



Cheyenne
Mountain
Newcomers Club

Celebrating friends

**Feb
ru
ary
2025**

FEB 2025

We meet the second Wednesday of each month (September through May) at 9:30 a.m. at the Broadmoor Community Church, 15 Lake Avenue.

EXECUTIVE BOARD

President

Cheryl Eaton 719.331.5554

Vice President

LouAnn McKenzie 650.288.5784

Treasurer

Kathy Achenbach 719.761.0878

Secretary

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Kathy Perkins 720.291.0330

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Member Director

Dale Spelman 925.999.0343

Webpage: cmnccos.org

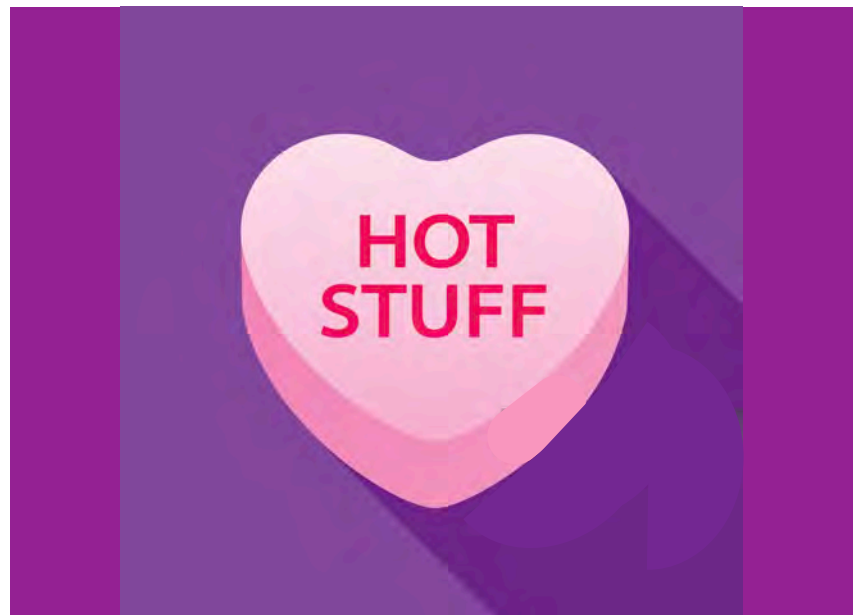
Webmaster

Linda Ewton
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Newsletter

Elaine Claussen
elaine@creativefromscratch.com

This club has a paid membership policy. Prospective members may attend two functions/meetings before paying their annual dues. Former members must rejoin before attending any activities or meetings. Monthly meetings are not held when D-12 schools are delayed or cancelled.



There's more to February than Valentine's Day...

- 2/01 National Freedom Day
- 2/02 Groundhog Day
- 2/03 **National Golden Retriever Day**
- 2/04 World Cancer Day
- 2/05 National Weatherperson's Day
- 2/06 National Pay A Compliment Day
- 2/07 **National Fettuccine Alfredo Day**
- 2/09 Read In The Bathtub Day
- 2/15 Singles Awareness Day
- 2/16 Do A Grouch A Favor Day
- 2/18 **National Drink Wine Day**
- 2/20 National Muffin Day
- 2/22 **World Thinking Day**
- 2/23 National Banana Bread Day
- 2/25 **Let's All Eat Right Day**
- 2/26 Tell A Fairy Tale Day
- 2/27 No Brainer Day
- 2/28 **National Public Sleeping Day**



How to

Love the skin you're in

Our skin is the largest organ in our bodies, so in February, we'll learn how to keep it healthy.

Janette Fant, a board-certified nurse practitioner at Vanguard Skin Specialists, will advise us on sun protection, high-altitude hydration, hair and scalp issues, plus skin cancer monitoring. She'll also share some professional insights on fending off wrinkles, dryness, and other telltale signs of aging.



**CMNC Monthly
Member Meeting**

Feb 12, 2025

9:30 a.m.

**Broadmoor
Community Church**



Getting ahead by Walking backwards



You've seen her—or maybe you *are* her: the neighborhood woman who walks backwards up the street or is turned around on the treadmill at the gym.

She's a smart one, especially if she has **knee osteoarthritis or chronic back pain**. That's because *retro walking*, as it's called, gets your quads firing and has you doing knee extensions as you move.

And that's just for starters.

