

The German American Societies

Of San Diego, Inc.

Summer-Fall Newsletter 2016

www.germanclubsandiego.org ~ www.OktoberfestElCajon.com



With Gitta, our talented "Bürgermeister", the "GUGGENBACH BUAM" are performing the 14th year at our 2016 Oktoberfest!

Future Events at a Glance

June – September
Summer Break for Club Repair

August 20th
Summer Dinner Dance/Express

**Oktoberfest
1st weekend**
Sept. 30th–Oct. 1st and 2nd

**Oktoberfest
2nd weekend**
October 7th 8th 9th

November 19th
Karneval Opening
Dinner Dance / Blue Birds

December 3rd
Xmas Snow Dinner Dance/Express

December 10th
Member Christmas Afternoon

December 31st
New Year's Ball/Blue Birds

2017
January 13-15
Bus trip to GAMGA Las Vegas

January 21st
Karneval Dinner Dance/Express

January 22nd
Kinder Karneval Sunday Afternoon

February 25th
Karneval Dinner Dance/Blue Birds

March 11th
Karneval Lumpenball / DG Craig

German American Societies of San Diego, Inc.

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Website: www.germanclubsandiego.org email: heidiwgermanclub@cox.net

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Karneval Commissioner	Lana Fauskin	619.440.4767	All Year Volunteer Crew	Willie Williams	619.208.1682

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Monika Parme,
G.A.S. Ambassador,
(picture on right)
assists Heidi Williams,
General Manager, with
her assignments at the
Club and Field Service.
Contact:
heidiwgermanclub@cox.net
or Monika Parme :
monarry@aol.com



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 Sommerfest) can glasses with alcohol be carried outside around the clubhouse or the 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 and 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.

Want to advertise in our Newsletter?

Please call Editor Heidi Williams 619-445-2549

Advertisement : Nominal Type Setting and Artwork by Request

Attention, Please!

1.) If you move, PLEASE send us your new address! ←

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

Dear members, I think you really can't imagine what problems you create if you ignore the two above requests ! When we receive a bundle of rejected emails back (after a mass mailing) we need to contact every individual address for correction.

Also, when you move, but don't give us your new address, all those newsletters are shipped back to us by the post office and on top of it, we have to pay a fine of 65 cents per letter, which is very often adding up to a high amount!

Thanks for your understanding and cooperation.



President's Notes, Fall 2016



**President
Marianna Roberts**

What a totally fabulous 51st Anniversary Ball our Heidi and her Angels put together.!

The tables were covered with sparkling pink sequin covered table cloths and stunning simple flowers arrangement (that you could take home for a donation), the chairs sported large pink bows over their white covers. The best part is that these decorations are donations, we don't pay for the use. The daughter of Rosemarie, who lives in the house on our property, is in the business of decorating large events and donates these items to our club. The walls, the stage, all was so beautifully decorated that you walked into a story-book setting.

Our wonderful Polish contingency had taken over the balcony for a big birthday party and the hall was a sell-out. The entertainment was provided by our group of Polish Dancers in their stunning outfits that we have enjoyed previously. The Express Band is always fun to listen and dance to. What a great party!

The summer will pass fast and the Oktoberfest will be here before we know it. We will probably have several "Work Parties" coming up, the first one will be soon-TBA. So, should you have some time and energy, please join us for these very important events that will be advertised. Willie and his "Worker Bees" have a huge list of things that need to be done and appreciate all the help they can get.

Enjoy your summer and make sure to call Nicole (619) 504-2549 to sign up to volunteer at the Oktoberfest.

Warmly, Marianna

Editor's Message: Have you ever been lonely?

Life hands every single person a sense of loneliness at some point, but other people can do a lot to help out. In the United States, a 2014 survey by the National Science Foundation revealed that 1 in 4 of 1,500 people interviewed have no one with whom to talk about personal troubles or triumphs or to share confidences.

People become lonely for many reasons. Some are introverts and find social engagements difficult or feel they don't fit in. Some are depressed after the death of a loved one, a divorce, loss of a parent or job or when children leave the nest. Some suffer from a disease or physical limitation that doesn't allow leaving home unless someone will come and pick them up. Remember when people are getting older and are lonely, they often long to share the things they love: that perfect rose bush, a fabulous soup, a favorite book or the German Club they have been a member of for many years.

When we are young and active, we don't think of becoming so limited in later years. Oh my, at that time you felt that getting old is so...so... far away ! But don't kid yourself, years fly by much too fast and now our children are older than we were in those days, right? The days back then, when our now senior members of the German American Societies were determined and hard at work in creating a "gemütliche" and successful place of what became our so popular and loved home away from home...our club. So....when you see some of our Senior Members at our club or elsewhere, look at them with honor, friendly smiles and a sincere Thank You!

We also should be so grateful because without the ongoing intense devotion and creativity over the years from a few leading members, we would not have this one of a kind venue to enjoy dancing and singing at club events, ladies' get togethers, Karneval functions, Choir concerts, Christmas parties and our happy Sommer and Oktoberfests.

Each Undergroup could (and they do) take care of their Seniors, like Karneval is looking out for Mariana Ferino and others, Damenkreis' Elsbeth Erler for Connie Mc Grath and the Choir for their Seniors, as they did for Lottchen Thoermer who left us a few months ago.....In the circle of life no-one can escape the time machine, no-one can buy more time, and that is the only fair justice. So do onto others now what you want others to do onto you, in return, when you need help and companionship.

What can we do to better the world or help a stranger who needs a lift? Each and every day, do not hesitate to tell your family and friends how much you value their love and friendship. Ask a new acquaintance to lunch, or visit a recently widowed neighbor. Pocket your phone and decline to use it in public, but rather interact verbally, except for emergencies. Smile at store clerks, your restaurant waiter and a seemingly unfriendly and always critiquing person who will never change. Call someone, or visit with flowers in your hand. Ask what assistance that someone may need (a ride to the dentist or church, a grocery trip, or the repair of a dripping faucet). Spend time talking and laughing or playing a board or card game. Many elderly don't like to drive in the dark; load up your car and take your and their talents on the road to dance or sing at our German club, for example. Make this one day of cheering up one person an important part of your life! Like I said, if you want something, give it sincerely to someone else .

