



THE SAXON NEWS

Volksblatt

Celebrating over 100 years of Saxon Fraternalism

Published by
The Alliance
of Transylvanian Saxons
Home Office: 5393 Pearl Road
Cleveland, Ohio 44129-1597
Tel: (440) 842-8442

ATS Founded in 1902

February 7, 2020

Issue 3

BRANCH 33, CLEVELAND EAST By Arline Krestel-Suts

Happy New Year! Can you believe it's 2020?! Not only that, one month is gone already.... Time truly passes so fast.

January meeting, we enjoyed a sausage and sauerkraut supper. Branch 33 had the installation of officers for 2020: President Ema Litschel; Vice President Bette Schmidt; Treasurer Jeff Krestel; Recording Secretary Arline Suts; Financial Secretary Mike Bretz; ATS secretary Karyn Schmidt; Membership Chairperson Cindy Schneider; Trustees Barb Hum, Maria Phillips, Margie Ziegler, and Austin Bonnett. Thank you to all these officers who continue to serve.

Also happy to report that Margie Ziegler is now an ATS deputy and able to assist President Litschel with signing on new members. Please think of signing up your friends and families as members of the ATS.

We think about and pray for our members who have not been able to attend including Florence Davidson, Joan Blaha, Ron K, Inge Mann, Mr. and Mrs. Mahter, Peg Maurer, Maria Thellmann and many others. Eric Foisel will be having surgery on his shoulder, keep him in your prayers. We hope this year brings improved health and we think of you all.

Sadly, I note that we lost a lifelong member. Franz Hum passed away in December. Our thoughts and hearts are with the Hum family during this time of grieving. Please know you are not alone in remembering how truly wonderful he was; that he meant so much to his brothers and

sisters of the ATS. It is during these times I realize how limiting words can be, to try to memorialize over 90 years of life. We can only hope memories and time ease the loss. Though we mourn the loss of Brother Hum, we are comforted that his spirit lives on in the family and friends he left behind.

The ATS will be starting the Bowl Where You Are program for the junior members. Coinciding, Branch 33 is holding a bowling party on March 14 at Wickliffe Lanes, 2:30 to 4:30pm. Ema Litschel is taking reservations (440) 358-1184. We hope many junior and adult members attend!

The ATS National Convention is this year in May. Branch 33 is hosting at the Beachwood Marriot. Margie Ziegler and her team are busy working on the details. Reservation forms will soon be posted in the Volksblatt.

Our next meeting will be Wednesday, February 12. Starting at 7 p.m. we will play bingo before the meeting, and of course there will be prizes! Let's hope the weather holds out so that our meeting attendance soars.

Update Your Personal Records And Family Protection

Address changes? Have you notified the ATS Home Office of your new address? Have your adult children changed their addresses?

Beneficiary changes? Was there a marriage, divorce, death, etc., in your family which would require you to make a change of beneficiary on your Life Insurance or Annuity Contracts? Take care of it right away! Senior citizens tend to neglect this, so remind them!

Did the stork visit you recently? Did a new son or daughter arrive recently? Congratulations! Don't forget to make him/her an ATS member by purchasing a Life Insurance or Annuity plan so the he/she can benefit from our fraternal programs.

Do you need more life insurance? Do you have enough life insurance protection for yourself and your family? Chances are you should have better coverage! Call you Local ATS Deputy.

How about an ATS Annuity or IRA Plan? Are you saving for your retirement needs? ATS Annuity Plans offer you a safe way to increase and protect your savings while providing tax sheltered growth. Call you Local ATS Deputy and strengthen your financial future.

PRESIDENT'S MESSAGE

By Joan Miller-Malue
ATS Nat'l President



The Youth Activities Committee is glad to report that the following Branch cities will hold bowling parties in conjunction with the Bowl Where You are Tournament: Cleveland East (Mar 14), Cleveland West (Mar 15), Chicago (Mar 15), Lorain (Mar 14), Salem with Alliance (Mar1), and Youngstown (Mar 15). Their local branch invitations were mailed along with the ATS flyer concerning the bowling tournament. There is still time for other Local Branches to plan a bowling party. So, parents, grandparents we need your help in getting your children to these parties. And for those junior members that cannot make the parties or do not live near their Branch city, you can bowl anytime during February and March at any local bowling lanes. Every participant will receive a free T-shirt and will earn scholarship award points that can benefit a member when they apply for an ATS Scholarship. It is so important for us to provide opportunities for our young members to get together and learn that they are part of a fraternal society.

It is that time of year that we remind our members that it is not too late to make their 2019 contribution into their ATS IRAs. Deposits must be made by this year's tax filing deadline of April 15th. If you do not have an ATS Traditional or Roth IRA and have earned income, I recommend that you start one now! An IRA is a powerful savings tool. Both the Traditional and Roth IRA allow you to enjoy tax advantages while saving for your future. A simple explanation of how they differ: Traditional IRA grows tax-deferred and the contributions may be tax deductible in the current year but are taxed when withdrawn in retirement. Its main advantage is that it can help reduce your tax bill. Roth IRA is different in that the account is funded with after-tax contributions but are not taxed when withdrawn in retirement. Its advantage is that it provides a hedge against future tax rates because it provides for tax exempt withdrawal and there are no minimum distribution requirements at age 72 which is required with a Traditional. Call your Local Branch Deputy or the ATS Home Office for more details. We encourage our young working members to start saving early. By setting up automatic contributions with ATS Autopay it will help you build your savings for retirement painlessly. You are never too young to start saving for retirement!

Valentine's Day is just around the corner and many of us think that Valentine's Day is just for couples, but it doesn't have to be confined to romance. Medical researchers from the Mayo Clinic would agree that individuals with a loving support network, "which can come from friends, family, members of (ATS) societies you belong to" mitigates psychological distress and makes for a happier and mentally healthier life. Great to

Continued on Page 2



SEE PAGE 3 FOR
2020 ATS SAXON
SCHOLARSHIP
INFORMATION
AND APPLICATIONS

TIMELY - DO NOT DELAY
MAILED WEDNESDAY, FEBRUARY 5, 2020

Attention Postmaster: Send all Changes of Address to:
The Alliance of Transylvanian Saxons
5393 Pearl Road Cleveland, OH 44129-1597

PRESIDENT’S MESSAGE
Cont’d from Page 1

know that our fraternal society can help make your life healthier! It certainly has brought much happiness into my life. I send special wishes to our ATS membership for a Happy Valentine’s Day!

Transylvanian Saxon Trivia: The village of Klosdorf which lies approximately four miles southwest of Keisd was founded by the Saxons in 1322. The fortified church stands in the middle of the village on the eastside of the main street. The church

which was completed in 1524 along with a four cornered wall with four towers. Today, only three of the towers remain intact. The Bell-ringers house was built in the 19th century. The baroque altar was made in 1715 by the painter Andreas Hermann from Hermannstadt. The late gothic benches dated 1532 are still preserved bearing the coats of arms as well as others made in 1688 and 1799. The church has had four bastions repaired by the Mihai

Eminescu Trust and have shored up the entrance beside the Bellringer’s house. Repairs have been made to the school, the Orthodox church and the Bellringer’s house which was completely restored and now been established as a guesthouse filled with Saxon furniture. The Bellringer’s house is set within the fortified walls. Might be an interesting place to stay on your travels through Transylvania.

Ich wünsche allen einen schönen Tag.



Klosdorf

Schloss Horneck needs OUR help!



