

WCSC GRAPEVINE NEWSLETTER



August 2013

Visit us online at:
www.wiesbadenspousesclub.com



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Reservations
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A Word from Our President

Dear WCSC Members,

Happy month of solid sunshine! I hope that you are out enjoying everything Germany has to offer and that you have plenty of fans to cool your home. Make sure to mark August 9th – 18th on your calendars to enjoy the wonderful Wiesbaden Wine Festival. It has something for everyone.

As this is my first opportunity to talk to you since the board change in May, I want to say thank you for the support and faith you have given me. I am very humbled and excited to lead this dynamic group. All of you, as members of the WCSC, play a very important role in our community. You contribute through your volunteer efforts. You support our families, troops and civilian work force. You make Wiesbaden a home away from home. For all of these reasons and so many more, I am proud to be part of this club. I thank you for all that you do. I know that together we can make this year one of WCSC's best yet.

Remember the 2013-2014 membership drive is underway. If you haven't registered yet, please do so as soon as possible. There are a lot of activities planned that you will want to join. We will have a membership table at the Wiesbaden Community Open House, August 20th in the Clay Kaserne Fitness Center. We will also be at the MWR/AAFES back to school event, August 24th in the Hainerberg Exchange parking lot.

Enjoy the rest of your summer. I look forward to seeing you soon.

Warm regards,
Claudia Helmlinger, WCSC President

Make Memories! Make Friends! Make a Difference!

WCSC Scholarship and Welfare Information

WCSC Welfare Grants/Gifts Supporting the Wiesbaden Community and Beyond

We are accepting applications for consideration at our September Meeting. The Welfare Application can be found at our website:

www.weisbadenspousesclub.com

If your organization would like to submit a Welfare Request, please contact Audra Rogers, WCSC Welfare Chair at welfare@wiesbadenspousesclub.com

All requests must be received by the 15th of the month to be approved at one of our five board meetings in September, November, February, April and May. All of these funds are raised via sales at the WCSC Thrift Shop. So, if you are looking for a worthwhile place to volunteer, please remember The Thrift Shop on Mainz-Kastel.



WCSC MONTHLY LUNCHEON INFORMATION

2013-2014 Luncheon Dates and Themes

Sept 18th: Membership Drive & Polish Pottery Bingo
ACS Cafeteria, Hainerberg Housing, Mississippi Strasse 22



October 16th: "Entertaining with Style"
featuring LaDonna Bowen

November 20th: Holiday Tree and Wreath Auction

December 18th: Holiday Program
featuring Amelia Earhart Players

January 22nd: Crystal "Ice" Bingo

February 19th: Themed Basket Auction

March 19th: Spring Fashion Show

April 23rd: "Coming Up Flowers"
Container Gardening and Floral Arrangements

May 21st: "Troc and Floh Markt Finds" Auction

WCSC RESERVATION INFORMATION

Club members can reserve their seats via the electronic invitation they will receive at the beginning of each month.

Non members can reserve seats for each luncheon by sending an email to the reservation chairs at the following:

wscreservations@yahoo.com

According to the cancellation policy, "A reservation for a WCSC function must be paid for unless it is canceled within the specified time period... [and] No additional reservation will be accepted for that individual until all previous obligations are paid."

We love having a full house but, please remember that reservations for luncheons ***MUST be reserved by the deadline indicated on the invitation. No exceptions. A standby list will be started once the deadline has past. If there are cancellations we will notify you of the opening.***

*Kathy Mingo & Christa Crowson
Reservations Co Chairs*

Have You Volunteered at the WCSC Thrift Shop?



Volunteer Advantages

FOR THRIFT SHOP VOLUNTEERS

PLEASE CALL OR STOP BY YOUR THRIFT SHOP FOR DETAILS!



The hours of operation are: Tuesdays
10:00 – 4:00
Thursdays 10:00 – 7:00
1st & 3rd Saturdays 10:00 – 4:00

For more information about the shop
or to volunteer call 0615-418-883 or
email wesethriftshop@yahoo.com



WCSC Recipe Corner

It's summertime let's celebrate
at our dinner table!

