

# Notes from Kingston

May 2010

## President's Message:



Hello everyone! I have certainly started my term as President in a unique way. Richard and I just returned from a forced extended vacation compliments of the Icelandic volcano whose name none of us can pronounce. We consider ourselves fortunate in that we had a hotel to go to and people with us who we had come to know earlier in our trip. What an experience!

Some exciting things are happening at the Maennerchor. Thanks to Director Jerry Hoch we have been singing songs many of us thought impossible for our small chorus. A couple of them really gave accompanist Sherry Thomas quite a workout and boy did she shine. The Maennerchor's first Christkindlmarkt held in early December was a big hit in spite of a heavy snowstorm which closed us down early on Saturday. And the newly organized First Sunday Matinee seems to be the perfect venue for afternoon people wanting a place to go to view good DVD's along with engaging in good conversation and indulging in coffee and cake. The men's Thursday afternoon group has mushroomed and the club is literally bulging as they gather for conversation, food and beverage.

However, the club is still underutilized with low attendance at some traditionally high attendance events. Fasching for example was very poorly attended this year. If you have ideas on how to increase attendance or on events we could consider, please submit them to me in writing care of the club. Better yet, seriously consider attending our monthly meetings. They are the second Wednesday of each month at 7:30 p.m.

Finally, thank you to Herman Koemel for his years of leadership as President of the Maennerchor. Especially thank you for all the work done on the 501c3 non-profit status for the club. As most of you know, taxes, both sales and property, are costly for organizations such as ours. Having the 501c3 designation is a big help. This also means that your donations are tax exempt.

I look forward to seeing you at our upcoming events. This is your club and your participation is welcomed.

Happy Spring, Hildegard



## Kingston Maennerchor and Damenchor Inc.

37 Greenkill Avenue Kingston, New York 12401  
(845) 338-3763 [www.nyssb.org/KMD.htm](http://www.nyssb.org/KMD.htm)



**NEW YORK STATE  
SAENGERBUND INC.**

[www.nyssb.org](http://www.nyssb.org)



Deutscher  
Chorverbund

On Sunday April 25<sup>th</sup> delegates from German-American Choruses around New York State gathered in Utica, to participate in the annual Spring Bundes Music Committee meeting conducted by Chairperson Gail Miller. Gail lead the comprehensive presentation in reviewing all the aspects of the 35<sup>th</sup> Sangerfest and how they may apply to the 36<sup>th</sup> Sangerfest.



As of March 11th, 2010 the New York State Saengerbund is incorporated in New York State. We can now continue our quest toward our 501c3 Not for Profit designation to help us support the efforts of our member vereine to promote and advance our Germanic heritage and traditions through education and music.

## Key Dates

**New York State Sangerbund Convention  
16 - 17 October 2010**

Hosted by the

**German-American Club of Binghamton**

**New York State Sangerbund 36th Sangerfest  
8 - 9 - 10 June 2012**

Hosted by the

**Germania Singing Society of Poughkeepsie**

Congratulations to the Germania Singing Society of Poughkeepsie who celebrated their 160<sup>th</sup> Anniversary on May 1<sup>st</sup> with a wonderful concert by their Adult chorus and Kinderchor both lead by Dirigentin Helga Baker.

All had a marvelous time as we renewed our commitment to our German cultural heritage and tradition of choral singing brought to this country so long ago.

For more information, please checkout our website at:  
[www.nyssb.org](http://www.nyssb.org)

## **INTRODUCING** by Doris Vogt & Christa Scheitz

Please take the time to extend a hand of friendship:

### **Introducing Robert Reifmueller**

Robert joined our Club on November 11, 2009. He was introduced by Annemarie Harms, our Financial Secretary, and Jeff Davis, our Vice-President. He joined as a worker and, time permitting, is always willing to help out.

Robert was born in Linz, Austria. He came to this country and at a very young age. He went to work at the Bowery Savings Bank in New York City. As it turned out, he was in banking for 45 years and retired from the Rondout Savings Bank in Kingston, NY. Robert and his wife, Linda, have been married for 33 years; they live in Gardiner, NY and have one son, Michael, who is a corrections officer in Ulster County.

Robert is also a member of both the Shriners and the Masons. He is President of the Ambassador Unit, New York Masons and a member of the Free Masons, Scottish Unit. He transports children to and from the Shriners Hospital (a free service, by the way) and is involved in fundraising to buy vans for this wonderful service. He was on the executive board of the Boy Scouts for 20 years. His son, Michael, was also very active, achieving the rank of Eagle Scout.