Heidi Williams

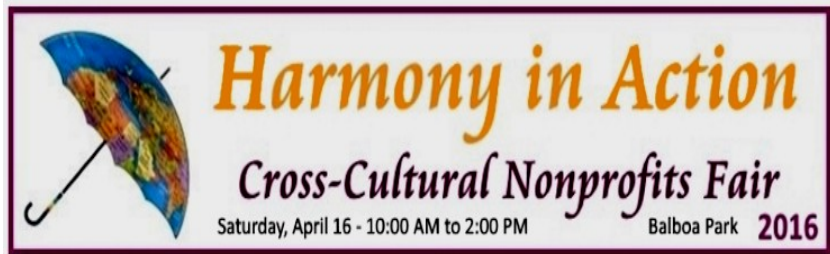


**Editor
Heidi Williams**



Dear Heidi and the German American Societies.

Thank you and your organization for participating in this year's Harmony in Action! We hope it was enjoyable for you and a useful event for your organization: to share with the Balboa Park visitors the great and wonderful history of Germany! I'm really in awe of what everyone at your club is doing, it is extremely life affirming!
Thanks for everything you do for the community!



America on Main Street Participants ~event held on May 21st.

Dear Heidi Williams and the German American Societies.
Thank you so much for participating in our 3rd Annual America on Main Street. We are very pleased with the turn out and how smoothly everything went. We hope you had a fantastic day and a great experience with the staff, the public and the event itself. Your participation and contributions are what made it such a success and we want to thank you again for all your hard work and dedication to making this event thrive. City of El Cajon Recreation Department



Albert Einstein Academies DEUTSCHER ABEND
featuring the AEA Kinderchor/ directed by Claudia Lorenz



With special guests:
German American Societies Kindertanzgruppe
(directed by Tanja Sawicki and Claudia Jensen)

Kaplan University was hosting the INTERNATIONAL ART AND CULTURE EXPO!!

Our G.A.S. Kindertanzgruppe also enjoyed performing very successful at that event. What a fine international celebration of food, music, art, culture and performance in Downtown San Diego. The EXPO features a truly divergent and multicultural group of San Diego artists thirsting for exposure from jewelry designers to hip hop.



LAKESIDE WESTERN DAYS: CONGRATULATIONS!!!



At our last General Membership meeting Frank Hilliker presented a Certificate: The German American Societies won an award for "Best Community Entry" in the Lakeside Parade from the Lakeside Chamber of Commerce. Responsible person was Larry Parme and All gave Thanks to Larry for hours contributed to the club!



Larry Parme

Thanks & congratulations to all of you that contributed to the German-American Societies entry in Lakeside's 2016 Western Days Parade. For those of you that were able to make the event, I hope you enjoyed the day as much as I did. For those of you that helped with the preparations but weren't able to march on Saturday, thank you and hopefully you can join us next time.



Our entry was well received and I personally heard multiple positive comments throughout in the day. And, based on comments and conversations afterwards, I also believe that this year may mark the start of participation by a broader cross section of the club.

A special note of thanks to the Menne's for opening their house at the staging point and having breakfast and lunch refreshments available to us all before and after the conclusion of the parade.

Larry Parme



Message to ALL club members:
Participate NEXT YEAR and have fun !!



Condor Airlines to Offer Nonstop Flights to Germany From San Diego
Condor, Germany's third-largest airline, has announced the date the flights will begin.



San Diego, CA — The first nonstop flight between San Diego and Germany will begin operating next May on a seasonal basis, the San Diego County Regional Airport Authority announced . The German airline Condor will fly between Lindbergh Field and Frankfurt three times a week — Mondays, Thursdays and Saturdays — using a Boeing 767- 300 extended-range aircraft. The flights will begin May 1, 2017, and continue through Oct. 5.

"Germany is San Diego's largest destination country in Europe without nonstop service, so we're excited to add this seasonal destination to our growing list of nonstop international flight options," said Thella Bowens, the airport authority's president and CEO.

[Condor](#) is Germany's third-largest airline and focuses on leisure travel, according to TripAdvisor.com.

"We are very pleased to introduce this new link between San Diego and Frankfurt, giving Southern California a unique choice for their travels to Germany, and with our numerous partner airlines we offer flights beyond Frankfurt to over 120 destinations across Europe at very competitive prices," said Jens Boyd of Condor. "Furthermore San Diego is a very attractive destination for European tourists and we also will stimulate traffic from this direction."



Mark Cafferty, president and CEO of the San Diego Regional Economic Development Corp., said Germany is becoming a major international market, and a top partner for exports and foreign investment. The Frankfurt connection is San Diego's second intercontinental nonstop destination, along with London and Tokyo.

ANNOUNCEMENT

Just on time to be included in this newsletter and after communicating with Condor Airlines, the G.A.S. Board received following voucher. The German American Societies will use this wonderful sponsorship for their 1st prize Oktoberfest drawing. We thank Condor Airlines for their generosity and will include their advertising ads in our future newsletters to help build up their clientele in the San Diego area. *HW*

Condor Airlines

To
The German American Societies
1017 S Mollison
El Cajon Ca. 92920



Condor is donating two roundtrip tickets in Economy class from San Diego to Frankfurt (May 1st ,2017 –Oct 5th 2017) for the first prize raffle.



Condor Flugdienst GmbH
CHI HG/S
104 S Walnut Street



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) 303-5076

We would like to welcome more Sunshine Ladies to assist Tillie, visiting needy members, putting happy moments into their lives and

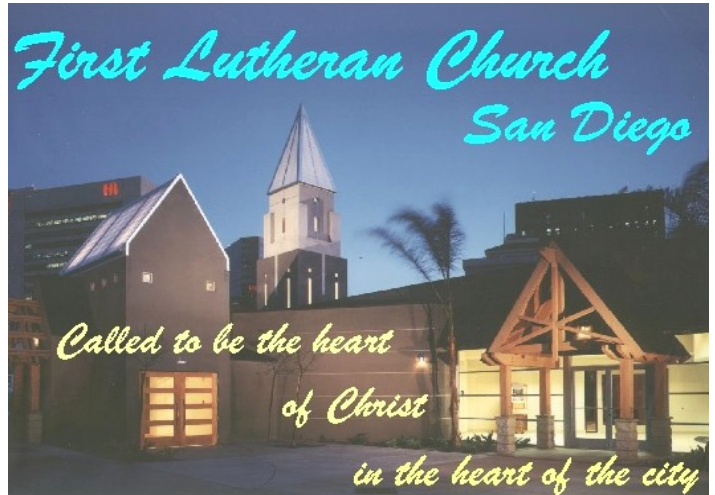
seeing that smile! A knock on the door announcing a visit, just a little flower bouquet, a trip to the store, an outing to the park, holding hands or just a few words over a cup of coffeeall that can mean the world to someone lonely!

For this "out-in-the-field-service" we can give you addresses and directions, also reimburse you for expenses. If you are interested, please call 619 445 2549 and leave a message.

