

German-American Social Club of Sarasota

Newsletter

October 2014

Dear Club Members,

We will have Club Elections at the General Membership Meeting on Oct 16th at 3 pm. First and foremost we are looking for a new secretary, since Rosemarie Deutsch, who has done such an outstanding job for us, will step down. We have really able and loyal members in our club and I hope that at least one of you is willing to help us out. You would get all the support and on the job training that is needed. If we don't find anyone it would mean a breakdown in communications for all members. PLEASE volunteer!!

You might have noticed a change in the seating procedure at our last dance. You can pick and choose your own table now. So if you have a preferred table to sit at, come early and it is yours. You still have to call Brigitte with your reservation for the dance and dinner. That is the only way for us to determine how much food we have to buy. So please keep calling or e-mailing her with your reservation.

You all should look forward to our Christmas Party. During its meeting this month the Board decided that the entrance and the food are free for all members. Guests will have to pay a fee of \$15.00 at the door, with dinner included.

The event schedule for 2015 will be included with the next newsletter. I have all bands under contract; there are a few loose ends, but by next month everything should fall into place.

Marlies and I will be travelling and we will see you all back in November.

Dieter

Upcoming functions:

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|-------------------|-------------------------|-------------------------|
| October 25, 2014 | Klement & Michal | Weinfest |
| October 16, 2014 | General Membership Mtg. | Fruitville Library, 3pm |
| November 2, 2014 | Club Picnic | Longwood Park |
| November 22, 2014 | Manni Daum | Vienna Night |

Dances start at 7 pm (unless otherwise indicated) at the VFW, Post 3233, 124 South Tuttle Avenue., Sarasota, FL 34237. For reservations for the dances as well as dinner call Brigitte at (941) 371-7786 or e-mail her at b.wetjen@verizon.net and the deadline is the Wednesday before the event unless otherwise indicated.

Menu for October 25, 2014*Weinfest*

2 Nürnberger Würstchen, Potato Salad, Sauerkraut, German Bread

\$6.00

Cake - \$2.00, Coffee - free

Menu for November 22, 2014*Wiener Abend*

Leberkäse (Veal Loaf), Potato Salad, Sauerkraut, German Bread

\$6.00

Cake - \$2.00, Coffee - free

On November 2nd is our picnic. It starts at 11:00 am (please remember the end of Daylight Saving Time, clock goes back, you have an extra hour) at Longwood Park. This picnic is free for members, guests pay \$10.00.

The Christmas Party is December 6th with Peter Müller. Entrance and dinner is free for members, guests will pay \$15.00 at the door with free dinner. The deadline for reservations is December 1st, 2014. Please bring your 2014 membership cards as proof of membership. Other clubs' memberships will not be accepted that evening.

For those who like to plan early, here are the details for this year's New Year's Eve party with Manni Daum. It starts at 8:00 pm and there will be NO dinner. Members pay \$20.00, guests pay \$30.00. You will find more details in the December newsletter.

Dear Friends,

As you can see from Dieter's message, the General Membership Meeting is on October 16th at 3:00 pm at the Fruitville Library. My hope is that all of you will attend. It is also Election Day and 5 Officers and 1 Director are up for election or re-election, whichever the case may be. I for my part would like it to be 'election'. After 8 years (2006 to present) I like to pass the torch as Secretary on to someone else. It has been a learning process and I have enjoyed this assignment for those 8 years. Now it is time to move on and I am hoping that one of you would come forward and step into the job to keep the continuity. I will make myself available for the transition and help out the new Secretary however I can.

Rosemarie Deutsch

Our hearts, prayers and well-wishes go out to John Dydyn. While visiting their son in Connecticut, he fell ill and after quite a struggle, he and Rosie made it back home to California, where he is being treated.

We warmly welcome our

New Members: Jessica Arman-Valdivia
Hans-Joachim and Brigitte Hamel

Over the summer we lost two long-time former members:

Rudolf Zarsutzki died on June 7th, 2014 in the hospital of leukemia. He was 85, born June 30th, 1928 and is survived by his wife Anni, son Frank, brother Otto of Germany and 3 grandchildren.