Schloss Horneck located in Gundelsheim, Germany is the international location for our Siebenbürger Sachsen to house Sachsen artifacts, books and other historical documents and records. It is important to our worldwide Sachsen community to help in the maintenance expenses of this historical facility that will preserve our Sachsen culture and heritage.

The Federation of Transylvanian Saxons requests donation to help in the funding of the facility. If you are interested in giving a donation, please complete the form below and send to the ATS Home Office, 5393 Pearl Road, Cleveland, OH 44129.

Please make your check payable to the ATS.
DONATION FOR SCHLOSS HORNECK

Name _____
Address _____
City _____ State _____
Zipcode _____

Amount Donated \$ _____

Please indicate if donation is in memory
or honor of someone

Act pushes businesses
to enroll employees in
retirement plans

If the galloping stock market isn’t enough incentive to get into a 401(k) retirement plan, President Trump’s Secure Act, which went into effect Jan. 1, 2020, offers another perk.

The Act gives a tax credit to employers that automatically enroll workers into their retirement plans.

Studies show people are more likely to stay in a plan if they are auto-enrolled, rather than have to do it themselves, according to Business Insider.

Under the Secure Act, small employers will get a tax credit to offset the costs of starting a 401(k) plan or Simple IRA plan with auto-enrollment, on top of the start-up credit they already receive.

States have created their own automatic-IRA programs, where companies without a retirement plan can or must provide one for their employees.

Enrolling in a 401(k) or IRA vastly expands money in retirement.

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SECRETARIES TAKE NOTICE:

THE DEADLINE DATE FOR ARTICLES
IS WEDNESDAY - 12 NOON.

You may either
MAIL: PO BOX 45198
Westlake OH 44145
E-MAIL: saxonvolksblatt@aol.com
PLEASE NOTE: FAX SERVICE IS
NO LONGER AVAILABLE

Articles e-mailed will receive an e-mailed confirmation
by Noon Thursday. If you did not receive a confirmation,
please give us a call.

DEADLINE DATES FOR ARTICLES:

DEADLINE	ISSUE
WEDNESDAY, FEBRUARY 12, 2020	FRIDAY, FEBRUARY 21, 2020
WEDNESDAY, FEBRUARY 26, 2020	FRIDAY, MARCH 6, 2020
WEDNESDAY MARCH 11, 2020	FRIDAY, MARCH 20, 2020

Please have your articles in by 12 Noon.

Did you miss the deadline?
Have you emailed your article past 12 Noon?
Please call Hanz or Barb Hermann at (440) 892-0436.

FRESHMAN ACADEMIC SCHOLARSHIP GRANTS

To be eligible for a Freshman Academic Scholarship Grant you must be a high school senior with an accumulated grade point average in high school of 2.8, or better.

Twenty-one Scholarship Grants will be awarded to freshmen in undergraduate study at an accredited college or university in the United States and three renewable grants to present recipients of the Victor Deptner Scholarship.

\$1,000	Four Year Renewable Grant from the Victor Deptner Memorial Scholarship
\$1,000	Past ATS Officers' Memorial Scholarship
\$1,000	Henry Schindler Scholarship
\$1,000	Michael W. Schassburger Memorial Scholarship
\$1,000	Jon Weber Memorial Scholarship
\$1,000	ATS Branch 33 National Scholarship Endowment Award
\$1,000	Julia & Martin Konnerth Memorial Scholarship
\$1,000	Julia & Martin Konnerth Memorial Scholarship
\$1,000	Branch 10 – Columbus Scholarship
\$1,000	Branch 14 – Canton Scholarship
\$1,000	Davidson-Schuller Appreciation Scholarship Award in honor of ATS and Branches 33 & 34
\$1,000	Rev. & Mrs. John Foisel Memorial Scholarship
\$1,000	John F. Spack Memorial Scholarship
\$1,000	John and Mary Guip Memorial Scholarship
\$1,000	Branch 5 – Lorain Scholarship
\$1,000	Dale & Rose Segedi-Kaufman Memorial Scholarship
\$1,000	Dale & Rose Segedi-Kaufman Memorial Scholarship
\$1,000	Dr. David E. Schuller Appreciation Scholarship in honor of his parents Elsie and Daniel S. Schuller
\$1000	John Boehm Memorial Scholarship
\$ 750	Niles-Branch 20 National Scholarship
\$ 750	New Castle Branch 27 Scholarship
\$ 400	Donzella Herman Scholarship

Applicants for the Scholarships listed must be ATS Members in good standing with a minimum of two years continuous membership prior to the scholarship application deadline of April 15th. High School Seniors must have maintained a 2.8, or better, grade point average in high school.

Complete the Request Form below to receive your Application. Please note: upon our receipt of the Request Form, an **official ATS Scholarship Application Form** will be mailed to you. **The completed official ATS Scholarship Application Forms from the applicant and school must be received at the ATS Home Office before April 15th.**

REQUEST FOR ATS HIGH SCHOOL SENIOR SCHOLARSHIP

Name

Address

City, State, Zip Code

Tele:

E-Mail:

Br. No. Cert. No.

Request must be received by March 16th

MAIL SCHOLARSHIP REQUEST FORM TO:
ATS Home Office
5393 Pearl Road
Cleveland, Ohio 44129-1597
Request Forms must be received by March 16, 2020
Please note: Only official ATS Scholarship Application Forms will be accepted for consideration.



UNDERGRADUATE CONTINUING ACADEMIC SCHOLARSHIP GRANTS

The ATS is offering thirteen Academic Undergraduate Continuing Education Scholarship Grants to our members who are not current year high school graduates and are not entering college in their freshman year of study but are in an **undergraduate program**.

\$1,000	Award in memory of Marie Stirner
\$1,000	Award in memory of Marie Stirner
\$1,000	Award in memory of Marie Stirner
\$1,000	Award in memory of Marie Stirner
\$1,000	Award in memory of Gertie & Ernie Gottschling
\$1,000	Lorain Saxon Ladies Branch 11 Scholarship
\$1,100	Memory of Joanne "Honey" Wolff
\$1,000	Memory of Elsie Weber
\$1,000	Memory of John & Katrina Weber
\$1,000	Memory of Michael & Margaret Schindler
\$ 555	Memory of Marie Spaan
\$ 500	ATS Branch 34 Cleveland East Scholarship
\$ 500	Award in memory of Karl & Charlotte Klamer
\$ 500	Award in memory of Donald G. Miller
\$ 500	Farrell-Branch 7 Scholarship
\$ 500	ATS Scholarship Award
\$ 500	ATS Scholarship Award
\$ 500	ATS Scholarship Award
\$ 200	Memory of Michael Lander

Applicants must be ATS members in good standing, with continuous membership for a minimum period of two (2) years. They must have a grade point average of at least 2.8. They may be any age; however, they cannot be a current year high school graduate or entering their freshman year of college.

Applicants must be enrolled in an **undergraduate program** as a **full-time student** at an accredited college or university in the United States.

Requests for official ATS Undergraduate Continuing Academic Scholarship Applications may be made by calling the ATS Home Office (440) 842-8442, or by completing the Form printed below by March 16, 2020.

Completed official ATS Applications for scholarship grants must be received at the ATS Home Office before April 15th. Undergraduate Continuing Academic Scholarship winners will be chosen in a random drawing conducted by the ATS Scholarship Committee

REQUEST FOR ATS UNDERGRADUATE CONTINUING EDUCATION SCHOLARSHIP

Name

Address

City, State, Zip Code

Tele:

E-Mail:

Br. No. Cert.No.

