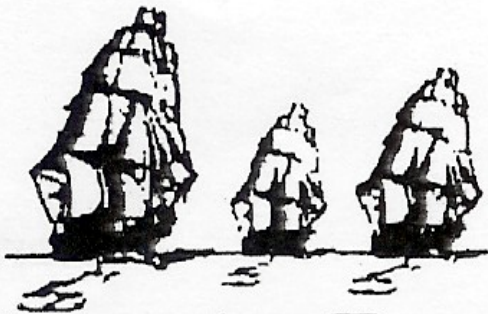
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47th Anniversary Ball



Our club's 2012 Anniversary Ball was again the most memorable celebration! One's first impression, entering the hall, transferred guests into an enjoyable party mood. The pastel-turquoise decor with purple orchids, placed in long glass cylinders on each table, palm trees and colorful lanterns, gave our club a completely different festive look. The delicious dinner was perfect and the service very friendly. The dessert and a chocolate fountain were delivered "late", but most guests didn't mind and enjoyed the evening....



Our Board was honored with flowers, and the new board members were introduced and welcomed to their new positions.



Of course, our own Karneval Dance Group was the highlight !

Guests of honor were San Diego' German Consul Dr Hollmann and wife, Pastor Karin Boye and husband, Board Members of the Austrian club, House of Germany - Balboa Park & the Polish club. We thank everyone for coming!



ANNOUNCEMENTS OF GERMAN SPEAKING CLUBS & SCHOOLS

Contact Information of German Schools and Colleges

- ◆ Calif. Samstags Schule ◆ Ms. Anke Byrne sdsaturdayschoolprincipal@yahoo.com
- ◆ House of Germany, Balboa Park , 'Kinder Workshop, Ms. Gisela Mueller Tel 619-234-1530
- ◆ Albert Einstein Academies, www.aeacs.org , bschafer@aeacs.org, Tel 619-795 1190
- ◆ Preschool' Rasselbande' www.dierasselbande.com, Ms. Tel 619-465-4420
- ◆ Grossmont College, Prof. Johannes Bruestle, Johannes.bruestle@gcccd.edu
- ◆ Adult German Classes, German American Societies, Ms. Erna DUBY Tel 619-447-0302
- ◆ AATG S. D. Chapter, www.aatgsandiego.org [aatgsandiegopresident@gmail.com]



NEWS FROM THE GERMAN SATURDAY SCHOOL:

A new school location for the German Saturday School was decided on and the lease contract has been signed.

The new home of the German Saturday School for the school year 2012/13 (and hopefully many more to come) will be the **Clairemont Lutheran Church, 4271 Clairemont Mesa Blvd, San Diego.**

The first day of school is September 15th and we are now open for new enrollment. The enrollment form and the emergency form can be found on our website <http://www.sdgermanschool.com/> Please fill out one emergency form for each child. I am very happy to announce that the tuition for 2012/13 has not changed. Students four years to 18 years old will pay the following for the entire school year (30 Saturdays 9:00 AM to 12:00 PM):

1st child \$465 / 2nd child \$335 / 3rd child \$300 / 4th child \$300

I also hope that this school year will have a "Mommy, Daddy and Me" class (minimum 5 parent/infant combinations) Tuition see above for infants from 0-3 years with a parent. We would also like to continue the Adult Class. The tuition will depend on the number of enrolled students (approximately \$ 500). Please use same enrollment forms attached. Checks should be issued to GASA (German American School Association), Credit cards also are accepted. Both will not be charged before September 15, so please fill out the registration form and one emergency form per child and email it to my attention as soon as possible for better planning : sdsaturdayschoolprincipal@yahoo.com or email me for the postal address.

Hopefully you all are as excited as I am about the great news.
Please enjoy the rest of your summer!

Anke Byrne
Director- Principal German School San Diego



THE HOUSE OF GERMANY AT BALBOA PARK

Check out our web site: www.houseofgermany.com

Announcement from the House of Germany

Come see us on Sundays to have coffee and cake in the Park



THE HOUSE OF AUSTRIA

Check out our web site: www.geocities.com/houseofaustria

President: Frank Dürr

Note: Our members can meet monthly what is called "The Stammtisch"

MARK YOUR CALENDAR, PLEASE!
*****FUTURE EVENTS 2012 *****

- Aug 25 Sa Annual Open House, outside club event-membership drive, beer garden, bar, dancing
- Sep 07 Fr East County Chamber of Commerce Breakfast, 7 am
- Sep 15-16-22-23-27 Oktoberfest Set-Up work parties from 8 am to 4 pm please come & help!
- Oct This year's Oktoberfest: Sep. 28-29-30 Oct. 5-6-7 Band from Germany
- Oct 13-14 Oktoberfest Clean-Up work parties from 8 am to 4 pm please come & help!
- Nov 17 Sa Karneval Opening, Dinner Dance, Entertainment, "Blue Birds Band"
- Dec 08 Sa Snow Dance, Dinner, Entertainment, "Express Band"
- Dec date open Christmas Choir Concert, Rouladen Dinner, Raffle
- Dec 16 So Christmas Afternoon for Members & Guests & Santa Claus visiting the Children
- Dec 31 Mo New Years Gala, Dinner, Entertainment, Las Vegas Band "Autobahn"

Note: *FIND "THROUGHOUT THE YEAR ACTIVITIES" ON YOUR MEMBERSHIP CARD"*

~~~~~

**Club Events** Entrance Members: \$10.00 (*MUST SHOW MEMBERSHIP CARD*) Guests \$ 12.00

**Please note:** Doors open 6:00 p.m. + Buffet Dinner 6:30 p.m. + Dances 7:30 p.m.—11:30 p.m.

Home Style Buffet Dinners are served at each event for only \$12.00

Ordering the dinner in advance by phone or email will provide you with reserved seating for the entire evening

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| Single Membership | \$ | 40.00 | () | |
| Family Membership | \$ | 60.00 | () | NEW MEMBERSHIP INITIATION FEE & REINSTATED if not paid on time \$25.00 |

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FIRST NAME _____ LAST NAME _____ BIRTH DATE & yr _____ -

ADDRESS _____

CITY, STATE, ZIP _____

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CELL PH.# (____)_____- _____ **e-mail:** _____

THIS FORM IS VALID UNTIL MARCH 31. 2013

DATE: _____

www.germanclubsandiego.org

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For our guests with a sweet tooth try our delicious German Pastries with Coffee **\$ 4.00**

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HOUSE**

Open to the Public ! Everyone is Welcome! No Entrance Fee!

Membership Drive: Enjoy and learn about our club and a variety of activities held for our members, guests and visitors at our "Open House" and all year through.

Come Join us for a fun-filled Evening

Listening or dancing to a "Live Dance Band" and admire the "Alpine Folk Dancers."

Entertainment, Camaraderie and 'Gemütlichkeit' for our Members, Guests and Visitors!

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