In his "spare time" Robert is into genealogy. He has, so far, traced his ancestors back to the mid 1700's.

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## **DEUTSCHE STUNDE**

On Sunday morning while enjoying Frühstück, glancing through the NY Times, or savoring that extra cup of coffee, tune into Hans Safer's *GERMAN HOUR* on Radio Station WKNY 1490AM at 10:05 AM. Listen to beautiful German Music and hear announcements of local interests. Music and entertainment for young, old, and all of us in between!

If you missed last Sunday's show you can now catch it on your PC during the week. You can now access Hans Safer's German program online. The program works best with Netscape Browser, Mozilla Firefox, and Google Chrom. All these browsers can be downloaded for free. It also needs the QuickTime player from Apple.

**For free download of Netscape Navigator 7, 8, & 9**

<http://browser.netscape.com/releases>

Once you have one of the working browsers, turn on your speakers, open the browser, and then search and click on [www.hanssafer.cwahi.net/hsafer2.html](http://www.hanssafer.cwahi.net/hsafer2.html) The webpage will walk you through the steps needed.

You can find other free browser downloads at

[http://download.cnet.com/Netscape-Navigator/3000-2356\\_4-10145004.html](http://download.cnet.com/Netscape-Navigator/3000-2356_4-10145004.html)

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## **FROM the ARCHIVIST**

Hildegard Edling - Historian/Archivist

Most of you who emigrated from Europe have interesting stories to tell. I have been captivated by them over the years and thank those of you who have allowed me to speak with you on tape. I also thank those who have written memories for me. My hope is that someday we will be able to put this information into readable form to share with others.

This summer I hope to do more interviews and encourage you to write down your memories for me. Your histories are such a part of the fabric of this club and with your permission something to be shared. They are especially valuable to folks like me who only have a vague idea of what it is like to come to a new country, especially after the ravages of war.

Please consider sharing your stories with me. I can be reached at the club telephone number (845) 338-3763.

### **Become a Monday Knight**

Monday Night Special "Richard Needs Company"! Yes Monday is rehearsal night, BUT we are open for all members. While the singers are rehearsing Richard is manning the barroom. Stop in to visit, renew friendships and make new ones. It would be especially nice if former singers would drop in. We miss you.

The club is open from approximately 6:15 to 9:00 p.m. most Monday evenings from September to May. If in doubt call first.

### **CHRISTKINDLMARKT**

A huge thank you to everyone who helped make our first Christkindlmarkt a success. The vendors were wonderful and we appreciate their willingness to chance a "first." To each and every volunteer, and there were many, we can't say enough to show our appreciation. Without you it would not have happened. A special nod to the cafe workers - kitchen and eatery - you were busy beyond belief and conducted yourselves professionally.

The committee has decided to make this a biennial event. Soooo look for us again in December 2011.

Many thanks from, Annemarie, Christa S.,  
Inge, Alina & Hildegard

# 142<sup>nd</sup> Anniversary Spring Concert

1:00 PM Sunday May 16<sup>th</sup>

*Plan to join us for a festive afternoon of joy!  
Call your friends and neighbors!  
Start the Spring Season in Friendship,  
Fellowship, and Gemütlichkeit.*

To make our choral presentations more readily available to the general public and our seniors, our concerts will be presented on Sunday afternoons.

Our Choral Director Jerry Hoch along with our accompanist Sherry Thomas and the Music Committee have developed a wonderful program for your musical gratification. Our chorus has worked diligently, studied hard, and now feels both joy and accomplishment in our preparation and presentation. We invite and welcome you to our concert. We have prepared German and American, Classic and Contemporary, Spring songs for your entertainment and enjoyment.

The program includes:

**Deutscher Sangergruss** *German Singers Greeting*  
**Kingston Theme Song**

**Einigkeit und Recht und Freiheit** *German National Anthem*  
**Star Spangled Banner** *U.S. National Anthem*

**Der Winter ist vergangen** *Winter Has Past*  
**Morgenwanderung** *Morning Hike Gustav Klauer*

**Im Prater Bluh'n wieder die Baume** *R. Stolz/Arr. Hoch*  
**Im Fruhling an herrlichen Tagen** *Peter Brettner*

**You'll Never Walk Alone** *R. Rogers/Arr. J. Hoch*

**In the Gypsy Camp** *Im Zigeuner Lager*  
**Zigeunerleben** *Gypsy Life*

**An Die Musik** *Franz Schubert*

**How Can I Keep From Singing** *Quaker Song*

During the concert we will bestow scholarship awards to graduating high school students who have excelled in the German language studies in our area schools. We also include a donation to the **Rhinebeck - Rheinbach Exchange Program** *Hearts Across the Water* a cultural exchange for students of Rhinebeck New York and Rheinbach, Germany.