Request must be received by March 16th

MAIL SCHOLARSHIP REQUEST FORM TO:
ATS Home Office 5393 Pearl Road
Cleveland, Ohio 44129-1597

Request Forms must be received by March 16, 2020
Please Note: Only official ATS Scholarship Application Forms will be accepted for consideration

.. Scholarship winners will be announced at the ATS National Convention on May 30, 2020 and winners will be notified by mail. ..



Snowblower injuries continue

It only takes one big snow storm and Emergency Room doctors know they will see an uptick in one kind of injury: finger amputations.

Snowblowers, those useful devices that can clear a driveway quickly, can also cause hand injuries and finger amputations when used improperly.

According to the National Electronic Injury Surveillance System, there were 27,826 hand injuries treated in emergency rooms associated with snow blowers from 2009 to 2017. More than 20 percent of the injuries were finger amputations.

Happily, according to a 2019 study in the American Journal of Emergency Medicine, injuries have declined. In part because of better machine safety designs and consumer awareness.

The key idea to preventing injuries seems obvious to everyone, even the injured: Don't stick your hand in the blades to clear a clog.

Yet, people still do exactly that and injuries still happen.

In nearly all cases of serious injury, the snowblower operators thought the blades were stopped and

they reached into the snow chute to clear the clog.

The truth is even if the machine is off and the clutch released, some blowers may have torque remaining that will cause blades to turn if the clog is released. In other machines, blades may continue to spin even after disengagement.

Another cause: Not realizing that the blades are so close to the snow output chute, according to the CDC.

Awareness is the key to safety.

The snow chute is never safe to clear with hands, even if it seems the blades are stopped and even if the blower is powered off.

Always use a tool, such as a broom handle, to clear the chute.

There is a slight concern that, in drifts of snow, operators might become at least slightly intoxicated from carbon monoxide.

A good rule to remember is that snow blowers, while much better for clearing snow than shoveling, can also cause you to overheat and over-work your heart.

It is best to make several light passes while it's snowing instead of waiting for the snow to end.

Always wear safety glasses.

Cold weather and the impact on your heart

Whether you live in a frigid climate or not, cold weather can affect your heart. According to the American Heart Association, cold weather and other seasonal factors can raise the risk of heart attacks and more.

Studies show that cardiac deaths begin to climb around Thanksgiving, peak early in the year, then decrease as warmer weather returns. According to a 2015 study by Dr. Robert A. Kloner of the Huntington Medical Research Institute, every one degree Celsius drop in temperature (1.8 degrees Fahrenheit) corresponded to a 0.49 percent increase in deaths from all causes.

Kloner said many factors are at work. The cold makes

arteries constrict, which can decrease blood flow and the delivery of oxygen; it also tends to increase the formation of blood clots. Winter is also flu season, and studies have shown an increase in heart attacks shortly after people get the flu.

Some other potential factors include: the stress of holidays; a lack of sunshine and an increase in depression; and less exercise in the colder, darker months.

For those with coronary conditions, it's especially important to be aware of cold-weather activities like shoveling snow -- consider hiring someone to do it or using a snowblower, particularly if you're not in shape -- and to dress warmly. And of course, eat a healthy diet.

FRATERNAL CALENDAR

NATIONAL EVENTS

- February - March, 2020
Bowl Where You Are Tournament
- February 22, 2020
Overnight Stay at Cleveland Metroparks Zoo
- March 28 - 29, 2020
TSBA Tournament Youngstown, OH
- May 30 - 31, 2020
ATS Convention
Host Cleveland East Br. 33
Marriott East, Beachwood OH
- June 21-26, 2020
Saxon Summer Camp
Camp Frederick Rogers, Ohio
- July 10 - 12, 2020
North American Saxon Heimattag
Salem Ohio
- July 25, 2020
ATS Family Day
Waldameer Park Erie, PA
- October 10 - 11, 2020
ATS Open Bowling Tournament
Host Youngstown Saxon Bowlers

LOCAL EVENTS

- February 8, 2020
Youngstown Br. 30 Work Party
- February 9, 2020
TSBA New Castle, Pa. Ten Pin Alley Hermitage PA
- February 14, 2020
Youngstown Saxon Club Valentine’s Day Show
- February 16, 2020
Cleveland West Br.4 Chinese Auction/Sausage Dinner
- February 23, 2020
Youngstown Pork Kraut Dinner 11:30 - 2:30 p.m.
- February 27, 2020
Salem Set-up for Fish Fry 5:00 or 6:00 p.m.
- February 28, 2020
SALEM FISH FRY (1) 4:30 p.m. -7:00 p.m.
- March 1, 2020
Salem” Bowl Where You Are!” 1:00 p.m.
- March 5, 2020
Salem Set-up for Fish Fry 5:00 or 6:00 p.m.
- March 6, 2020
SALEM FISH FRY (2) 4:30 p.m. – 7:00 p.m.
- March 7, 2020
Cleveland Saxon Dance Group Chili Cook Off
- March 8, 2020
TSBA Youngstown, OH
- March 12, 2020
Salem Set-up for Fish Fry 5:00 or 6:00 p.m.
- March 13, 2020
SALEM FISH FRY (3) 4:30 p.m. - 7:00 p.m.
- March 14, 2020
Cleveland East Bowling Party Wickliffe Lanes
- March 15, 2020
Chicago Br. 9 Bowl Where You Are
- March 19, 2020
Salem Set-up for Fish Fry 5:00 of 6:00 p.m.
- March 20, 2020
SALEM FISH FRY (4) 4:30 p.m. - 7:00 p.m.
- March 22, 2020
Youngstown Pork Kraut Dinner 11:30 - 2:30 p.m.
- March 26, 2020
Salem Set-up for Fish Fry 5:00 or 6:00 p.m.
- March 27, 2020
SALEM FISH FRY (5) 4:30 p.m. - 7:00 p.m.
- April 2, 2020
Salem Set-up for Fish Fry 5:00 p.m. or 6:00 p.m.
- April 3, 2020
SALEM FISH FRY (6) 4:30 p.m. - 7:00 p.m.
- April 11, 2020
SALEM EASTER EGG HUNT 1:00 p.m.
- April 18, 2020
CC Salem Clean-up Day (1) 1:00 p.m. - 5:00 p.m.
- April 25, 2020
CC Salem Clean-up Day (2) 1:00 p.m. - 5:00 p.m.
- May 2, 2020
CC Salem Clean-up Day (3) 1:00 p.m. - 5:00 p.m.
- May 9, 2020
Chicago Br. 9 Siebenbürger Sachsen Stiftungsfest
- June 14, 2020
Chicago Br. 9 Picnic, Lynn Woods Morton Grove



Name: _____
Branch No. _____ Cert. No. _____
Address: _____
City: _____ State: _____ Zip Code: _____

Please color and mail to ATS Home Office;
5393 Pearl Road; Cleveland, OH 44129
before February 14, 2020

Presidents Day: One time everyone agreed

Strange to think, but there was one time in the United States of America that everyone pretty much agreed on who should be president. That was the first and second terms of George Washington -- war hero, patriot -- and the first president of the newly minted United States, elected in 1788 and 1792.

Not that there wasn’t a lot of controversy during those two terms. Indeed, Washington didn’t want to run again, given the controversies of his first term and his poor health. But, he agreed at the urging of leaders throughout the country. It was the only time in presidential his-



tory that a candidate for president didn’t campaign or even make a formal announcement. Still he won unanimously in the electoral college. The same consensus certainly did not characterize the term of another great president traditionally hon-

ored on Presidents Day. Abraham Lincoln’s election in 1860 set off a series of events that ended in civil war, but also the end of slavery. Not even his own Republican Party could agree in the primaries who should stand for president. Lincoln was selected on the third ballot. That election was to be the beginning of a relentlessly divisive period in which, ultimately, 620,000 soldiers died. By comparison, in all other wars and conflicts over the entire history of the United States, 644,000 soldiers died. Presidents Day actually honors all presidents, although Lincoln and Washington are most often cited.

