

# German-American Club of Tucson

P. O. Box 12984, Tucson, AZ 85732-2984



Nachrichten

By: Darlene Rietz

February 2006

## President's Corner



The most exciting club news is the introduction of our new club website. If you haven't had a chance to log on yet, you really need to check it out. It's [www.GermanAmericanClubOfTucson.com](http://www.GermanAmericanClubOfTucson.com). Pretty simple and easy to remember to pass on to your friends. Here you will find current club announcements of the club's latest events and things of interest. It gives information of what our club is all about and where and when we meet. You'll find links to a club photo gallery, an application for membership, club history, coming events with an annual calendar of club events, the flier of our next dance, the latest newsletter, links to favorite websites, and more. It's a place where one can go and learn all about our club activities, how to join and who to contact. I'm still in the learning curve on how to keep it updated. Check it often to get the latest info. Now I'm getting the question: "What do I do if I don't have a computer?" Well, nothing - nada. You won't have the luxury of keeping abreast of the latest club news and announcements. You will just have to wait until the USPS delivers your next newsletter. If you wish to receive your newsletter by e-mail rather than through snail-mail, please advise Darlene of your e-mail address.

Several members are planning to attend the "Young Ambassadors" BYU dance performance show at the U of A Centennial Hall, 1020 E. University Blvd on February 28 at 7 pm. Our group cost is only \$25 per couple which includes premium center seats and per ticket service charge. If you would like to join us, call me at 885-6833, but not later than Feb 1. If you miss our deadline, you can also make your own reservations by calling the Box Office at 621-3341 at a cost of \$18 pp + \$2 SC. Check it out online at [www.uapresents.org](http://www.uapresents.org).

The Fasching Dance is coming up Saturday, Feb 4, with Norm Siess & Helmut Kron. Doors open at 5:30 with Leberkaese & German potato salad on the menu. Yummy. Call Jean, 546-6663, with your meal

reservations if you want to eat. There'll be prizes for the best costumes. Dress up in costume if you like. Either way, it will be entertaining.

Elections are coming up soon. Please consider serving on the board. It's really not that much work and management is needed to keep this club active. I personally plan to take a break as President after serving for the past several years. I will still be active in keeping up the club website, will volunteer to do the club dance fliers and help anyway I can.

Don't forget to pay your annual club dues. You won't get a better deal for \$20 anywhere.

Love you all, your president, Tom Crisp

## Upcoming Club Activities

Feb. 4, 6:30 pm, Fasching Dance

Feb. 8, 7 pm, Board meeting

Feb. 22, 7 pm, Membership meeting (Potluck)

Mar. 4, 6:30 pm, Polkafest, Norm Siess Band

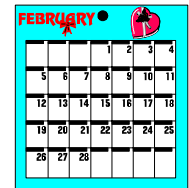
Mar. 8, 7 PM, Board meeting

Mar. 22, 7 PM, Membership meeting, elections

Apr. 5, 7 pm, Board meeting

Apr. 22, 7 pm, Membership meeting

Apr. 22, 2 pm, Annual picnic at Crisp Ranch



Happy birthday to members celebrating a birthday in **February**

Elfriede Sheets	02
Karen Faust	10
George Gaumond	10
Doris Holdcraft	11
Waltraut Hausler	12
Roger Taylor	12
Nelly Hobrath	15

Jakob Hohl  
Walt Kubis


18  
24

### POLKAFEST



Our Polkafest dance will be on March 4 at the FOP at 3445 North Dodge Blvd. We will have door prizes and 50/50 raffle. Dinner will be Kassler Rippchen, sauerkraut, and boiled potatoes at a cost of \$8.00 per plate. Please call Jean Brett at 546-6663 before Feb. 24 to make reservations for the dinner. Doors open at 5:30 pm. Dinner will be served from 6 pm to 6:30 pm. Cake and coffee only will be offered for \$2.00. No reservations required for the dance only. Norm Siess's band will be playing from 6:30 to 10:30 pm. The fee for paid up members will be \$6.00; non-paid up members and guests will pay \$8.00. WEAR YOUR POLKA DOTS AND JOIN IN THE FUN! See flyer attached.

good source of health-promoting omega-3 fat. Most nuts are good sources of vitamin B-6, folate, potassium, magnesium and dietary fiber. Nuts also supply a variety of flavonoids and other phytochemicals. Even eating an ounce of nuts once a week may help protect your health. A 1/3 cup portion provides about as much protein as a slice of cheese, but with much less saturated fat. Most nuts contain mainly mono-unsaturated fat, which doesn't raise blood cholesterol and doesn't seem to increase cancer risk. But it does give nuts 200-250 calories in that 1/3 cup portion. Luckily, a small amount can satisfy your appetite. Spread peanut butter on your toast or bagel instead of cream cheese or butter, or add nuts to salad instead of croutons. Top steamed veggies like broccoli or spinach with some slivered or chopped nuts. If you're eating nuts as a snack, pour an ounce into a dish or napkin, or buy the small 1-ounce packs of nuts to avoid eating too many. Submitted by Erna Hecke, a "nut lover".




**REMINDER**

Membership dues are payable before the end of January. Remember, if your dues are not current, you will have to pay guest price at the dances.

### A letter from Ilsa's Konditerei und Cafe



Dear Customers and Friends,  
Happy New Year! May you be blessed with good health, much joy, and inner peace during this year. I would like to thank you for your patronage, loyalty, and your friendship over the past 21 years. These 21 years have been a total commitment of service on my part. I never ceased to strive for quality products and good service, no matter how hard it has been. I love people and will miss you when I close my business on January 31, 2006. I am retiring! I am opening a fourth chapter in my life and look forward to gradually embracing many interest, which have been dormant during my business life, and to being together with my two daughters and family more often. Ilsa's Wedding Cakes and Specialty Cakes will continue to be offered through Paulette, the owner of Village Bake House, an established bakery located at 7882 N. Oracle Road, at the intersection of Oracle and Magee (phone 531-0977). Paulette will employ some of my pastry production and sales staff and will use my recipes. The "On Order" Wedding Cakes will still be made according to the orders I took, and I will deliver them personally. I shall stay in contact with many of you. My best wishes and kindest regards to each one of you.  
Sincerely, Ilsa Bechert



*Barbara Lester joined the Club in January. Welcome Barbara. We hope you will be a long and active member. Be sure to seek her out and make her feel at home.*

### Good Health in a Nutshell

Nuts play a respected role in eating for good health. Studies show that people who eat nuts frequently have lower risk of heart disease, and a few human studies link nut consumption with lower cancer risk, although more research is needed to confirm these results. Nuts are good sources of several cancer-fighting nutrients. Almonds, hazelnuts and peanuts are good sources of vitamin E. Brazil nuts are high in selenium, another cancer-fighting antioxidant. Walnuts are a



Best wishes for a speedy recovery to **Waltraut and Hartmut Hausler** for their recent surgeries, to **George Gaumond** for his recent hospitalization and to **Feli Friederichs** on her upcoming surgery.



It's time to start thinking of election of new officers and board for the year 2006-07. Please do your part and offer to serve a term. New blood is always welcome.

NOMINATION AND ELECTION OF OFFICERS FOR 2006-07

Send or bring in your nominations at the February meeting

PRESIDENT	_____
VICE PRESIDENT	_____
RECORDING SECRETARY	_____
CORRESPONDING SECRETARY	_____
TREASURER	_____
COUNCIL MEMBERS	_____
	_____
	_____

NOTE: If you wish to be nominated for any of these positions, please enter your name in as many of the positions in which you would like to serve.