**Doors open at 12:30 PM**

Dance Music by the

**Mountain Tops**

2:30-6:30 PM

Donation \$20.00 includes Concert, Food, and Dance

**Doris 336-6534**

**John 658-9342**

## SCHOLARSHIP RAFFLE

Thanks to the generosity of member Franz Heigemeir we are announcing a new scholarship raffle. Franz has donated an original water color of daisies in a blue bowl. The image is 18" x 14" and in its frame it measures 26" x 23".



Each year the Kingston Maennerchor and Damenchor awards a \$300 scholarship to one student in each of the three local school districts offering the German language - Kingston, Onteora and Red Hook. The scholarships go to graduating students who have achieved high academic standing, have studied German and are involved in a music program.

Our Scholarship Fund is totally self-supporting and we appreciate the great response you traditionally give this fund.

We encourage you to support this cause by purchasing and/or selling tickets. If you have not already received them please call the club at (845) 338-3763 and some will be mailed to you. We are asking for a donation of \$5.00 per ticket or three for \$10.00

## TALENT CORNER

From an article *WHEN TOGETHER MEANS 24/7* by Marji Yablon in the *Poughkeepsie Journal*, Mar 30, 2010.

Franz and Marianne Heigemeir live and work in an A-frame designed and largely built by Franz Heigemeir. The house's 26-foot living-room ceiling lends a sense of spaciousness to their 1,700-square foot, bi-level home. "We use the whole house as our studio," Franz Heigemeir said.



The two have known each other since she was 17 and he was 20. They met at art school in Germany in the 1950s. Her father moved to America when he secured a job with IBM. The engaged couple followed, marrying soon after they arrived. They raised two sons in Rifton, where they still live today. To earn a steady living, each worked in the visual arts, usually from home -- she in textile design and he in graphic art, including calligraphy.

When he hurt his back and could not bend over a drafting table all day, she found work at Benedictine Hospital in Kingston, where she was trained as an operating room technician. He taught calligraphy and letter forms at Dutchess Community College during that time. It was a period of daytime separation for the couple.

In 1995, after 25 years at the hospital, she retired. He retired the same year, and they began devoting themselves to their artwork. Working together at home, they nevertheless have very different artistic styles. Marianne Heigemeir produces realistic-impressionistic still-lives, while Franz Heigemeir's approach is more abstract. His paintings portray the *Queen of the Night*, a flower that blossoms to a large dimension in the dark, and then lives only a few hours until daylight returns. A

joint exhibit of their works runs through May at Seven 21 Gallery on Broadway, in Kingston.

In their loft at home, Marianne Heigemeir works on watercolors at a table at one end, while feet away in the other corner, Franz Heigemeir paints with oils using a table easel under a daylight lamp. Marianne also works on pastels in their finished basement.

Asked if the proximity leads to a constant critiquing of the other's work, Franz Heigemeir said, "Neither of us has a big ego. We both value the end result."

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## THE PERSONALS

**CONVALESCING:** Some of our members and friends on the road to recovery include an amazing array of *walking wounded*, *medical healers*, and *surgery veterans*. Everyone is reportedly doing well. Recuperating from various illnesses and health related issues are



Jack Furman was in the hospital but is doing okay. Oskar has chronic bronchitis and is convalescing at home. Dolores Krastin was not feeling well. Monika has received a new prosthetic limb and promised to dance with Hermann in the near future. Getrud Orlowsky fell and broke her leg and hopes to get home soon. Hanna Condiff was on oxygen. Heinz Vogt has problems with his legs and difficulty walking. Fred Hatesaul had surgery again and came through well and last, but not least, Hermann had knee replacement surgery.

Irmgard Mueller has recovered nicely from her recent hip replacement surgery. It was a lot of hard work in physical therapy but we welcome her back to the chorus.

We will keep you in our thoughts and prayers, and wish you all a rapid and successful return to good health.