**YOUNGSTOWN SAXON CLUB
PORK-KRAUT DINNER
FEBRUARY 23, 2020**

11:30 a.m. to 2:30 p.m.
\$9.50
Children \$5.00
includes coffee/tea/pop and dessert
OPEN TO THE PUBLIC!
TAKE OUTS AVAILABLE!

CHURCHES



**St. Peter's
German and Saxon
Lutheran Church**
11423 Chicago Rd.
Warren, Michigan 48093
(586) 979-3850
stpeters_church@sbcglobal.net
www.stpeterswarren.or

10:00 Bilingual Service
Nursery
Coffee following service
Senior Circle
Sunday School
Church Choir
Bell Choir

St. John's Lutheran Church
1000 Ford Road
Highland Hts., Ohio
(440) 449-1334
Rev. Paul Stork
Pastor
10:00 Worship Service

BRANCH 10, COLUMBUS

By Donald Blum



TRANSYLVANIAN CHURCH HISTORY

Transylvania is known for the building of churches that demonstrate beautiful architecture and fortified churches that protected people from the many battles that occurred in Transylvania. Many of the churches have been abandoned and are in disrepair. These churches are an important part of the Transylvanian heritage. It is wonderful to hear that these important Transylvanian buildings are being restored. This will help to preserve Transylvanian history. Saxons are no longer in the village where this church is being preserved but it still preserves some of the history of the village.

Teams of volunteers to restore these buildings to life again are doing great work. The Ambulance For Monuments Transylvania South



is a project initiated by the monumentum association and supported by his royal highness, the Prince of Wales and civil society from all over the country.

ANNIVERSARY

We want to congratulate long time Columbus Saxon Club members Dorothea and past president, Martin Hesch on achieving a monumental wedding anniversary. On February 11, 2020, this young couple will be married 59 years. We wish them many more Happy Anniversaries.

Some of the other important things happening at this time were as follows:

John F. Kennedy was our president

One Hundred and One Dalmatians is released in movie theaters

Ham the Chimp is rocketed into space by the United States

The Peace Corps is established

The trial of Adolf Eichmann begins in Jerusalem

The invasion of the Bay of Pigs occurs in Cuba

Alan Shepard becomes the first American in Space

Ty Cobb passes away

Construction of the Berlin Wall occurs

Roger Maris hits 61 home runs

President Kennedy sends 18,000 troops to South Vietnam

Cuba announces they will adopt socialism

Barbie gets a boyfriend when the 'Ken' doll is introduced

MONTHLY MEETING HICKORY HOUSE

550 Officenter Place
Gahanna, Ohio 43230

Monday, February 17, 2020

Time: 12:00 noon-We mentioned trying to get the meetings finished in a timely manner, if possible we would like to have you arrive a little early in order to get the meals ordered early. Thanks for your

cooperation.

Our meetings are the Third (3rd) Monday of the month. Perhaps you have not been to a Saxon Club event in quite a while. Maybe you used to attend activities, or perhaps you attended activities with your parents and even grandparents. Recently, while not under the most pleasant circumstances, we have talked with many of you at funerals for loved ones and friends, about memories of a special Saxon Club event(s). Come share those memories at our next Luncheon. We hope to renew those memories with you and possibly create new memories through becoming involved with the Saxon Club.

Remember to bring a canned good item or other food item that will not need to be preserved to our next meeting.

FACEBOOK PAGE

Alliance of Transylvanian Saxons, Columbus Branch 10

We will continue to modify and improve the Facebook page as needed. You are invited to join our Facebook group and share your Saxon history or just enjoy what others post. If you are interested in becoming part of the Facebook group you can request an invitation or send me your email address (donalddbhum@prodigy.net), and we will set you up.

We are happy to say, we continue to add Saxon/German heritage individuals to the Facebook Group. Some of the new members include people from Europe. We encourage you to spread the word about our group.

STORIES WITH A MORAL

- Once all villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one boy came with an umbrella. That is faith.

- When you throw babies in the air, they laugh because they know you will catch them. That is trust.

- Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake us up. That is hope.

- We plan big things for tomorrow in spite of zero knowledge of the future. That is confidence.

- We see the world suffering but we still get married and have children. That is love.

Remember—Good friends are like rare jewels, difficult to find and impossible to replace!



We remember our Sisters and Brothers who have departed this life in recent days. Our sincere sympathy is extended to the members of the bereaved families.

James W. Dunn

Age 90

Died: October 16, 2019
Branch 30, Youngstown, OH

Jack D. Dunsing

Age 91

Died: October 22, 2019
Branch 30, Youngstown, OH

John W. Waterhouse

Age 96

Died: December 28, 2019
Branch 2, Erie, PA

Hans Schueller

Age 87

Died: January 26, 2020
Branch 1, Cleveland, OH

Ann Kozaitis

Age 80

Died: January 26, 2020
Branch 26, Merrillville, IN



In every culture and era, humans have wanted a Valentine

Each year on February 14, millions of decorated cards are exchanged by husbands and wives, friends and lovers, boys and girls. In spite of its great popularity, little is actually known about the origin of Valentine's Day.

There are several people in history to whom the honor of being the original St. Valentine might be given. These are the stories of three.

In third-century Rome, young men did not want to enlist in the army. Claudius II ordered young men not to marry, believing they would be more willing then to leave Rome. Moved by compassion for the young men and their sweethearts, Valentine the priest married them secretly.

Another Valentine, a priest and physician, was imprisoned for his Christian beliefs when he met the blind daughter of his jailer. He offered prayers for her healing, and the girl's sight was restored. On the night before he was martyred, he wrote the girl a farewell message and signed it "From your Valentine."

Valentine, the bishop of

Interamna, was imprisoned for refusing an edict of the emperor and died in prison. A basilica was erected on the site of his burial plot as early as 350, and Pope Gelasius I declared him a saint.

In pre-Christian Rome, February 15 was the date of the holiday Lupercalia and later the holiday Juno Februata. Young women would write love notes and deposit them in a large urn. Young men would draw the notes and then court the ones whose messages they received.

When Christianity became the religion of Rome, the holiday was merged with the martyrdom of St. Valentine on February 14.

Christians popularized Valentine's Day as they moved through Europe. In the Middle Ages when few people could read, friends sang their valentines to each other.

American colonists had a break from outdoor work in winter. It was then that young men made their own valentines, sealed them with wax and delivered them personally.

Confidence, like art, never comes from having all the answers; it comes from being open to all the questions.

Earl Gray Stevens

It is our duty to proceed as though the limits of our abilities do not exist.

Pierre Teilhard de Chardin

Never walk away from failure. On the contrary, study it carefully and imaginatively for its hidden assets.

Michael Korda

I have but one lamp by which my feet are guided; and that is the lamp of experience. I know of no way of judging the future but by the past.

Patrick Henry

The love of one's country is a splendid thing. But why should love stop at the border?

Pablo Casals

Happy 200th birthday, Susan B.

February 15 marks the 200th anniversary of Susan B. Anthony’s birth. Best known for her fight for women’s voting rights, Anthony was an abolitionist and advocate of women’s suffrage. She is credited with being a key figure in helping women gain the right to vote.



Anthony was arrested on Nov. 18, 1872, for voting in the U.S. presidential election and found guilty in a short federal trial. She was ordered to pay a fine and refused.