Michael Ilcyn died on July 31st, 2014 at the Magnolia Health and Rehab Center on S. Tuttle in Sarasota. He was born on February 6th, 1925 and is survived by his wife Mary, his sons Michael and Gary and nine grandchildren. Michael and Mary were married for 56 years.

May they both rest in peace.

Researchers in Germany Laud Health Benefits in Chocolate

Chocoholics, rejoice! Researchers in Germany recently shed light on yet another reason why this delectable sweet should be a staple in everyone's diet. A team of researchers at the Düsseldorf University Hospital worked together with scientists from the US and Great Britain to analyze the health properties of cocoa, the key ingredient in chocolate. Dr. Christian Heiß and Dr. Roberto Sansone, the leaders of the Düsseldorf team, found that small amounts of chocolate consumed regularly can lead to a decrease in blood pressure.

The study was conducted on men and women between the ages of 50 and 80. For two weeks, half of the group would drink a chocolaty morning drink and the other half would remain cocoa-less. In the end, the participants with the daily dose of chocolate had more elasticity in their arteries. In the younger participants, both diastolic and systolic blood pressure was reduced by the chocolate diet. In older participants, only the diastolic pressure was reduced. Chocolate intake leads to a clear widening of the inner vascular walls, said Heiß and Sansone at the 80th anniversary of the German Cardiac Society last week. Larger passageways mean less strain on the heart, which lowers blood pressure.

While the team doesn't recommend replacing medicine with chocolate, it is clear that moderate cocoa intake daily can help to reduce mild high blood pressure.

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Mish Mash Cabaret presents: Spooks on the Loose

One-of-a-kind Family Entertainment, all new Halloween Themed Magical Variety Show!

Grand Illusions → Comedy Magic → Spirit Séance & more

Starring: Gypsy Allure – the Mistress of Magic

Featuring: Dieter Tasso, World-renowned juggler extraordinaire!

Nelson Lugo: The Charming Trickster from NYC

Top Hat Dave: Sarasota's own walking piece of art

Friday, October 24th at 8 pm at the Sarasota Classic Car Museum, 5500 N. Tamiami Trail

Ticket info: www.gypsyallure.com or (941) 351-2548

Word of the Week: Kobold

With Halloween just around the corner, Americans are excitedly gathering for haunted hayrides, telling scary stories around campfires, and searching for frightening costumes. At this time of year, it's common to hear stories about the chupacabra, bigfoot, and the headless horseman.

Mythological creatures exist throughout the world, but let's take a look at one that has existed in German folklore for centuries. A popular supernatural creature is the *Kobold*, a mischievous household spirit that is usually invisible, but will occasionally materialize, taking the form of a human, an animal, or an object. An ill-tempered Kobold might, for example, take the form of a feather, descend onto the nose of a sleeping homeowner, and trigger a sneeze.

Most images of a *Kobold* depict small, humanlike figures often dressed like peasants. But there are many types of *Kobolds*. Some are friendly spirits that live in one's home, taking care of chores and playing malicious tricks if they feel upset, neglected or insulted. Others live underground, haunting old mines. Some reside on ships, accompanying sailors as they navigate the open seas (this type of *Kobold* is called a *Klaubautermann*).

The origin of the *Kobold* and its etymology remains shrouded in mystery, but this mythical creature is believed to have emerged from Pagan customs many centuries ago.

There are numerous other legendary German creatures that are closely related to the original *Kobold*, such as the *Heinzelmännchen* (house gnomes). But while the *Heinzelmännchen* are good-natured creatures that tend to the house, *Kobolds* also have a darker side to them, often wreaking havoc. In some cases, the damage *Kobolds* inflict might resemble that imposed by a poltergeist.

So next time you're in Germany and your things go missing or you hear a bump in the night, remember that you might have a *Kobold* living in your building. Happy Halloween!



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