***Gesundheit, Glück, in Gottes Segen!***

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***Condolences to the families of our members and friends who are no longer with us.***



Former Maennerchor President George Armstrong passed away on March 4<sup>th</sup>. Gus Emig's sister and Natalie Mansfield's son passed away. Carl Bell's mother-in-law also passed away recently.

Our thoughts and prayers are with you,  
***„Brüder und Schwestern auf Leben und Tod“***

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## WHERE ARE THEY NOW?

**Sara Ostrander**, 2004 scholarship winner from Onteora Central School will graduate on May 14<sup>th</sup> from Albany Law School with a Jurist Doctor degree, in ceremonies to be held at SPAC in Saratoga.

After graduating from Onteora, Sara attended Sage College Albany. She completed the 4-year course in 3 years, graduating Magna Cum Laude in 2007, with a Bachelor of Science Degree in Law and Society. Sara made good use of her German language skills, serving as an intern in the New York State Attorney General's office preparing and presenting press releases in German to several media sources. Unfortunately, unless someone decides to make a musical of "Law and Order", she has been unable to use her musical talent except at her church on Sundays.

She is listed in *Who's Who* of American University Students and was a recipient of a Departmental Excellence Award in Law and Society.

After a year at Vermont Law School, Sara transferred to Albany Law to complete her degree. She has been working while attending classes as an associate in the law offices of Phalen, Phalen and Danek in Albany. The firm, contrary to their usual practice of not hiring associates directly from law school, has made her a job offer upon graduation.

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The Wilsey family of Phoenicia has two scholarship recipients so far and were included in a recent highlight in the *Kingston Freeman*. Their father, Mark Wilsey is the proprietor and Funeral Director of the Gormley Funeral Home in Phoenicia.



**Kate Wilsey**, a student at The College of St. Rose in Albany, completed the fall semester with the University of Virginia's Institute for Shipboard Education's 100th Voyage. She departed Halifax, Nova Scotia, and visited the ports of Spain, Morocco, Ghana, South Africa, Mauritius, India, Vietnam,

Hong Kong, Shanghai, Japan and Hawaii. The program allowed students to explore the world's cultural sites and peoples while learning in an engaging academic environment.

Wilsey spent 2008 at Albert Schweitzer University in Germany before enrolling at The College of St.

Rose, where she was named to the dean's list and is a member of the Class of 2012. A 2007 Onteora High School graduate, she is the daughter of Mark and Mary Wilsey of Phoenicia.



**Claire Wilsey** was named to the dean's list at Merrimack College in North Andover, Mass., for the fall semester with a 3.8 grade point average. A member of the Class of 2013, she is majoring in math and science. She is a member of the women's rugby team, a math tutor and a volunteer mentor to people with developmental challenges. A 2009 Onteora High School graduate, she is the daughter of Mark and Mary Wilsey of Phoenicia.



Although their older brother Matthew was not one of our scholarship winners he was a major influence on his sisters.

**Matthew Wilsey** was named to the dean's list at the University of Notre Dame's College of Science in South Bend, Ind., for the fall semester. Students who achieve dean's list status represent the top 30 percent of the students in their college. He spent the spring semester studying in Innsbruck, Austria. A member of the Class of 2010, he is majoring in biology.

The Wilsey's also have a younger son, a student at Onteora, and hopefully a future scholarship participant.

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## SAUERBRATEN LUNCH

**Sunday June 13<sup>th</sup> 2010**

**12:30 to 2:30 PM**

**\$15.00**

Call your friends and come join us for traditionally flavorful homemade Sunday Sauerbraten. Reservations are required by May 31<sup>st</sup> so that we may properly prepare for your dining pleasure.

WKNY radio personality Hans Safer will provide music for your listening and dancing pleasure.

**Walter (845) 338-2754**

**Inge (845) 254-4394**

## **THIS 'N' THAT**

### **20-20 RAFFLE WINNERS 2010**

20 - \$25.00 Weekly Winners

Klaus Ankele	Anne Dempsey
Michelle Funccius	Bruce Maroney
Kurt Sutzbach	Annegrete Barnum
Delores Krastin	Bob Rossler
Michelle Funccius	Alina Nitzschner
Brigitte Dessauer	Anna Schmitt
Edward Zeboris	Jim Rowell
Claudia Mehm	Bob Zentner
Joan Hotaling	Connie Salese
Anneliese DiGennaro	Hannah Condiff

### **GRAND PRIZE WINNERS**

1<sup>st</sup> Prize Ruth Froelich - \$300.00

2<sup>nd</sup> Prize Rosemarie Stuedlein - \$200.00

3<sup>rd</sup> Prize Christa Scheitz - \$100.00

Thank you all for your support!