Anthony died in 1906, 14 years before the 19th amendment gave women the right to vote.

In 2019, women’s role in politics included the following, according to a report by the Congressional Research Service:

- As of Dec. 2019, 130 women were serving in Congress; 105 in the House and 25 in the Senate.
- Women make up 23.6 percent of voting members in the House and Senate (126 of 535).
- In the 116th Congress,

nine women serve as committee chairs: seven in the House and two in the Senate.

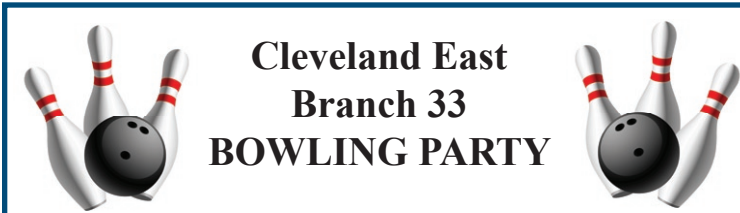
- A total of 365 women have ever been elected or appointed to Congress, including 247 Democrats and 118 Republicans. That includes six non-voting Delegates (Guam, Hawaii, the District of Columbia, American Samoa and two from the U.S. Virgin Islands) as well as one Resident Commissioner from Puerto Rico.

- The first woman to serve in Congress was Jeannette Rankin, a Republican from Montana, who was elected on Nov. 9, 1916, to the 65th Congress, and served until March 1919.



Dorothy Albrich Brunie
100th Birthday
February 7, 2020
Branch 8, Alliance OH

Her father, Martin Albrich, Sr., was a 22-year past president of Branch 3, Alliance OH.



Cleveland East
Branch 33
BOWLING PARTY

To make it easier for our junior members to participate in the ATS “Bowl where you Are” event, Branch 33 is hosting a bowling party.

Saturday, March 14, 2020
2:30 to 5:30 pm

WICKLIFFE LANES
30315 Euclid Avenue Wickliffe Ohio, 44024

Pizza, snacks and beverages will be served.
The event is free for members.
Please come and join us.
Senior members are invited also.
Remember to bring the “ Bowl where you Are” form (should have been mailed to your house, but if you didn’t get one we will try to have extras).
Call Ema Litschel to reserve your lane.
(440) 358-1184



ATS BRANCH 4 – 2020 FUND RAISER
28th ANNUAL CHINESE AUCTION/
SAUSAGE DINNER

Sunday, February 16, 2020
Cleveland Sachsenheim
7001 Denison Avenue
Dinner at 1:00 pm

Auction of Items to follow dinner

ADMISSION BY PREPAID RESERVATIONS ONLY!

\$10.00 – Adults Children 10 & Under - \$5.00
Auction Tickets Sold at the Door - \$8.00

Chinese Auction/Sausage Dinner
Sunday, February 16, 2020
By Prepaid Reservation Only
Make Check payable to ATS Branch 4

Send to: Donna Jankow
7663 Ragall Parkway
Middleburg Hts., OH 44130

_____ **Adult Dinners @10 .00 each** \$ _____
_____ **Children’s Dinners @ \$5.00 ea** \$ _____
_____ **Total Amount Enclosed** \$ _____

Name _____
Address _____
Tele No. _____ **Email** _____

Meal Tickets will be held at the Door.

We will have assigned seating...Please indicate if you wish to sit with
Specific individuals _____

Deadline for Reservations is February 8th

More people
working; More flu

The better the economy, the more people working. The more people working, the more flu.

With the unemployment rate at 50 year lows, more people are out in the world and that means more opportunity to spread infectious disease.

In December, the CDC reported widespread flu in 16 states: Alabama, California, Connecticut, Georgia, Indiana, Louisiana, Massachusetts, Mississippi, Nevada, New Mexico, New York, Pennsylvania, South Carolina, Tennessee, Texas, and Virginia.

Workers, especially in those occupations with high public contact, should be aware that at the first symptoms of flu, they are contagious.

The way to stop the flu: Stay home when sick, don’t share.

Join us for the
Cleveland Saxon Dance Group’s
10th Annual
Chili Cook-off Fundraiser

Westside Sachsenheim
7001 Denison Avenue
Cleveland, OH



Saturday March 7, 2020

Doors open at 6:00 p.m.
with chili tasting beginning at 6:30 p.m.

Tickets \$12 in advance
from any Dance Group member
or \$15 at the door. Children under 12 half price.

Includes admission, three chili samples,
accompaniments and desserts
Additional chili samples \$1 each
A cash bar will be available

Take a chance on various raffle items and stay after
the cook-off to enjoy live music by The Dirty Franks

If you would like to enter a chili for judging in the contest,
please email us at csdg7001@yahoo.com for details.

Cost is \$20 per entry

(includes admission ticket for entrant)
and prizes will be awarded for the top entries
based on ballots cast by attendees.

ATS



**Tiger Track Overnight at
Cleveland Metropark Zoo
February 22, 2020**

**Bowl Where You Are Tournament
Ages 6 -17
February and March**

**Saxon Summer Camp
June 21-26 2020
Camp Frederick Rogers, Ohio
New Adventure Grades 1 - 2 (completed)
Discoverers Grades 3 - 4 (completed)
Journeymen Grades 5 - 6 (completed)
Ultimate Challenge Grades 7- 9 (completed)**

**Saxon Heimattag
Salem Saxon Club
July 10—12, 2020**

**ATS Family Day
July 25, 2020
Waldameer Park, Erie PA**

*Plus Coloring Contests during the Year
and
Coloring Projects in the Volksblatt*

Valentine's Day Word Search

K	S	Q	S	J	I	V	R	T	D	S	R	Q	G	K
R	Q	Q	T	D	M	A	B	X	U	F	N	Q	J	J
K	G	D	A	S	N	L	Y	E	U	S	F	S	N	S
S	V	E	E	M	B	E	R	I	G	C	E	V	O	L
Q	W	Q	R	Q	Q	N	I	A	W	R	A	O	C	G
T	Z	E	T	G	R	T	Z	R	E	Y	I	N	Q	T
D	Q	I	E	E	O	I	K	Z	F	D	R	E	D	J
H	O	B	N	T	P	N	W	N	O	E	F	T	G	Y
X	U	T	H	C	H	E	H	V	X	E	A	L	A	T
N	A	G	B	P	R	E	E	Y	B	M	T	C	B	H
F	O	M	G	T	U	S	A	R	L	R	K	U	T	Q
I	M	T	M	Q	S	K	U	R	A	U	N	P	E	H
C	A	R	D	S	K	A	A	E	T	W	I	I	G	U
M	C	D	I	R	R	M	H	H	X	E	P	D	P	N
W	Q	K	L	Y	S	R	E	W	O	L	F	J	O	J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



**Will you be my Valentine?
Möchtest du mein Valentin sein?**

**I love you.
Ich liebe dich.**



Valentine Puppy Chow

Ingredients

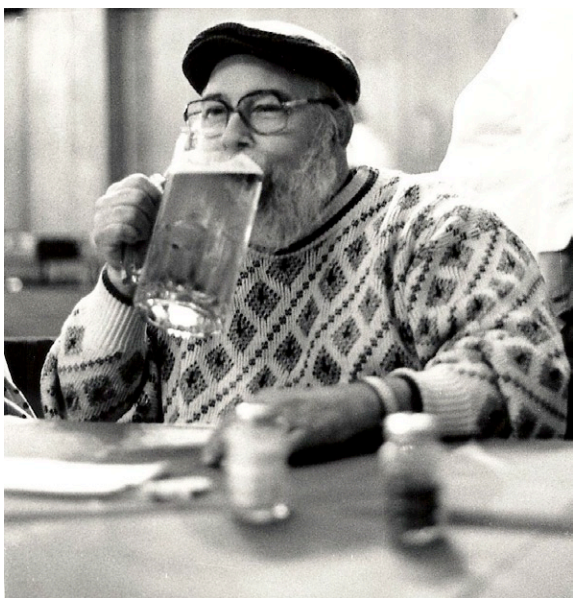
6 cups rice cereal mix divided
1/2 cup milk chocolate melted
1/2 cup white chocolate melted
1 cup pink velvet cake mix
1 cup powdered sugar
pink and red m&m's

INSTRUCTIONS:

Place 3 cups of cereal in each bowl
Add pink velvet cake mix to one Ziploc bag,
Then put the powdered sugar in a separate bag.
Pour melted milk chocolate over the cereal in one bowl.
Mix well
Put this cereal in the pink velvet cake mix bag.
Shake Well.