This somewhat odd-looking workout can help improve your gait, symmetry, and balance. As a bonus, it also improves your cognition. And who doesn't want that!

Backwards = brain boost

When we stray from our usual routines, our brains go on high alert.

According to a 2021 study of chronic stroke patients, retro walkers (like those in the study) experience sharper senses, including vision and enhanced cognitive control.

Walking backwards also helps with body awareness and coordination, and can boost your mood and help with sleep. Some studies have found it can even **help prevent falling down stairs**.

How to get started

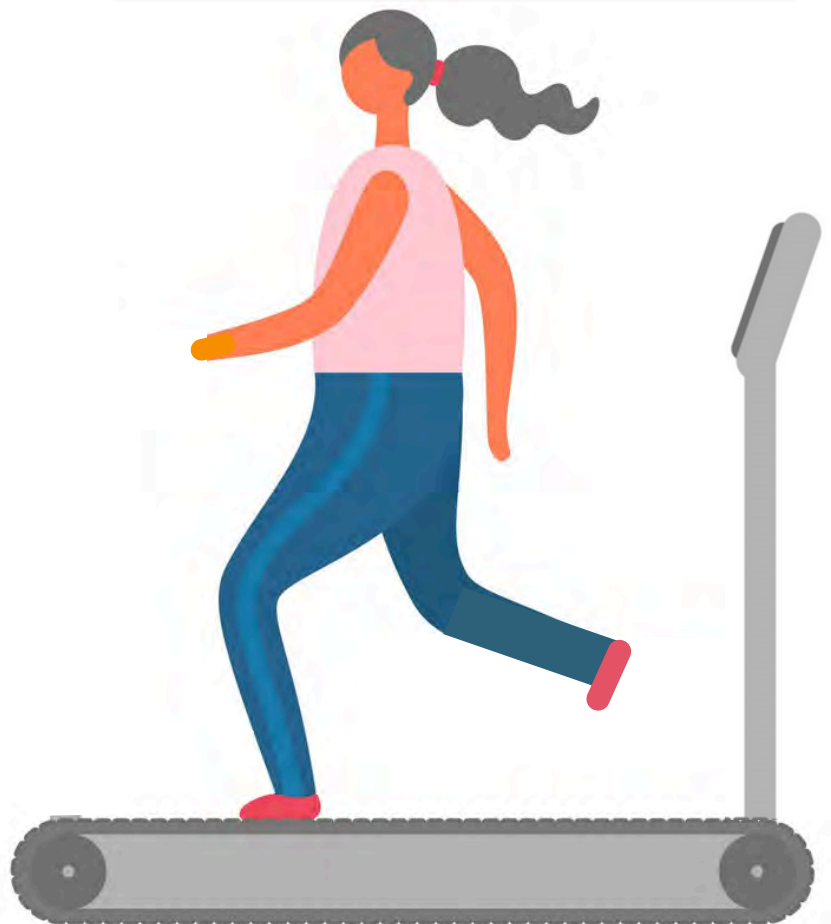
Have a partner face forward while walking with you to keep an eye out for obstacles, tripping hazards, and even other people.

Start with a five-minute stint to get the hang of it. Once that's comfortable, go on a normal walk around your neighborhood, switching to a retro walk for a couple of minutes every few blocks.

Once you've found your stride, you can even walk backwards on your treadmill, using extra caution and a low speed.

BENEFITS OF WALKING BACKWARDS

- ✓ Increases flexibility
- ✓ Burns calories
- ✓ Improves balance & coordination
- ✓ Builds muscle strength
- ✓ Increases cardiorespiratory fitness
- ✓ Challenges your brain
- ✓ Reduces knee pain



Beat the blues

by keeping a gratitude journal

Gratitude is getting a lot of attention these days—and for good reason.

When you embrace a sense of gratitude, it triggers a release of serotonin and dopamine.

These chemicals, which are linked with pleasure and a positive mood, set the stage for a happier, healthier you, with benefits such as:

Improved sleep. Lower stress and anxiety levels make it easier to fall (and stay) asleep at night.

Reduced depression. Shifting your focus to the positive

aspects of your life can strengthen your emotional resilience in the face of challenges.

Better heart health.