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## **OMA & OPA'S CORNER**

From time to time we will try to highlight the adventures of our children and grandchildren. If you have an especially proud moment to share, please pass it on to Hermann for inclusion in our newsletter.

### **Robert Folkl**

Charlotte and John have shared a story about their son Robert, an avid bicyclist. He started his challenge by flying to San Diego, California to visit his brother Rick, and then bike back to his home in New York. He shipped his bike out and on March 27<sup>th</sup> began the lengthy ride through California and Arizona where he visited the Grand Canyon for 3 days over Easter. He then continued on and when he reached Wichita, Kansas he decided to interrupt his journey in St. Louis and fly home for an important date. It had taken him more time than he had anticipated due to flat tires and mountainous terrain. On April 23<sup>rd</sup> he was back home but his bike is still in St. Louis. He plans to fly back and complete the last 1,000 miles in a few months. To date he has bicycled over 2,000 miles. Oh yes, did we tell you he is 50 years old. As they say, the apple doesn't fall far from the tree!

## **Amanda Rose and Carolin Rose Brunner**

Linda and Herman's Granddaughter Amanda continues to enjoy music, reading, sports, and (ugh) school. She is now a 7<sup>th</sup> grader in Onteora Junior High. She has maintained High Honors in Nov., Feb., and April. She played on the Field Hockey and Softball teams and in February was selected to the marching band to play clarinet. She marched in the St Patrick's Parade in both Kingston and New York City. She sings with the school chorus and her reading team came in 1<sup>st</sup> place after the four member team had to read 20 books in 2 weeks then compete against other teams in an on stage "Jeopardy" contest with questions based only on the 20 books. She recently returned from a class trip to Washington and Baltimore.

Her fourth grade sister Carolin also sings in her Woodstock School chorus, maintains high grades on her report cards, played on the girl's basketball team, and is now on the Woodstock Soccer team. Like her mom Erika, she was selected to the All County Orchestra where she played violin.

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## **Captain John Bruening**

A recent NY Post article reported a navel incident when a US warship captured 6 pirates in the Gulf of Aden. The pirates fired on the USS Ashland, the third encounter in 10 days. Commanding officer Bruening said, "This is why we're here. It's much more than just putting a stop to illegal activities... it's about fostering an environment that will give every nation the freedom to navigate the seas."

This is much like our Ehren Präsident John Bruening fostering an environment for us to enjoy each others friendship and camaraderie.

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## **DANKESCHÖN**

Vielen Dank and heartfelt appreciation to all of you who have supported me over the years. I am truly honored to have been selected as your newest Ehren Präsident. I will do my very best to continue to support our goal to promote German heritage and culture through music and song. Thank you all also for your many good wishes and prayers during my recent knee surgery and convalescence.

Herman Koelmel



## Officers 2010

President	Hildegard Edling
Vice President	Jefferson Davis
Recording Secretary	Christa Scheitz
Corresponding Secretary	Doris Vogt
Treasurer	Joan Arena
Financial Secretary	Annemarie Harms
Liedermutter	Vivian Longto
Liedervater	Henry Buser
Archivist/Historian	Hildegard Edling
Trustee 2010	Alina Nitzschner
Trustee 2011	Inge Luetzger
Trustee 2012	Walter Bruchholz
Honorary President	Dorothy Birmingham
Honorary President	John Bruening
Honorary President	Herman Koelmel
Honorary President	Ernest Mann

We cordially welcome you to the Kingston Maennerchor and Damenchor! We are happy to greet you and encourage your participation in as many future functions as possible. Your continued support is sincerely welcomed and appreciated. Your attendance and participation is a wonderful way to enjoy the fellowship of our members and share in our camaraderie and gemütlichkeit. We hope that you enjoy our events and join us with renewed determination that the Kingston Maennerchor and Damenchor, will continue to flourish and prosper.

## Scholarship

Some of the most important and most rewarding aspects of our work in furthering and advancing our chorus in preserving and promoting German culture, heritage, and tradition through music and song is that of educating our youth and scholarship.

Each May we bestow scholarship awards to graduating high school students who have excelled in the German language studies in our area schools. We also donate to the Rhinebeck – Rheinbach Cultural Exchange Program.