I will contact you, Heidi Williams
THANK YOU, THANK YOU, THANK YOU!

DEUTSCHER GOTTESDIENST First Lutheran Church San Diego

Third & Ash Street
3 PM, last Sunday of the Month
More Informationen 858-452-9797



Nach jedem Gottesdienst bleiben wir noch etwas zusammen für unsere gewohnte Kaffeestunde. Bitte bringen Sie dafür etwas Gebäck mit! Für Kaffee und Tee sorgen Elsbeth und Brigitte



←
"The team":
From left
To right

Brigitte,
Elsbeth,
Gabi,
Pastor Karin

www.deutschekirchesandiego.com/topics/newsletter

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



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Dear Heidi and Ladies Group.
 Thank you so much for thinking of Poldy Bulster's 95th birthday which was in May 12th 2016. I understand that she was a member of your club for many years. We were so glad to have her back here at Good Samaritan after her hospital stay. This is her home and we all were very happy to have her celebrate her birthday with us and all her friends from the German club here at Good Samaritan. It was a beautiful sing-along for Poldy and shared with our residents. You dressed in your German outfits to share your history, what a delight! I hope you enjoyed the privat lunch with Poldy at noon in the library.

Chris Thompson for activity dept.



Poldy war eine treue Damenkreislerin und ist auch heute noch ein Beitrags-Mitglied, will uns damit unterstützen, obwohl sie uns nicht mehr besuchen kann, aber sich sehr an unseren monatlichen Rundschreiben erfreut. Nicht zu vergessen: Vor Jahren hatte sie auch im Germania Chor mitgesungen!

Im letzten Mai-Rundschreiben erzählte ich, daß wir Poldy zu ihrem 95zigsten Geburtstag mit fröhlichen Volksliedern, Blumen und Süßigkeiten gratulieren wollten. Ja, und das ist uns auch gelungen, denn 10 singende Damenkreisler kamen in die Halle marschiert, wo die Residenz-Bewohner mit Poldy erwartungsvoll im Kreise saßen, um unseren deutschen Liedern als Geburtstagsständchen für Poldy anzuhören. Toni Nenn begleitete uns mit ihrer Gitarre und Poldy strahlte nur so vor Stolz und Freude! Poldy's Sohn und Schwiegertochter luden uns alle in einem Nebenraum zum Lunch ein, wo wir recht gemütlich miteinander plaudern konnten. Es gab noch eine Hausrundgang-Besichtigung wobei wir hauptsächlich vom gepflegten Garten und der attraktiven Kirchen-Kapelle beeindruckt waren.

Vielleicht können wir im Herbst mit einem wiederholten Besuch etwas Oktoberfeststimmung zu Poldy bringen. Nach ihrem Fallen und Aufenthalt im Krankenhaus hat sich Poldy sehr gut erholt und fühlt sich im Samaritan Retirement Center sehr wohl, wo sie ein großes, sehr schönes Zimmer bewohnt. Ich hoffe, daß von uns öfters jemand mit ihr in Verbindung ist, sie besucht, aber vorher bei ihr anruft und hier ist ihre Privatnummer: 610-328-2622



Good Samaritan Retirement Center

Address : 1515 Jamacha Way, El Cajon Ca. 92019 Phone: 619-590-1515

German-American Spring Dance-Heimatabend 4-9-2016

[The German American Society of San Diego in El Cajon](#) regularly celebrates and hosts events year round. In April, our Heimatabend/Spring Dance included Gisela Ginsberg and Fabio Buffadino who brought their unforgettable melodies along from Germany. The Express Band provided authentic live music, and everyone enjoyed the eye-catching, festive dancing of the G.A.S. Kindertanzgruppe.



What an unforgettable evening with enchanting music, beautiful voices, and great friendship! Thank you, Gisela and Fabio!





Andy's Musikparadies
"Moderator und Sänger"

Andy's Heimatabend
at the German Club
in El Cajon



Charan, Hannelore, Erica & Olga serving German Dinner Plates



Andy and his German Entourage having a great time visiting San Diego



**G.A.S.
Germania
Choir**



Frauke Kuo
Choir Chairperson



Our statement: We are a group of singers who are dedicated to our German heritage and tradition through our love of music and singing. Except in the summer we meet every Tuesday at 7:30pm to practice and “socialize.”

On May 15th 2016 The Germania Choir of the German American Societies of San Diego celebrated Spring with a Frühlingskonzert at the Club House, followed by a delicious “Rouladen Dinner”.



**ARE YOU INTERESTED IN JOINING THE
GERMANIA CHOIR?**



The Germania Choir had its start in 1971 with a group of members from the German American Societies that met weekly for singing and music making. It didn't take long before the choir was created. Today the choir consists of 20 to 30 German-speaking singers performing German classical, modern, and Volkslieder music for the enjoyment of all. The members of the Germania Choir often wear traditional German folk costumes and perform to the enjoyment of everyone several concerts each year



**Our next Choir Concert
will be
in Dec 2016**

G.A.S. Damenkreis (Ladies Group)



German American Societies DAMENKREIS (LADIES CIRCLE)

Who wants to join our G.A.S. Damenkreis Undergroup? For enjoyment and to keep our German language and heritage alive, we meet ten times a year every first Wednesday of the month in the afternoon at the clubhouse. Please call Heidi Williams at 619-445-2549
As a contribution to all club members, the Damenkreis offers at least two fun bus trips during the year. The last one was taken in Spring 2016 : Following find some reviews which might inspire you to come along next time this Fall!

April 3, 2016 Outing to the La Brea Tar Pits & Museum By Rainer Goerres & Elaine Worman



On Sunday all 52 of us boarded the bus at 3 various pick-up points and were immediately treated to a wonderful brown bag brunch snack. At the museum we broke up into two groups to better accommodate the viewing of two informative and interesting movies - one featuring a 'real' historical 2-toed sloth and the other in 3-D! The tour around the gardens lead us to various open tar pits with archeologists actually working on millions and millions of bones, bugs and foliage both outside and in the laboratories. We all boarded the bus again at 4 p.m. for a quick trip down to Huntington Beach's Old World Market for an organized Abendbrot and shopping for some German goodies. It was a wonderful long day with perfect weather and enjoyable company all the way around!

Don't miss this annual event....that is, an organized trip - it is well worth the cost and time spent enjoying Heidi's excellent planning allowing all of us to relax, sit back and simply enjoy the day! !!



Day trip to the La Brea Tar Pits organized by THE DAMENKREIS

A thank you to the Damenkreis hostesses who suggested the trip to the La Brea Tar Pits. Little did they know that it was on my bucket list of things left to do.