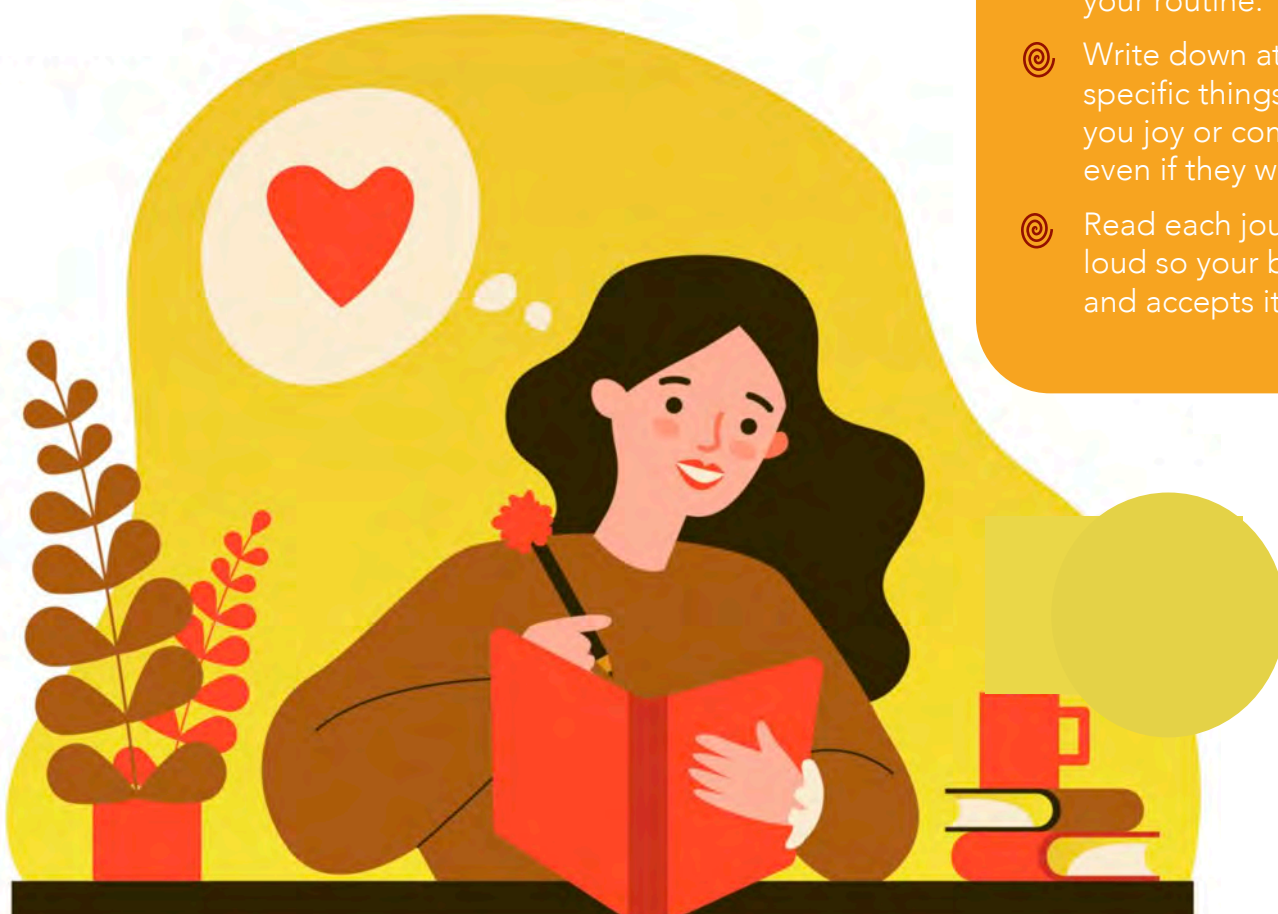
According to the American Heart Association, leaning into those things you're grateful for reduces your heart rate and blood pressure, and slows your breathing. These are vital to heart health as we age, and help improve the body's ability to fight off illness.

Enhanced self-esteem. By focusing on the life you've built and your accomplish-

ments, your confidence and sense of self-worth will grow. In turn, you'll realize the important role you play in the lives of those around you...including all your friends at CMNC.

Get started today!

- 🌀 Keep a notebook or official journal—handwritten or even online—just for your thoughts of gratitude.
- 🌀 Set aside a few minutes each day to reflect on what you're thankful for. Block out that same time daily, if possible, to make it part of your routine.
- 🌀 Write down at least three specific things that brought you joy or comfort that day, even if they were small acts.
- 🌀 Read each journal entry out loud so your brain "hears" it and accepts it as truth.