Scholarship Committee Chairperson Linda Koelmel and her committee of Walter Bruchholz, Franz Heigemeir, and Ruth Miller had the heartening opportunity of selecting the scholarship recipients again this year. Congratulations to the scholarship winners; we wish you success and a pleasant journey in your future endeavors.

This year's recipients are above average students, leaders in their schools, with musical interests, and a strong desire to learn and appreciate German culture and tradition. They are the future of our community and we have an obligation to encourage, support, and assist them as they continue to study, learn, and promote our values and customs.

We are a charitable 501c3 not for profit organization. Please send your tax-deductible donations to help us continue support the future leaders of our German-American community.

### Standing Committees/Chairpersons:

Bar	John Bruening
Good & Welfare	Doris Vogt
House	Walter Vogt/Richard Edling
Music	Fred Schink

### Ad-Hoc & Other Committees/Chairpersons:

Calling List	Hildegard Edling
Hall Rental	Walter Vogt/Carl Bell
Work Team Coordinator	Jefferson Davis
Newsletter	Herman Koelmel
Budget	Joan Arena

### Newsletter Staff:

Editor	Hermann Koelmel
Transcription	Christa Scheitz
Talent Corner/Archives	Hildegard Edling
Introducing	Doris Vogt
Reporters	Club Members

## Become a Monday Knight

Join us to sing or listen in and enjoy our friendship & camaraderie  
 Chorus Rehearsal Monday evenings at 6:45 PM.  
 Monthly Meeting 2<sup>nd</sup> Wednesday of the month at 7:30 P.M



## Kingston Männerchor and Damenchor Inc. Calendar of Events 2010

Jan 17 Sun	Pizza Party-Raffle	1 – 5 PM	Ed Rocks
Feb 13 Sat	Fasching	7:30 -11:30 PM	Joe Unger
Mar 21 Sun	Sunday Breakfast	9 AM - Noon	
Apr 18 Sat	Spring Dance	7:30 -11:30 PM	Joe Unger
Apr 25 Sun	NYSSB BMC Mtg	1 – 3 PM	Utica, NY
May 16 Sun	Spring Concert	1 – 6:30 PM	Mtn Tops
Jun 13 Sun	Sauerbraten Lunch	12:30 - 2:30 PM	
Jun 22-27 July	Canadian Trip TBD	Walter Vogt	336-6534
Aug 15 Sun	Gartenfest	1 – 5 PM	
Sep 19 Sun	Brat & Beerfest	1 – 5 PM	
Oct 16-17	NYSSB	Convention	Binghampton
Oct 24 Sun	Sunday Breakfast	9 AM - Noon	
Nov 21 Sun	Fall Concert	1 – 6:30 PM	Bud & Linda
Dec 19/26	German Christmas	1:30 – 4:30 PM	Knig HS Band
Dec 20 Mon	Staff Christmas	6:30 – 9:30 PM	



## Kingston Maennerchor and Damenchor Inc.

37 Greenkill Avenue  
Kingston, New York 12401

### *Vielen Dank!*

THANK YOU to the following SPONSORS who have so generously underwritten the 2010 Newsletters.

Inga Martin	Herman & Linda Koelmel
Christa Scheitz	Christa Kohler
Josef & Christiana Fink	Alina Nitzschner
Joan Arena	Oskar Benzenhoefer
Annemarie Harms	"In Memory of Willi Harms (1914-1990)"

*If you have enjoyed this newsletter please consider a small donation to help us offset the costs of printing and delivery by mail.*

For the latest information please visit our website  
[www.nyssb.org/KMD.htm](http://www.nyssb.org/KMD.htm)

*Wir grüßen Sie mit Herz und Hand,  
We greet you with heart and hand,*

*Die Sänger von dem Hudsonstrand  
The singers from the Hudson Strand*

### **THE MAYONNAISE JAR**

When things in your life seem almost too much to handle, when 24 hours in a day is not enough; remember the mayonnaise jar and 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began he picked up a very large and empty mayonnaise jar and started to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured it into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous 'yes.'

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life. The golf balls are the important things - Family, children, health, friends, and favorite passions. Things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the things that matter like your job, house, and car. The sand is everything else - The small stuff. 'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

So, pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. There will always be time to clean the house and fix the dripping tap. 'Take care of the golf balls first -- The things that really matter. Set your priorities. The rest is just sand.'

One of the students raised her hand and inquired what the coffee represented. The professor smiled, 'I'm glad you asked'. No matter how full your life may seem, there's always room for a couple of cups of coffee with a friend.'