As usual, the trip in our comfortable coach was well organized with convenient pick up points in EL Cajon, Claremont and Carlsbad and thanks to interesting conversations with our neighbors we soon arrived at our LA destination.

As soon as we came off the bus everyone was handed a green wristband and I was relieved to learn that they were for admittance to all the exhibits and not for the lost and found, with name and contact number. (Us seniors can get a little touchy that way.)

The museum was small but very well laid out and revealed a world to us that existed many years ago, with approximately five million recovered fossils from animals that lived over the last 55,000 years.

During the week one can observe where fossils are still painstakingly cleaned and assembled. We also had a guided tour arranged for us that brought us to the several tar pits and excavation sites on the museum grounds. This was very informative and gave us a sense of history about the park instead of aimlessly wandering about. We also learned the sad fate of how all the poor animals got stuck in the sticky tar, swallowed up and then excavated 50,000 years later for our amazement.

The tar pits themselves are still active; tar is still sourced from the 6th Street Fault. Asphalt (made from tar) rather than concrete, is best for road building in earthquake prone places. So, if the smell of the La Brea tar pits seemed strangely familiar to you..... think California roadwork. Thanks to our green wristband we were also able to see two performances. One was a 15 minute show with a life-size adult Saber Toothed Cat puppet, great for kids, and the other was the Titans of the Ice Age, an exciting 3D adventure of mammals, from saber toothed cats to giant sloths.

After a few very interesting hours at the museum, and getting hungry, we boarded our bus, curbside of course, and headed towards Old World Village in Huntington Beach. Back on the freeway I was thinking that how after all these years we still have something in common with the extinct giant mammoths, saber tooth cats and other critters: We are all still getting stuck in LA. For me it's mostly on the 405 and 5 and for our ice aged predecessors, sadly, it was the tar pits.

Old World Village was an unexpected pleasant surprise for me. What a charming place. So German, so clean and with all the white roses in full bloom, I was ready to buy one of the condos that are part of the village. Our Lunch was ready and waiting for us at the Old World Restaurant. Delicious. Wurst, the best Fleischsalat ever, Kartoffelsalat, real German bread and a nice cold beer. Does it come any better? They graciously held the store open for us so we could load up on our favorite foods from back home. The busiest place seemed to be the well stocked bakery where I managed to snatch the last piece of Bienenstich for myself. Bienenstich in California... who would have thought .

Thank you to everyone who worked on our behalf to make this another enjoyable trip and I am looking forward to the next adventure....(Maybe in late Fall 2016?).....Karin Summerford, Club and Damenkreis Member.....

Oktoberfest - the world's favorite German fest



Munich: dancing at the Oktoberfest

Oktoberfest is unmistakably a German tradition. This 16-day festival in [Munich](#) attracts over six million visitors per year who consume about 1,320,860 gallons of beer, 400,000 pork sausages and 480,000 roasted chickens. It started October 12, 1810, at the wedding of Bavaria's Crown Prince Ludwig to Princess Therese of Saxony-Hildburghausen. Against tradition, the couple invited Munich's locals. The events were held over five days on the fields that today are named Theresienwiese after the bride.

Forty thousand people showed up. A year later, they decided to throw the party all over again as an anniversary tribute to the royal couple.

The big event at the first festival were a horse race and an agricultural show. By 1818, events included a carousel and swings, tree-climbing competitions, wheelbarrow and sack races, barrel rolling races and goose chases. Mechanical rides were added in the 1870s. In 1908, the Oktoberfest boasted Germany's first roller coaster.

Makeshift beer and food stands began cropping up by 1818. They were soon replaced by sponsored beer halls, much like today's local brewery-hosted beer tents. The horse races ended in 1960, and the agricultural show now happens once every four years. Over time, the fair's dates were extended and eventually moved forward, to the end of September for better weather. The first Sunday in October marks its finish. It still takes place on the Theresienwiese, known to locals as "Wies'n." The meadow's 103 acres become a metropolis of beer tents, amusements, rides, performers and booths, peddling gastronomic delights and traditional confections. Visiting photographers are amazed by dirndl-sporting waitresses carrying almost six gallons of beer at a time—the equivalent of 66 12-ounce bottles. Munich's mayor traditionally opens the festivities by driving a wooden tap into a barrel of beer, proclaiming "O'zapft is!" ("It's tapped!"). Not surprisingly, Oktoberfest has inspired many similar festivals around the world, including many locations in North America.

(The most authentic Oktoberfest is celebrated, of course, in [El Cajon](#)....where else? !?)



German Potato Salad

Cook Potatoes, Yukon Gold or Salad Potatoes (firm ones) in Salt water, peel, and slice thinly.

While warm, pour heated-up broth with Vinegar, Oil, Salt, Pepper & chopped Onions (perhaps Garlic) over and mix well. The potatoes will get a better taste, if they are quite warm to absorb the broth.

- Potatoes
- Chicken broth or any other
- Wine Vinegar
- Oil
- Salt
- Pepper
- chopped Onions
- Garlic (if you like)

Bayerischer Kartoffelsalat

- 1 lb cooked Potatoes (Yukon Gold or Fingerling)
 - 3 1/2 oz Bacon
 - 4 Tbs Oil
 - 2 Onions
 - 1/2 cup of Broth
 - 1/3 cup of Wine Vinegar
 - Salt
 - Pepper
 - 1 Dash of Sugar
 - 1 Tbs Mustard
- Slice Potatoes thinly and place in bowl.

Dice Bacon and sautee with fine chopped onions, add broth & Vinegar, than add Salt, Pepper, Sugar and mustard. Pour dressing warm over potatoes, mix carefully and let stand for at least 1/2 hour.





Oktoberfest Update:

ARE YOU READY FOR OKTOBERFEST?!?!?

Hopefully, you know the dates for Oktoberfest 2016, but here's a reminder: first two weekends in October, September 30-October 2, and October 7-9. Hours remain the same: Fridays 4:00 to 10:00

PM; Saturdays noon to 10:00 PM; Sundays noon to 9:00 PM (gates open ½ hour in advance).

Here's our big change for 2016: admission on Friday and Saturday for adults will now be \$10, for all those except registered volunteers and those members of GAS who renewed their membership by our general meeting on May 25 (most show club membership card). In keeping with our theme of Sundays being a family day, adult admission will still be a bargain at \$5. As always, active members of our military are granted free admission, as are all those under the age of 21 years.

