

German-American Social Club of Sarasota

Newsletter 8/2009

Dear Club Members,

Well, here we are in the middle of the summer with all its heat and humidity. Many of our members are away on vacation or up north so we did not expect a very large crowd for our August dance. It turned out we had a little over one hundred people there. We all enjoyed our excellent Alpen Diamanten band and the dancers had ample room for even the fanciest maneuvers on the dance floor.

Believe it or not, but Oktoberfest time is beginning to creep up on us. I would like to get a group together and go down to Cape Coral on October 18, 2009. Please call (941-966-6006) or e-mail (dieterhschneider@verizon.net) me if you and/or your friends would like to go. I'll try to negotiate with the club in Cape Coral for special admission fees etc. Depending on how many will go we might even charter a bus. So call me as early as possible and we take it from there.

I will keep you informed at the next dance.

We will be featuring the Sun Coast Polka Boys at our September 26th dance. Some of you know members of this band from our picnics and I'm certain you will enjoy them. So make your reservations early by calling Brigitte.

Dieter

Upcoming functions:

September 26, 2009	The Sun Coast Polka Boys	Oktoberfest
October 24, 2009	Peter Müller	Weinfest
November 4, 2009	Business Meeting	Gulf Gate Library
November 8, 2009	Club Picnic	Longwood Park
November 21, 2009	Alpen Diamanten	Wiener Abend

Dances start at 7 pm at the Knights of Columbus Hall, 4880 Fruitville Rd., Sarasota, FL. For reservations call Brigitte at (941) 371-7786 or e-mail her at b.wetjen@verizon.net and the deadline is Wednesday before the event. For dinner reservations call Gerhard Glaesel at (941) 923-4043 or e-mail him at gmglaesel@verizon.net and the deadline is Tuesday before the event.

Menu for September 26, 2009

Oktoberfest

***Skinless Wurst, Sauerkraut,
Potato Salad
Pretzels and Pickles***

\$6.00

Dessert - \$2.00, Coffee - free

Menu for October 24, 2009

Weinfest

To be announced



A few of our members need our prayers and well-wishes for a speedy recovery: Hannelore Jedel (who had an accident), Trudy Katstra and Gerry Sommerfeld.

Hilde Freitag (our Sunshine Lady) thanks everybody for their thoughts, prayers, calls, visits and all good wishes during her emergency hospitalization and subsequent stay at the rehabilitation center. She is happy to be back in her own home, where she can enjoy some 'real' food and the peace and quiet it provides.

Barbara Hartfiel reports that on June 25th, 2009 *Frank Gestalter*, a long time member of this club through 2007, died at the age of 91. His wife Lillian has moved north to be close to their children and families. *May he rest in peace.*

It has come to my attention that not many people have signed up for Brigitte's Reminders and Updates via e-mail. It is really easy to get onto her Google list. Just go to our website at: www.sarasotagermanclub.org, click on E-NEWS and follow the simple instructions.

The German American Club of Manatee is celebrating their 30th Anniversary on Saturday, November 7th, 2009 with a dinner at the Peridia Country Club. The dinner is free for their club members, non-members pay \$30.00. The scheduled time is 6:00 to 9:00 pm. For more details and reservations call Elvira Sommerfeld @ 761-3833.

There is a follow up to the petition made by Vera Neumann-Wood, Senior Librarian at the Selby Public Library for German books and films (see Newsletter 6/2009). She wrote shortly after her request was published:

great news ladies - i have already received 2 fantastic donations of great books in german - I do thank you so much for your assistance with that - I hope we continue to get more - if people cannot bring them - we can always pick them up - just let me know.

our next step is to let your members know of our collection and use it !!! :-) check materials out, tell others, etc etc.

once again, thanks a lot !

vera

German Native Personal Assistant

To help you in your home with things like: organizing, grocery shopping and errand running, light meal preparations, typing, pets, taking care of your home while you are out of town, etc.

Available between 9 am – 2 pm Monday - Friday

Local references

Interested – call **Cornelia Uccello**
at (941) 724-4312

Dieter received the following e-mail from Charlotte Kappel with the request that we forward it to our membership and in the hope that someone would be interested in responding to these young people and hosting them:

International Experience e.V.
Amselweg 2053797 Lohmar
GERMANY
Tel: ++49 (0)2246 915 49 0 Fax: ++49 (0)2246 915 49 12
Email: d.doehring@international-experience.net
URL: www.international-experience.net
iE-Online System: www.international-experience.net/eXOS2

----- Original Message -----

From: [Dennis Döhring](#)

Re: Enjoy sharing charming German Culture alive

Dear members of the United German American Society,

two German Rhineland high school students - well-behaved young lady and young boy, 16 and 17 - signed up for one academic high school year in your area, starting end of August 2009. Both are very interested to **explore German traditions** in the USA and both are prepared to convey details on life in present day Germany.