Pour the white chocolate over the other cereal and mix well
Put this cereal in the powdered sugar bag.
Shake Well.
Pour them both out into a cookie sheet to let dry and harden.
Place in a big bowl and add the M&M's.
Mix together and serve.

BRANCH 5, LORAIN
By Michael Johnson



Ned Jones enjoying a tall beverage at one of the recent events at the Cleveland Sachsenheim.

Our first meeting of Branch 5 of the Lorain Saxons was held on Monday, January 20th, 2020 at the Lorain Slovak Club. We began the evening first by standing for a moment of silence, remembering our friend and brother, Ned A. Jones, who passed away on January 9, 2020. We will certainly miss Ned with his unique sense of humor and willingness to help when he was able to. Since becoming a member in 1976, Ned had served in nearly every office from Branch 5 trustee to the president of the men's lodge before the merger with the lady's branch 11. We offer our condolences to Ned Jones's family during this time of loss.

Many of our members have gone on the sick list over the holidays and into the new year. Sister Jane Mowery had surgery and is recovering and doing well. Brother Elmer Schneider had a short stay in the hospital as well as brother Carl Nau and his wife, sister June Nau. Brother Russ Gilles as of last reported is still under a doctors care for surgery that he needed to have. Pray for speedy recovery and healing for each of these members as they and their families go through these painful times.

If you have not yet paid your yearly dues, you may pay with cash or check at our next meeting on **February 17th, 2020 at 7:00 PM**, or by mail, if you are not planning to attend. Make your check payable to: **Lorain Saxons Branch 5**. Mail your payment to:

Michael W Johnson
41868 Earlene Ct.
Elyria, Ohio 44035

Having missed the Janu-

ary issue of the *Volksblatt*, I wanted to recognize those who celebrated birthdays in the month of January. Happy Birthday to Brother Russ Gilles, Sister Carolyn Mroski and Junior members Abigail Case, Chloe Zgola, and Kylie Weber. I hope each of you enjoyed your special day!

Parents and grandparents of junior members that are senior high school or college students, be sure to apply for one of the many ATS sponsored scholarships available in the January issue of your *Volksblatt*.

Some dates to keep in mind on your Lorain Saxon Branch 5 calendar for this year. We will be hosting a Bowl Where You Are bowling party for our jr. members at the Lorain Slovak Bowling Lanes on Saturday March 14, 2020. Be looking for information in the letter with this years event going out this month to make your reservations. Though it is months away, this year's Branch 5 Picnic will again be at Lakeview Park in Lorain on August 16, 2020. And there are many activities going on in February printed in your January issue of the *Volksblatt* that you still have time to make reservations for like the Sausage Dinner and Chinese Auction, and the Annual Chili Cook-off both held at the Cleveland Sachsenheim.

Finally we want to wish a Happy Birthday to our members celebrating this month. To sister Sharon Powell, brothers John Binder, Brian Long, and junior members Conner Hochevar, Jenna Peters, Michael and Piper Simon, we hope you enjoy your special day!

Until next month, be safe and endure the winter.

BRANCH 4, CLEVELAND
By Joan Miller-Malue

We hope you have made your reservations for the 28th Annual Chinese Auction/ Sausage Dinner that will be held on Sunday, February 16. Deadline for prepaid reservations was February 8th. We have some wonderful items to bid on and will also have a 50/50 drawing and sideboards. We are very grateful to our members and friends who have donated items or given a monetary contribution. We are so appreciative to those who attend this event and make it a successful fundraiser for the Sachsenheim. Come and enjoy a delicious homemade Saxon Sausage Dinner and Gemütlichkeit with your family and friends. I hope to see you there!

Our next monthly meeting

will be held the day after the Chinese Auction which is Monday, February 17 at 7:00 PM. Collection of local dues can be made starting at 6:30 p.m.

We sadly report the death of Branch 1 member, Hans Schueller, who passed away on February 26 at the age of 87. Hans was a dedicated member for nearly fifty years. He sang with the Sachsenchor and attended all the events at the Sachsenheim. We extend our deepest sympathy to his family, daughter Ingrid Sperling and sons Hans and Kurt and to his special friend, Edith Yerger. He will be missed by his Saxon friends.

Brr...it's getting Chili! The Cleveland Saxon Dance Group invites you to their

Annual Chili Cook-Off on Saturday, March 7. Doors open at 6 pm. Tickets are \$12 in advance or \$15 at the door. Children under the age of 12 are half price. Contact a member of the Dance Group for your advance tickets. Admission includes three chili samples and dessert. Additional samples are \$1. If you would like to enter a chili for judging in the contest, please send an email to csdg7001@yahoo.com for details. Cost is \$20 per entry which includes one admission ticket. Prizes will be awarded for the top entries. Judging is done by the attendees and is based on their cast ballots. Purchase your tickets today and test out the various chilis while enjoying music by the Dirty Franks. Let's get out there and support the Cleveland Saxon Dance Group!

Take a selfie for your health?

Imagine taking a selfie and using it for your health. New technology may allow for just such a use.

A recent study tested a smartphone-based technology that takes a short video of your face and then provides a blood pressure reading.

According to Harvard Health, researchers took two-minute videos of 1,328 Chinese and Canadian adults. Using an iPhone equipped with transdermal optical imaging, the software measures blood pressure by detecting blood flow changes in a person's face.

When compared to readings taken using a traditional blood pressure cuff, the video blood pressure readings were about 95 percent accurate.

Researchers made the videos in a controlled environment with good lighting, so it's unclear how the technology will perform in the real world. Additionally, although the study volunteers had a variety of skin tones, none had extremely fair or extremely dark skin, and most had normal blood pressure.

The Salem Saxon Club FISH FRYS

(Carry outs available)

Every Friday beginning
February 28 thru April
3

Serving from
4:30 p.m. - 7:00 p.m.
Adults \$10.00
Children \$5.00



Fried Fish, Baked Fish
or Breaded Pork Chops
Escalloped Potatoes, Green Beans,
Coleslaw, Homemade Cake

Cash bar open

YOU'RE INVITED TO LISTEN TO:

Pete Karsti

ORCHESTRA

Special Guest: Pete Karsti

Feb. 22, 2020
Restaurant opens at 4:30 with
German Specials

Band starts :6:30

Saxon Club
710 S. Meridian
Rd

Hohe Wertschätzung für Leistungen der Siebenbürger Sachsen

Am 23. Januar hat die Beauftragte der Bayerischen Staatsregierung für Aussiedler und Vertriebene, Sylvia Stierstorfer, MdL, die Bundesgeschäftsstelle des Verbandes der Siebenbürger Sachsen in Deutschland besucht. Die Aussiedlerbeauftragte lobte das außergewöhnliche ehrenamtliche Engagement der Siebenbürger Sachsen, ebenso wie jenes der Banater Schwaben, die sie anschließend besuchte, die vor allem in der Jugendarbeit und im Austausch mit Rumänien herausragende Akzente setzten. „Die Siebenbürger Sachsen und die Banater Schwaben sind Kraftzentren der Kulturpflege und guter Nachbarschaftsarbeit in Bayern. Mit ihren Kreisgruppen, ihren Tanz- und Musikformationen, Chören und Theatergruppen bringen sie sich auch vor Ort hervorragend in das Gemeindeleben ein und führen zugleich die Generationen zusammen“, so Stierstorfer.