Why the increase? Several reasons. First, we haven't had an increase in many years, we felt it was not unreasonable. Second, and perhaps most importantly, we've gotten to the point where we cannot get everyone in, and gotten so crowded it could be considered detrimental. By raising the price, we may lose some attendees, unless they come on Sunday, and even with fewer in attendance, we'll still generate the income needed to support our club. Many of those who have reviewed us online have pointed out that one of the reasons Oktoberfest in El Cajon has less problems than other festivals is that our admission fee discourages those that want to come in for other reasons than having fun and enjoying the Gemütlichkeit! Lastly, we don't want to raise other prices this year unless the products (or services) cost more. If you were to compare Oktoberfest with other festivals or street fairs, you may find some with little or no entry fee, but others that are similar or even higher. Plus, it's not uncommon to find prices for our food, beer, and other refreshments to be lower, and often for a better product. With the price increase, we're working on having a package at the entry, wherein guests could buy an entry, meal, and beer ticket for a set price. That means you could go straight to the beer or food lines without buying tickets right away; it also means we could use credit cards at the entry for larger purchases.

Speaking of credit cards, with the success of their addition in 2015, we're going to expand this service. This is the right thing to do, it will help us keep up with this generation of purchases preferring plastic!

What's the same? Guggenbach-Buam is our band, awesome music for the entire family. Gitta Kalker is our Bürgermeister, keeping things going smoothly with her humor and wit, running games and contest, including the raffle, during band breaks. Shuttle service from the El Cajon Transit Center, so take the trolley! Pre-sale packages which will include the VIP/Employee entrance access. Kids Zone, with plenty for the Kinder to do at reasonable prices. Our opening ceremony and parade on Saturday, October 1, at 4:00. Great German food at the Ox pit and in the Village. Delicious pastries available. A Saturday night dance inside. A full bar outside on Friday and Saturday, inside the clubhouse every day. And last but not least, a great selection of German beers on draft! Again, guests and volunteers are encouraged to take the trolley, taxi, Uber or similar service, or carpool, especially if you are going to enjoy one or more of our German beers! We also provide a large area for Disabled Parking, but that usually fills up; you can always pull into the driveway and drop someone off. Anyone, disabled or not, is encouraged to ask at the various stands for help, or seek the assistance of an Oktoberfest Committee member; we're here to make sure EVERYONE is able to enjoy themselves! Our webpage, OktoberfestElCajon.com, has a new webmaster and has been (and will continue to be) updated. Or, check us out on Facebook for updates, and post your own fun Fest Photos!

Mike Anderson
Oktoberfest Chairman

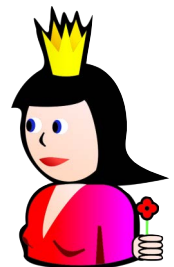


Heidi Sneed 2015 Oktoberfest Königin and Mike Anderson

(Would you like to be our 2016 Oktoberfest Königin???)

We are looking for a member who would like to be our Oktoberfest Queen!

If you know someone, or YOU are interested yourself, please call the club office and leave a message for Wendel Jenkins at 619. 442.6637 by the end of August! Thank you



President Ronald Regan's signature :

Oct 6 a national German-American day



German American Day Proclamation

DANK, along with the help of the Steuben Society of America and the United German American Committee of the USA, was heavily involved in the adoption of declaring October 6 as a nationally observed German-American Day. The three organizations joined together as the German American Joint Action Committee (GAJAC) to promote the historic event. At a formal ceremony in the White House Rose Garden, President Ronald Regan issued the proclamation in 1987 with DANK being in attendance.

The popular poem "Da waren Deutsche auch dabei", which was written over 100 years ago by the German-American poet Konrad Krez, was chosen to be placed on the scroll. Through the poem, Krez took pride in the contributions made by German-Americans in the United States.

It is to honor the many German immigrants
that have helped shape our country.

Da waren Deutsche auch dabei / Poet K Krez

Als Bettler sind wir nicht gekommen
Aus unserem deutschen Vaterland.
Wir hatten manches mitgenommen,
Was hier noch fremd und unbekannt.
Und als man schuf aus dichten Wäldern,
Aus öder, düsterer Wüstenei
Den Kranz von reichen Feldern,
Da waren Deutsche auch dabei.

Gar vieles, was in früheren Zeiten
Ihr kaufen müsstet überm Meer,
Das lehrten wir euch selbst bereiten,
Wir stellten manche Werkstatt her.
Oh, wagt es nicht, dies zu vergessen,
Sagt nicht, als ob das nicht so sei,
Es künden's tausend Feueressen,
Da waren Deutsche auch dabei.

Und was die Kunst und Wissenschaften
Euch hier verlieh'n an Kraft und Stärk',
Es bleibt der Ruhm am Deutschen haften,
Das meiste war der Deutschen Werk.
Und wenn aus vollen Tönen klinget
Ans Herz des Liedes Melodei,
Ich glaub' von dem, war ihr da singet,
Ist vieles Deutsche auch dabei.

Drum steh'n wir stolz auf festem Grunde,
Den unsere Kraft der Wildnis nahm,
Wie wär's mit eurem Staatenbunde,
wenn nie zu euch ein Deutscher kam?
Und wie in Bürgerkriegestagen,
Ja schon beim ersten Freiheitsschrei:
Wir dürfen's unbestritten sagen,
Da waren Deutsche auch dabei.



At your Side There Were Germans Too

Translated by Dr. Robert Ward

Not as burdens to these shore we throng,
From our cherished German Fatherland.
Indeed, we have brought so much along,
Unknown to you, yet by our hand.
And when from the dense forestal shields,
and the open wilderness you
wreath'd your vast and verdant fields,
at your side there were Germans too.

So much of that which in early days
you brought here from across the sea,
We taught you how to prepare, and ways
to produce more goods, yes, 'twas we.
Dare not forget this, deny it n'er --
Say not that we did not so do,
For a thousand forges witness bear:
At your side there were Germans too.

And though your art and your sciences now
Bring their strength and power to this land,
their fame rests still on the German brow,
'Twas mostly done by German hand,
And when from your songs melodies ring
memories of hearts once so true,
'Tis known to me, in the songs you sing
is much put there by Germans too!

Thus, with great pride on this soil we stand,
Which from the wilds our strength brought claim,
Ever wonder then, what kind of land,
'Twould be if n'er a German came!
And so we declared in Lincoln's day,
And that day freedom's horn first blew --
Yes, we dare undeniably say:
At your side there were Germans too.