HG Chicken Fajita Kebabs

1/4th of recipe (1 skewer): 165 calories, 1.5g fat, 207mg sodium, 9.5g carbs, 2g fiber, 4g sugars, 27g protein -- *PointsPlus®* value 4*

Ingredients:

1 lb. raw boneless skinless chicken breast, cut into 1-inch cubes
1 tbsp. fajita seasoning mix
1 red bell pepper, cut into 1-inch strips
1 green bell pepper, cut into 1-inch strips
1 medium onion, cut into 1-inch chunks
1 lime, cut into 4 wedges

Preparation:

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)

Season chicken with fajita seasoning. Alternately thread chicken and veggies onto four skewers, tightly packing the pieces together.

Bring a grill sprayed with nonstick spray to medium-high heat. Grill kebabs for 5 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6 - 8 minutes, or until chicken is cooked through.

Serve with lime wedges, and squeeze over kebabs before eating! **Makes 4 Servings!**

Hungry Girl's Watermelon Margaritas

Ingredients:

1 ½ Cups Cubed seedless watermelon or seeded watermelon
3 oz Tequila
1 tbsp Lime Juice
3 no-calorie sweetener packets (like Splenda or Truvia)
2 Cups crushed ice or 10-16 ice cubes

Directions:

Place all ingredients in a blender, and blend until smooth. Pour, sip and enjoy! **Makes 2 Servings.**

½ of Recipe (about 16oz): 138 calories, <0.5g fat, 2mg sodium, 10.5g carbs, 0.5g fiber, 7g sugars, 0.5g protein



COMMUNITY THINGS TO DO UPDATE

Farmers' Markets

In downtown Wiesbaden: Shop your way through a large variety of fresh farmers' products at the bi-weekly Wiesbaden farmers' market on Wednesdays and Saturdays at the Wiesbaden Market square down by the city hall (Rathaus.) In Wiesbaden-Biebrich: Every Friday noon to 6 p.m. at Marien Square in Biebrich (off A66.)

In Mainz: On Saturdays starting 7 a.m. at Kirch St, 55116 Mainz-Gonsenheim; On Saturdays starting 7 a.m. at Liebfrauen Sq 1, 55116 Mainz Altstadt (Old City) In Frankfurt -- This weekly market offers fresh groceries and flowers and is held every Friday starting 9 a.m. in downtown Frankfurt.

Rheingau Wine Fest

The Rheingau Wine Festival in Wiesbaden will take place from Aug. 9-18. It is one of the biggest and most popular events of the year in Wiesbaden. Visiting the "Rheingau Wine Festival" is an empiric trip of a special kind: About 100 wine growers will reveal to you the secret of the famous Rheingau Riesling wine. At the same time, you can try sparkling wines and enjoy samples of the regional cuisine, complete with a diversified entertainment program at the Wiesbaden Schlossplatz (palace square) and the Dern'sches Gelände (market square). For more information, visit www.wiesbaden.de/en/living-inwiesbaden/festivities-markets/festivities/rheingau-wine-festival-2013.php.

Apple Wine Festival, August 9-18, 2013

Locals and visitors will once again be coming together in the Main metropolis to celebrate Frankfurt's most popular beverage with their very own Apple Wine Festival, traditionally accompanied by an entertaining stage program. Typical Frankfurt folklore and dialect poetry provide old-time amusement for both the young and young at heart, while nearby Hessian cult bands get their audiences singing and dancing in the streets. Relaxed lounge music is also on offer, providing the perfect atmospheric background for enjoying an unconventional apple wine cocktail. Many excellent types of apple wine are available for tasting at the festival's numerous booths and traditional stalls. Typical apple wine made from time-honored apple varieties are just as much on offer here as are the trendy mixed blends and popular apple wine cocktails. Festival visitors will also find an excellent selection of apple wine merchandise on sale at the Roßmarkt. Opening hours Monday to Thursday: 11:00 am to 11:00 pm & Friday to Saturday: 11:00a.m. to midnight.

Folklore Open Air Festival- Kulturpark Wiesbaden August 23-25, 2013

A large number of bands will appear on the open-air stages again! And there will be various parties; street theatre and comedy don't come off badly either. And needless to say, there will be lots of culinary delicacies, meaning that visitors won't have to suffer from starvation or dehydration! For more information visit: www.folklore-wiesbaden.de