Die bayerische Aussiedlerbeauftragte Sylvia Stierstorfer (3. von links) zu Besuch in der Münchner Bundesgeschäftsstelle des Verbandes, von links nach rechts: Bundeskulturreferentin Dagmar Seck, Bundesgeschäftsführerin Ute Brenndörfer, Ehrenvorsitzende Herta Daniel, Werner Kloos, Vorsitzender des Landesverbands Bayern, und Andrea Wagner, Mitarbeiterin der Landesverbände. Foto: Siegbert Bruss

Nach einem Rundgang der Gäste – Stierstorfer wurde von ihrem Büroleiter Dr. Matthias F. Lill begleitet – durch die Geschäftsstelle in München verdeutlichte die Ehrenvorsitzende Herta Daniel die Struktur der Föderation der Siebenbürger Sachsen und unseres Verbandes anhand einer Power-Point-Präsentation. Werner Kloos, Vorsitzender des Landesverbands Bayern, berichtete, dass es gelungen sei, seit Gründung der Landesgruppe vor 70 Jahren insgesamt 32 Kreisgruppen in Bayern aufzubauen. Fast jede Kreisgruppe hat einige Kulturgruppen, so gibt es 20 Handarbeitskreise, 37 Tanzgruppen, 17 Blaskapelle, 11 Theatergruppen, 17 Chöre, mit denen sich die Siebenbürger Sachsen in das kulturelle Leben der jeweiligen Stadt einbringen. Erfreulich sei auch die rege siebenbürgische Jugendarbeit. Werner Kloos sagte, dass die siebenbürgischen Kulturgruppen viel mehr Projekte stemmen könnten, doch die finanziellen Mittel seien begrenzt oder würden teilweise recht spät zugesprochen. Zudem kamen die geplanten Kulturzentren für die Siebenbürger Sachsen, die Banater Schwaben und die Donauschwaben zur Sprache, deren Schaffung bzw. Erweiterung die Bayerische Staatsregierung im Koalitionsvertrag anvisiert hat. Die Planungen sind bereits weit gediehen und werden in Kürze und in enger Abstimmung mit den Verbänden weiterverfolgt. „Hier entsteht etwas Großartiges – für die

Erlebnisgeneration, für die Jungen und für kommende Generationen“, war sich Stierstorfer mit ihren Gesprächspartnern einig. „Das wird ein Aushängeschild für Bayern!“

Einsatz für Rentengerechtigkeit für Spät-/Aussiedler

Von Seiten des Verbandes wurde ein herzlicher Dank für die Förderung und den Rückhalt ausgesprochen, den die Siebenbürger Sachsen durch den Freistaat Bayern erfahren. Herta Daniel dankte ganz besonders für den Entschließungsantrag der bayerischen Staatsregierung an den Bundesrat, mit dem erreicht wurde, dass sich die Bundesregierung dieses Themas angenommen hat. Zum Jahreswechsel 2018/2019 hatten die Landsmannschaften der Siebenbürger Sachsen, Banater Schwaben und Deutschen aus Russland eine Resolution an die Bundesregierung zur Beseitigung der Benachteiligungen der Spät-/Aussiedler im Fremdretenrecht gerichtet. Diese Resolution wurde mit über 37000 Unterschriften unterstützt und dem Bundeskanzleramt vorgelegt. Die Aussiedlerbeauftragte Sylvia Stierstorfer bekräftigte ihre volle Unterstützung für dieses berechnete Anliegen der Spät-/Aussiedler, die Benachteiligungen im Fremdretenrecht zu beseitigen und damit der Altersarmut dieses Personenkreises entgegenzuwirken. Es sei eine Sache der Solidarität und Gerechtigkeit, betonte die CSU-Politikerin.

Siegbert Bruss
SBZ Online 30. Januar 2020

VIJELCHEN

MINNELIED AUS SIEBENBÜRGEN VOR 1516

Satz: Fr. Xav. Dressler

Reigentempo

S

1. Et sãg e kli wãlt Vi-jel-chen Af e-nem grã-ne Nãst-chen. Et
2. Sãg lã mer mih, sãg lã mer mih, lã kle-net wãl-det Vi-jel-chen! Ech
3. „Hãlt lã deng Gũld, hãlt lã deng Sekt, Ech sãh - gen, Ech
4. Gãng lã e -ruet, ãm de-fen Duet, der Reif wid dech uch drãk - ken. „Drãckt

A

1. Et sãg e kli wãlt Vi-jel-chen Af e-nem grã-ne Nãst-chen. Et
2. Sãg lã mer mih, sãg lã mer mih, lã kle-net wãl-det Vi-jel-chen! Ech
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4. Gãng lã e -ruet, ãm de-fen Duet, der Reif wid dech uch drãk - ken. „Drãckt

T

1. Et sãg e kli wãlt Vi-jel-chen Af e-nem grã-ne Nãst-chen. Et
2. Sãg lã mer mih, sãg lã mer mih, lã kle-net wãl-det Vi-jel-chen! Ech
3. „Hãlt lã deng Gũld, hãlt lã deng Sekt, Ech sãh - gen, Ech
4. Gãng lã e -ruet, ãm de-fen Duet, der Reif wid dech uch drãk - ken. „Drãckt

B

1. Et sãg e kli wãlt Vi-jel-chen Af e-nem grã-ne Nãst-chen. Et
2. Sãg lã mer mih, sãg lã mer mih, lã kle-net wãl-det Vi-jel-chen! Ech
3. „Hãlt lã deng Gũld, hãlt lã deng Sekt, Ech sãh - gen, Ech
4. Gãng lã e -ruet, ãm de-fen Duet, der Reif wid dech uch drãk - ken. „Drãckt

sãng de gãnz Wãng-ter-nãcht De Stãmm dã mobt em klãn - gen.
wãlt der schrei-wen af den-ge Fli - jel Mãt gie-lem Gũld uch grã-ner Sekt.
bãn e kli, e kli Vi-jel-chen Und nem-mest kã mich zwãn - gen.
mech der Reif, der Reif ãs kãlt, Frã Sann wid mech er - quãk - ken.

sãng, sãng de gãnz, gãnz Wãng-ter-nãcht De Stãmm dã mobt em klãn - gen.
wãlt der schreiwen af den-ge Fli - jel Mãt gie-lem Gũld uch grã-ner Sekt.
bãn e kli, e kli wãlt Vi-jel-chen Und nem-mest kã mich zwãn - gen.
mech, mech der Reif, der Reif ãs kãlt, Frã Sann wid mech er - quãk - ken.

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wãlt der schreiwen af den-ge Fli - jel Mãt gie-lem Gũld uch grã-ner Sekt.
bãn e kli, e kli wãlt Vi-jel-chen Und nem-mest kã mich zwãn - gen.
mech, mech der Reif, der Reif ãs kãlt, Frã Sann wid mech er - quãk - ken.