Several open pages of this Newsletter wouldn't be enough to include all of the thank-you notes I've received for the last 20 years of service and dedication to this club, the German American Societies. The many different jobs and duties, all the members, friends, and planning it takes to make things happen for all to enjoy. I did all of this from the bottom of my heart, with the help of my German heritage, and no other reason! This note to you is not in any way to boast, but to let you know how grateful and thankful I am to have had so many wonderful people who, 13 years ago, never gave up on me while suffering through this hellish illness, only to have to face it again. I can feel the prayers going out for me while I'm undergoing another go-around of chemo treatments....You will see, I am determined to beat it again for the second time! Therefore, don't be too anxious finding a replacement just yet.....ha....ha!

Sending you my love and devotion to this club, and everyone in it.

Eure Heidi

Emails EmailsEmails



On a personal note
a few lines from
Heidi Williams

Dear Heidi, Thank you so much for the German Club putting this fabulous event on Saturday night. So much fun and enrichment to hear these two fabulous singers from Germany. And the wonderful Express Band! A delicious German dinner served to us on pretty decorated tables in a friendly and "gemütliche" clubhouse hall! All that for only \$ 18.00 ! Where could you anywhere in San Diego enjoy an evening like that? We thank you for putting all that together, Heidi, and we are looking forward to receive your next invitation.....new member Anna

Hallo Heidi, we really enjoyed coming to the Anniversary Evening and meeting many people. We enjoyed the decoration, food and music very much. The Polish group were the life of the party! It is great that they want to participate and contribute to the festive mood. I wished that the younger members of the club would also have attended this special occasion. For the continuity and the future of this event it will be essential that the younger generation would also attend!



I was wondering whether you give your members a chance to advertise their services in your bulletin. I am in need of a good, reasonable handyman who can hang doors, install fixtures, and if he can also do some carpentry such as wood shelving, install baseboard and other such talents that would be wonderful. I have been remodeling an old house for sometime and need to finish the work. The man who was working for me has had family problems and had to quit. Should you know a competent and honest person that fits my needs, please let me know. It is getting harder to find the traditional old style handyman! I Thank so much for inviting us and for doing so much for the occasion and all the others that you are involved in. I heard how dedicated and tirelessly you work for the club! It takes a lot of time and energy to organize such an event!

Have a pleasant rest of the week and best regards, Inge and John Lopez

Dear Heidi and Members of German American Society, I am writing on behalf of myself, my wife, Ewa and many of my Polish friends. I would like to express my appreciation to you and G.A.S. for organizing so many unforgettable events and to include members of our Polish community in those events. We sure had a very good time at the Anniversary Ball, occupying the whole balcony and filling the dance floor. I, being myself involved in volunteering, know, that it takes a lot of people to put all this together. "Danke Schoen" to all your volunteers ! We wish you many more years of activities, many dedicated and talented volunteers and a lot of Weihenstephaner For Octoberfest.

Lech Badura

Heidi. It was great talking to you on the phone this morning. I emailed all my friends about the Express being down here on Sat, Aug 20th and we might need 2 tables reserved. Everyone enjoys your wonderful Dinner Dance events and the beautiful hall decorations! Also, planning ahead, I would be happy to work in your pastry booth, Oktoberfest Sat, Oct 8th. Looking fwd to some fun times ahead with you, warm greetings, Linda McMorran

Thank you Heidi and Willie!

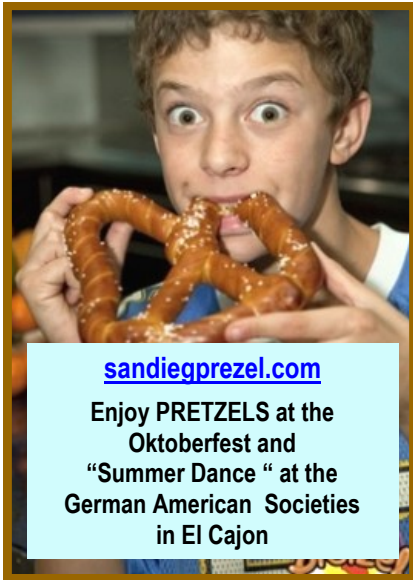
We had a wonderful time at the Anniversary Ball! More than I can say! The Polish Dancers were fabulous! Our table companion Suzette and Werner Fisher were lovely.

Rosemary Sporleder

Hi Heidi und Willi. Sicherlich werdet Ihr Euch von den vielen emails kaum retten koennen!!!!Der Abend wird noch vielen lange in Erinnerung bleiben. Die Tanzgruppen waren ganz reizend. Wo Du die wohl ueberall findest? Jedenfalls, ein mehr als sehr gelungener Abend!!!! Hoffe, Ihr auf Eurem Berg, habt einen kühlen Sonntag und nicht so heiss wie hier, schon jetzt. Alles Liebe, Christa Zittel

Liebe Heidi.... wieder mal ein excellent Job....!

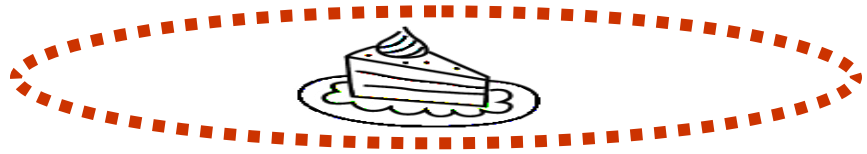
Alles war Perfekt! Vielen herzlichen Dank, wir alle hatten einen sehr schönen Abend. Love Dieter und Ute Corts



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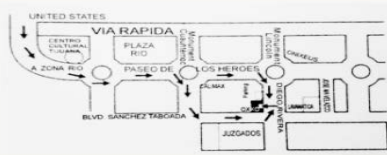


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Gisela's Obituary
Written by her
husband Leo.



In honor to my friend and fellow Editor of the Club and Damenkreis News-letters I am inserting her life story into this circulation. Her amusing sense of humor, warm hearted and intelligent articles were enjoyed by many members. Gisela, we all will miss you so much!

Heidi Williams



Gisela McGarry was born in the city of Kleve in North Rein Westphalia /Germany at the end of 1940. Being at war, Kleve was a dangerous place to be. The city was an alternate target for Allied bombers returning from action in Germany where they were not able to drop their loads. When only a few years old they had to evacuate to the polish border. Upon return to their home town, almost the entire city was leveled. She, her sister and Mother began a live of extreme hardship and poverty. Gisela turned out to be a good student, especially in geography and languages. She improved her English by going to England when 18 to be an au pair. An experience which was very entertaining to listen to.