International Experience, a not-for-profit student exchange organization, for the first time has run into some difficulties finding host families because of the financial situation.

We dearly ask you to **inform all your club members** of the **great opportunity** to host one student for five or ten months. It is a give and take situation as the German student will surely be a **positive asset** within your family, community, and the Club.

International Experience offers the same program: host family and Gymnasium attendance incl. chaperoning here in Germany for interested students of your area with a German ancestorian background.

We are looking forward to your positive response. Please feel free to send an e-mail or contact our office:

Toll Free Number: 1-888-266-2921 - Fax: 801-479-4834

Email: usa@international-experience.net

Web: www.ie-usa.com

Sincerely yours,

Dennis Doebling

PS. Attachment will be send upon your request

I don't know about you, but lately I have been flooded with e-mails from well-meaning people about heart attacks and what to do in case that happens. It says:

Dr. Virend Somers, a cardiologist from the Mayo Clinic, who is lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology, said that most heart attacks occur in the day, generally between 6 a.m. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

- 1. If you take an aspirin or a baby aspirin once a day, do take it at night. The reason is that aspirin has a 24-hour "half-life". Therefore, if most heart attacks happen in the wee hours of the morning, the aspirin would be strongest in your system.*
- 2. FYI, aspirin lasts a really long time in your medicine chest. Years (when it gets old, it smells like vinegar.)*

WHY ASPIRIN BY YOUR BED saves lives ... There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating, however these symptoms may also occur less frequently.

NOTE: There may be no pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep, did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, IMMEDIATELY DISSOLVE TWO ASPIRINS IN YOUR MOUTH and swallow them with a bit of water.

Afterwards, phone a neighbor or a family member who lives very close by and state "HEART ATTACK" and that you have taken 2 ASPIRINS. Take a seat on a chair or sofa and wait for their arrival. DO NOT LIE DOWN!!!*

**(personally, my bet would be to call 911)*

History of Aspirin

This brings me to the 110th Anniversary of ASPIRIN – the White Wonder, as it is often called. Medicines containing derivatives of salicylic acid, structurally similar to aspirin, have been in medical use since ancient times. Salicylate-rich willow bark extract became recognized for its specific effects on fever, pain and inflammation in the mid-eighteenth century. By the nineteenth century pharmacists were experimenting with and prescribing a variety of chemicals related to salicylic acid, the active component of willow extract.

A French chemist, Charles Frederic Gerhardt, was the first to prepare acetylsalicylic acid in 1853. In the course of his work on the synthesis and properties of various acid anhydrides, he mixed acetyl chloride with a sodium salt of salicylic acid (sodium salicylate). A vigorous reaction ensued, and the resulting melt soon solidified. Since no structural theory existed at that time, Gerhardt called the compound he obtained "salicylic-acetic anhydride" (*wasserfreie Salicylsäure-Essigsäure*). This preparation of aspirin ("salicylic-acetic anhydride") was one of

the many reactions Gerhardt conducted for his paper on anhydrides, but he did not pursue it further.

Six years later, in 1859, von Gilm obtained analytically pure acetylsalicylic acid (which he called "acetylierte Salicylsäure", *acetylated salicylic acid*) by a reaction of salicylic acid and acetyl chloride. In 1869 Schröder, Prinzhorn and Kraut repeated both Gerhardt's and von Gilm's synthesis and concluded that both reactions gave the same compound—acetylsalicylic acid.

In 1897, scientists at the drug and dye firm Bayer began investigating acetylsalicylic acid as a less-irritating replacement for standard common salicylate medicines. On March 6, 1899, Bayer patented this drug named *Aspirin* and was selling it around the world. The name Aspirin is derived from A = Acetyl and "Spirsäure" = an old (German) name for salicylic acid. Aspirin's popularity grew over the first half of the twentieth century, spurred by its effectiveness in the wake of the Spanish flu pandemic of 1918, and aspirin's profitability led to fierce competition and the proliferation of aspirin brands and products, especially after the American patent held by Bayer expired in 1917.

Aspirin's popularity declined after the market releases of **paracetamol** (acetaminophen) in 1956 and **ibuprofen** in 1969. In the 1960s and 1970s, Professor Sir John R. Vane and others discovered the basic mechanism of aspirin's effects, while clinical trials and other studies from the 1960s to the 1980s established aspirin's efficacy as an anti-clotting agent that reduces the risk of clotting diseases. Aspirin sales revived considerably in the last decades of the twentieth century, and remain strong in the twenty-first, thanks to widespread use as a preventive treatment for heart attacks and strokes. About 12,000 of the 50,000 tons of acetylsalicylic acid produced annually still come from Bayer.

A little known trick to keep your cut flowers fresh longer is to dissolve an aspirin in the water of your vase, another effect of the salicylic acid.