Hermannstadt kandidiert für bestes europäisches Reiseziel

Hermannstadt – Der Verein European Best Destinations in Brüssel hat in diesem Jahr Hermannstadt zur Teilnahme am Wettbewerb European Best Destinations 2020 eingeladen. Hermannstadt biete etwas für jeden touristischen Geschmack, vereine Lebensqualität und interessante Architektur, hochwertige Veranstaltungen und eine Vielzahl an Kultureinrichtungen, aber auch bekannte touristische Attraktionen, so die Begründung.

Als Teilnehmer sollte die Stadt fünf ihrer Stärken vorstellen. Das Hauptaugenmerk lag dabei auf der historischen Altstadt, den Museen und Kirchen, Veranstaltungen und dem touristischen Umfeld. Bis zum 5. Februar können Hermannstadt-Fans noch ihre Stimme online an-

geben (unter vote.ebdest.in „Sibiu“ anklicken). Als weitere Kandidaten treten Athen, Berlin, Bydgoszcz, Cascais, Colmar, Cork, Heviz, Madrid, Menorca, Namur, Rijeka, Rotterdam, Paris, Tiflis, Prag, Reykjavik, Rochefort, Rom und Wien an. Ziel des Brüsseler Vereins, der mit 300 europäischen Reisebüros und dem EDEN-Netzwerk (European Destinations of Excellence Network) kooperiert, ist die Förderung von Kultur und Tourismus in Europa. Die teilnehmenden Städte werden auf der Internet-Plattform vorgestellt und damit einer großen Zahl an Besuchern der Webseite (über 5 Millionen) und in sozialen Medien (ca. 90 000 Follower) bekannt gemacht.

NM
SBZ Online 29. Januar 2020

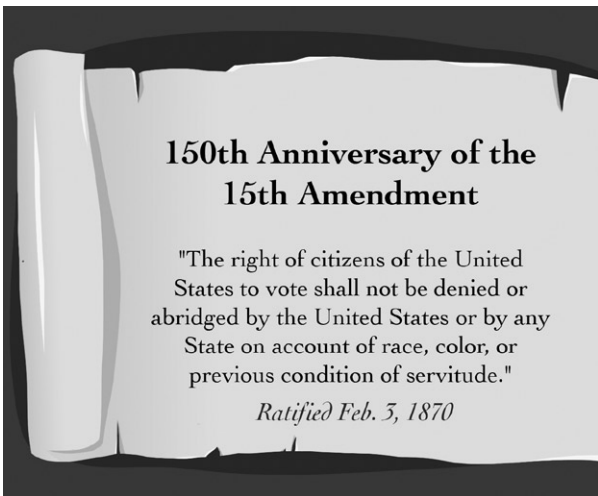
Best Actresses

W T S F C P J D A V I S G
H O T O Z O P A L T R O W
E Q O N K S L D G O E T Y
P S N D L H L M M I R H M
B W E A W E P T A B K E A
U A E X I A Y A A N E R N
R N T F S R R N G Y L O P
N K A E A E Y D R E L N B
K B N U S R B Y H X Y O E
X O Y C O T I L L A R D R
J O X F I Y O U N G Y E R
S T R E I S A N D N N E Y
T H O M P S O N U I C C S
S D U N A W A Y A F H S F
M A G N A N I R O G E R S
B U R S T Y N M O O R E D

BATES
BERRY
BOOTH
BURSTYN
CHER
COLMAN
COTILLARD
DAVIS
DUNAWAY
FIELD
FONDA
HAYES
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S C O I C C S T H O M P S O N U I C C S
A M N G N S A N D N N E Y
R E R E N G I Y O U N G Y E R
R D R L T L G O Y O X F I Y O U N G Y E R
E Q X H B R S U S B K B N U S R B Y H X Y O E
B N B R E Y A E A E Y D R E L N B
P O P L O P R N T F S R R N G Y L O P
N R N A N E R N U A E X I A Y A A N E R N
A Y A B K E A B W E A W E P T A B K E A
M H M I P M L T H O M P S O N U I C C S
Y L Y E T G O E T Y E Q O N K S L D G O E T Y
W T R O W H O T O Z O P A L T R O W
G S T F G P J D A V I S G



Open eyes to the moment and thrive

You are on a beach viewing an amazing sunset, your loved ones around you, and the sound of waves gently caressing the sand.

Who can't stay in that moment?

But what if you are at the office, the boss is discussing your report, the kids need to be picked up, and six things on your to-do list are screaming to get done?

Some say: Stay in the moment. What is really happening is that the boss is discussing your report. According to the Japanese idea of ichigo ichie (in this moment, an opportunity), the moment is unique and should be savored.

In 10 minutes when you turn your cellphone back on, the kids may text you that they found a ride.

Or, maybe in 15 minutes, you find the car has a flat tire.

Whatever is to come is unknown, what has been is useless.

Hector Garcia and Francesc Miralles, authors of The Book of Ichigo Ichie: The Art of Making the Most of Every Moment, the Japanese Way, write that instead of letting your mind wander to the future, just sit and see what happens in the present. Embrace the moment and savor it.

Focus and avoid distraction.

Free yourself from everything that isn't essential. After all, in an hour, your to-do list may seem irrelevant.

The practice of ichigo ichie can be a worldview you apply to your life every day.

Try accepting, or even celebrating imperfections. Look at failures as a sign that you should take a different path. When you face your own imperfections, strive to polish up your act.

Don't kill the moment by waiting for things to happen or making predictions of what will happen. Don't put off happiness because the present moment is the only one you actually have.

Be a friend to yourself. Don't compare yourself to others or worry about what other people think.

You are as unique as each moment.



Heart Month special recipe is tasty and healthy



In honor of American Heart Month, here is a recipe that adheres to guidelines for a heart-healthy meal and is also delicious: roasted balsamic chicken with baby tomatoes.

According to a story on the Cleveland Clinic's website that included an interview with a preventive cardiology nutrition expert, a heart-healthy recipe should pay attention to fat and carbohydrates, use lean proteins and vegetables, plant-based fats, and limit any added sugars or sodium.

In this roasted balsamic chicken recipe from the website All Recipes, we've hit the high notes: it contains 38 grams of protein per serving, has 323 calories, and contains 9.1 grams of fat (just 2.8 percent of the total calories). But it gets plenty of flavor from the balsamic vinegar and Dijon mustard, two excellent alternatives to higher sodium seasonings.

Garlic and just a pinch of salt round things out, along with some veggies. Though it's delicious as-is, it would also work well served over lettuce or alongside more veggies and basmati rice.

- Ingredients
- 1/2 cup balsamic vinegar
 - 1 tablespoon olive oil
 - 1 tablespoon Dijon mustard, or more to taste
 - 1 clove garlic, or more to taste, minced
 - Salt and freshly ground pepper to taste
 - 4 large skinless, boneless chicken breast halves
 - 1 pint cherry tomatoes, halved
 - 1 lemon, zested and juiced

Directions

Mix balsamic vinegar, olive oil, mustard, and garlic together in an oven-safe baking dish; season with salt and pepper. Place the chicken breasts in the vinegar mixture. Marinate chicken in the refrigerator for at least 4 hours. Preheat oven to 400 degrees Fahrenheit. Roast chicken in the preheated oven for about 30 minutes. Add tomatoes to the baking dish and continue cooking until the chicken is no longer pink in the center and the juices run clear, about 10 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Sprinkle lemon zest and drizzle lemon juice over the chicken before serving.



"Figures, doesn't it? I've been perfectly healthy since I've met my deductible."



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