Returning from England she got a job with the US Army in Frankfurt as a translator. That was where we met and eventually married in the Military Catholic Chapel. My brother came from the US to perform the ceremony. After a honeymoon at Lake Garda, Italy, we returned to Frankfurt and set off for the US. After some training we set up housekeeping in Portsmouth, VA. where I was assigned as the Army Liaison at the Navy Hospital in Portsmouth. Gisela found a position as the librarian at the small nursing school there and helped them successfully gain certification. No training was needed, only hard work and some smarts. As she was want to do, she developed long lasting contacts and friendships. Leaving Portsmouth, we went to San Antonio for 6 months and then i was assigned to Viet Nam. Gisela returned to Germany to live with her mother and then went back to Frankfurt and was hired by the US Army in the same job she had when we got married.

Upon my return to the States with orders to Landstuhl Medical Center, Gisela returned to the US and obtained her US Citizenship. We had two wonderful years there before being assigned to Heidelberg. During these two assignments, Gisela began teaching American Soldiers German. She became quite proficient and I became "hay are you Gisela's husband." During our farewell party, our Commanding General talked about Gisela significantly more about Gisela' German classes than he did about my work for him as a war planner. I then knew that the term "Gisela' Husband" was going to stick to me for many years.

We then set up our household in Denver, Colorado. The Army sent me for an MBA and I majored in skiing and minored in business administration. A great two years with snow, friends, parties was had by all.

When I was assigned to Korea, Gisela was not going to miss on that mystery and entertainment. It was supposed to be an unaccompanied tour, but she packed up and we found her an apartment in Soule and she began one of her most interesting periods of her life. She began working with St. Luis High School in the areas north of Soul. The program was designed to assist the Soldiers to get their GED. She was picked up and taken to different military instillations every day. She had a ball encountering all the mysteries of the Orient as well as meeting the young soldiers who where working to advance their education. She also became a donut-dolly at the last MASH hospital in the Army.

Next stop was back to Fort Sam Houston, where we picked up our new son, and we transitioned to the Navy. The Navy sent us to Sigonella Sicily. We found a home on the beach and Gisela basked in the sand and sun. Patrick was blond and the Sicilians spoiled him terribly. They were so interested in this cute little boy with the blond hair. Using her language skills resulted in learning Italian over one summer. She was also voted the permanent grammarian of our Toastmasters Club. It was unusual to have a foreigner as grammarian, but she knew English grammar better than any of the Americans, so they were glad to give it to her. Our next move brought us to Spring Valley. Gisela got her Real Estate License. A very bad time to try that since the interest rate was often over 15%. One of the things that endeared everyone to Jimmy Carter. Working very hard but having buyers fall out of escrow because of a one half percent raise in the interest rate was devastating, and she was glad to get out of the business. The next few years she burnt up the highway between Phoenix and San Diego. She loved it so much here, she would drive over on any excuse.

Finally we were able to return. The next part of her life involved guiding German tourist throughout the West. She loved it and became quite an expert of many aspects of the South Western part of the USA. In the last few years, she had a number of medical problems, which she had to endure. While it was often difficult, she maintained her love of life and her commitment to her friends and colleagues.

Her death in Bordeaux was a tragic loss for her family and friends. Someone commented than it would have been the way she would have wanted to go. Traveling in first class accommodations on a magnificent Ship in Europe. It seemed to be consistent with the second half of her life as a tour director and the first part of her adult live as the spouse of a soldier and sailor, traveling to the far corners of the world.....

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Further information: <http://germanamericansandiego.org>

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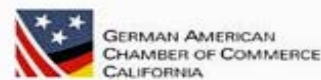
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German School at the club

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 Kameval 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



Experts say most people over 50 fall short of their protein requirements. Here's how you can tell if you need to eat more

Our society seems to have become obsessed with protein, with meat-centric diet plans like The Paleo Diet and Atkins über-popular right now. Turns out, an emphasis on protein may be just the thing for older adults, who likely need to increase their intake. Starting **around age 50, we progressively lose muscle**, a natural condition of aging known as sarcopenia. **How Much Should You Eat?**

The recommended daily allowance of protein for adults is 0.36 grams per pound of body weight per day, which translates to **54 grams for a 150-pound adult.** (Todaysdietician.com) has a helpful chart detailing the protein content of various foods.) But research suggests that protein requirements increase with age, and we would be wise to eat more.

“Protein is important not just for building muscle but for maintaining muscle, which is a concern for older adults,” says registered dietician and nutritionist Isabel Maples, spokesperson for the Academy of Nutrition and Dietetics. “Maintaining muscle helps you function better [and] helps to prevent falls, which is so important.”

The exact amount of protein you should consume beyond the recommended daily allowance is still up for debate and may depend on your activity level, but experts suggest aiming for at least the recommended amount, since most older adults fall short. How do you know if you need more? Here are six signs to watch for:

#1: You're getting sick more often

“Protein helps boost our immunity,” says Maples. “It drives the daily function of our body, regulating hormones and maintaining the white blood cells that are fighting off disease and infections.” So if you tend to get sick more than everyone you know and are constantly fighting something, it could be a sign you are protein deficient.

#2: You're noticing swelling in your feet/ankles

Protein helps regulate the amount of fluid in your tissues, as well as how your muscles contract, which enables you to move fluid out of your lower legs and ankles. Edema, temporary swelling due to fluid retention, can also be a sign of other medical problems, so always check with your doctor if you notice any unusual swelling.

#3: You're tired and lethargic

“Being tired and draggy can signal a lack of protein, and a lot of times, it can be an iron issue, too,” says Elizabeth Landsverk, MD, founder of ElderConsult Geriatric Medicine, a house-calls practice for older adults in the San Francisco Bay Area. The body needs protein and iron to produce hemoglobin, the iron-rich protein responsible for carrying oxygen throughout the body. This lack of oxygen to the cells in the body results in fatigue.

#4: Your skin doesn't look healthy

“Often when people don't get enough protein, wounds don't heal as fast, and skin looks paler and drier,” says Maples. Protein is necessary for tissue repair, so a lack of protein in the diet can result in skin issues. Pale skin may also be a sign of an iron deficiency.

#5: You're nails are brittle and you get more hangnails

Brittle, flaking nails, nails with ridges and white lines, and an increased propensity for hangnails can all be a sign you need to eat more protein, says Maples. Nails are made of a protein called keratin, and a lack of protein in the diet often affects nail health.

#6: You're losing weight

“We often think of weight loss as a good thing, but sometimes it can be a sign of muscle loss,” says Dr. Landsverk. Muscle weighs more than fat, so changing body composition can result in weight loss that translates to a loss of strength and agility. “Often older adults aren't eating as much, and that can be dangerous,” says Dr. Landsverk. “It can result in fragility and problems with balance.”

The Best Ways to Eat More Protein

Looking for healthy ways to increase your protein intake? Meat is a good source, but don't go crazy on red meat, which can be high in saturated fat, says Dr. Landsverk. Consider **pork** and **poultry** as well as **non-meat options such as fish, eggs, nuts, beans, tofu, and cheese.** “It all adds up,” says Maples. “And you don't want to try and get it all at dinner.” So have eggs for breakfast, sprinkle nuts on your salad at lunch and snack on string cheese in the afternoon. “It comes down to what you like, and what you'll eat,” says Dr. Landsverk. “Often, older adults don't have the appetite or drive to cook that younger people do. I often suggest ice cream because it has protein, calcium and fluids.”

If you can increase your protein intake, it will go a long way toward improving your overall health and wellbeing, especially if you also exercise to convert that protein to muscle. Says Dr. Landsverk, “Protein is important because it allows us to maintain our strength and independence. You're more likely to live longer and live better.”

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SanDiego@gasaschool.org

- ◆ Albert Einstein Academies, www.aeacs.org, bschafer@aeacs.org Tel 619-795 1190
- ◆ Preschool' Rasselbande' www.dierasselbande.com, Tel 619-465-4420
- ◆ German Pacific School San Diego, 619-354-9991 or 858-461-9118, <http://www.gpssd.org>
- ◆ 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]



The German Consulate in Los Angeles

Please visit the website for further information regarding questions concerning:
visa, passport renewals, finding a translator, a German school or pre school.

The Consulate General of the Federal Republic of Germany, 6222 Wilshire Blvd., Suite 500 Los Angeles, CA 90048



AATG The American Association of Teachers of German

www.aatgsandiego.org

supports the teaching of the German language and German speaking cultures in elementary, secondary and post secondary education in the United States. The AATG promotes the study of the German speaking world in all its linguistic, cultural and ethnic diversity and endeavors to prepare students as transnational, trans cultural learners and active, multilingual participants in a globalized world.

With 4,000 members, the AATG serves teachers of German at all levels of instruction and all those interested in the teaching of German. AATG is an allied organization of the Modern Language Association, a constituent member of the Joint National Committee for Languages/National Council for Languages and International Studies, the National Federation of Modern Language Teachers Associations, and an organizational member of the American Council on the Teaching of Foreign Languages, the National Network for Early Language Learning, and the Internationaler Deutschlehrerverband.

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



Liane Mende-Mueller President 858-536-7063 Liane.Germany.2012@gmail.com



THE HOUSE OF AUSTRIA

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

President: MargitTesar

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



San Diego County Swiss Club Inc.

2001 Main St. Chula Vista, CA. 91911-3923 (619-423-1036)

www.sdswissclub.com

2016 G.A.S. Summer - Fall Newsletter : MARK YOUR CALENDAR, PLEASE!

2016

Entrance Members:
\$10.00 / Guests \$ 12.00

Buffet Style Dinners
are served at each event
only \$12

Doors open 6:00 p.m.
Buffet Dinner 6:30 p.m.
Dances 7:00 p.m. - 11:00 p.m.



<<Ordering dinner in advance by email or phone will provide you with reserved seating.
619.445.2549 or 619.442.6637 heidiwgermanclub@cox.net

FUTURE EVENTS 2016-17

- | | |
|----------------|---|
| Aug 20 | ** Sommer Dinner Dance, info pg. 24, Express Band, Fun! |
| Sep 30 Oct 1&2 | ** Oktoberfest, exciting 3-day weekend, Band from Germany |
| Oct 7-8-9 | ** Oktoberfest, exciting 3-day weekend, Band from Germany |
| Nov 19 | ** Karneval Opening, Dinner, Entertainment, Blue Birds Band |
| Dec 3 | ** Snow Dance, Christmas Theme, Dinner, Entertain. Express |
| Dec 10 | ** Member Christmas Afternoon, Children Entertain, Santa |
| Dec 31 | ** New Years Ball, Dinner, Entertainment, Blue Birds Band |
| <u>2017</u> | |
| Jan 13-15 | ** Bus trip to GAMGA / Las Vegas |
| Jan 21 | ** Karneval Dinner Dance, Entertainment, Express Band |
| Jan 22 | ** Kinder Karneval-Sunday Afternoon, Games, Kit. & Bar open |
| Feb 25 | ** Karneval Dinner Dance / Abschlußball, Blue Birds Band |
| March 11 | ** Karneval Dinner Dance / Lumpenball, DJ Craig Hyde |

Message: Can we find Volunteers to help at the club throughout the year?!

“Willie’s Crew” is getting older and is in need of more and younger help. For years they have met weekly on Tuesdays and Thursdays but could adjust to add a Saturday morning if people on regular jobs can only help on a Saturday and not during the week.

The work load is especially high 2 months before and 1 month after the Oktoberfest, during summer break, in December, also before and after every club event.

Please call Willie on his cell phone : 619-208-1682 or leave a message at 619-445-2549
Thank you very much in advance.



Willie

MEMBERSHIP APPLICATION 2016 – 2017

Fiscal year of the German American Societies :
From April 1. 2016 to March 31. 2017



Student Membership	\$	25.00	()	(Student membership valid under the age of 26 years)
Single Membership	\$	40.00	()	
Family Membership	\$	60.00	()	

Pay your annual membership by May 15 and receive as preferred member EXPRESS LANE & FREE entrance at our Oktoberfest !

FIRST NAME _____ LAST NAME _____ BIRTH DATE & YR. _____

FIRST NAME _____ LAST NAME _____ BIRTH DATE & yr _____

ADDRESS _____

CITY, STATE, ZIP _____

HOME PH. # (____) _____ BUS. PH.# (____) _____ - _____

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

EMERGENCY CONTACT: _____ **RELATIONSHIP:** _____ **PH.#** _____

Date

www.germanclubsandiego.org 619-445-2549 (for information)
German American Societies of San Diego, Inc. 1017 South Mollison Ave., El Cajon, Ca 92020

**Our outdoors
2016 Sommerfest - Open House
has been**



CANCELLED!



REPLACEMENT OFFER:

“SUMMER DINNER DANCE”

Inside our air-cond. clubhouse

August 20th 2016

**Bar & club doors
open at 6:00 PM**

**We will spoil you
with the following Special
for only \$ 18.00**

- ~ Entrance ~
- ~ Entertainment ~
- ~ Live Band ~

**German Dinner Plate & Dessert
to be served at your table**

Please email heidwgermanclub@cox.net
or

Leave a message at
619.442.6637 or 619.445.2549
to reserve your seats !



Die Gemütlichen Schuhplattler
from Anaheim Ca. (Phoenix club)



Come dressed in your
German Costume
and dance to the
fantastic music
of the Express Band



Express Band



Our own German Kindertanzgruppe
will open the evening