Conquering clutter

so your kiddos won't have to...

We all love our "stuff"—everything from hordes of travel trinkets and clothes that no longer fit to bulky boxes in the basement and towers of photo albums collecting dust on a shelf.

While it may feel overwhelming to tackle these excesses, here are a few tips from the pros. You may be surprised to learn that household streamlining is not only doable—it's also highly satisfying.

START SMALL Begin in one room and set a time limit so you don't get overwhelmed or worn out. If it takes a few days or even a few more, so be it. You're making progress!

FOLLOW THE 10-10-10 RULE Identify 10 things you feel good about donating, 10 things you definitely want to keep, and 10 things that can go directly into the trash bin.

AVOID THE BASKET TRAP Don't just buy baskets and containers to store your clutter; go through everything first, then see what storage solutions you may need for what's left.

BEQUEATH EARLY Pass along cherished items that you can live without to family members and dear friends who've eyed them over the years. You can experience their joy and gratitude, and know that your treasures are in good hands.

SKIP THE SHUFFLE It may be tempting to move some things from one room to another to deal with "later." That's not progress; it's procrastination. While items are in your hand or on your radar, donate 'em or dump 'em.

See the next page for more helpful tips >



No more chaos

Decluttering Resources

WHERE TO DONATE

Goodwill of Colorado

S. Campus Donation Center
1460 Garden of the Gods Rd
719.635.4483
goodwillcolorado.org/donate

Assistance League of Colorado Springs

Bargain Box store
405 S. Nevada Ave
719.475.1029
assistanceleague.org/colorado-springs/thrift-store/

Habitat for Humanity

Pikes Peak ReStore
411 S. Wahsatch Ave.
719.667.0840
pikespeakhabitat.org/restore

Springs Rescue Mission

Donation Center
1109 S. Tejon St.
719.632.1822
springsrescuemission.org/donate/donate-goods

WAYS TO SELL

Garage Sale

Hold your own in the spring or join a neighborhood garage sale

NextDoor Online community app

Post photos of your items (clothes, furniture, jewelry, tools, etc.) and set your prices. Interested buyers will contact you directly through the app.
nextdoor.com

Ashley's Attic Consignment store

Women's clothes, jewelry, purses, shoes, coats, boots, and the like.
708 N. Weber St.
719.237.1323

Take A Peak Consignment

Furniture, art, collectibles
5665 N. Academy Blvd.
719.313.9180

WHO CAN HELP

Joyful Spaces

Professional Organizers
708 N. Weber St.
719.237.1323

Grace to Organize

Professional Organizers
Colorado Springs
719.396.1965
grace2organize@gmail.com

Gale Force Organizers

Professional Organizers
Colorado Springs
719.653.5610
galeforceorganizers.com

Clutter Trucker

Junk Removal Services
1753 S. 8th Street, Unit C4
719.372.5009
cluttertrucker.com/colorado-springs/junk-removal.com



Baked Red Apples with Oatmeal Filling

INGREDIENTS

- 4 medium apples
- 1 cup rolled oats
- 1/4 cup brown sugar
- 1 tsp ground cinnamon
- 1/4 cup unsalted butter, cut into pieces

DIRECTIONS

Preheat the oven to 350° F.

Core each apple, making a large well in the center. Place onto a rimmed baking sheet.

Mix the oats, brown sugar, and cinnamon together in a bowl. Cut in the butter slices until well combined.

Spoon 1/4 of the mixture into each apple.

Bake until apples are tender and the filling is bubbling (about 30 minutes).

PREP TIME
15 minutes

COOK TIME
30 minutes

TOTAL TIME
45 minutes

SERVINGS
4 snacks



february babes

Happy
Birthday

Barbara Monn 2/02

Kwang Amacher 2/06

Lu McCoy 2/06

Rebecca Whittaker 2/08

Dale Spelman 2/09

Marie Ryan 2/10

Liz Burnett 2/11

Pamela Street 2/11

Lisa Lucke 2/12

Kathy Achenbach 2/15

Nancy Long 2/15

Mamie Silvertooth 2/17

Pam Behrendt-Lewis 2/19

Ginny Eicholz 2/19

Kay Dickson 2/21



February Activities

Ladies Gourmet

3rd Wednesday of each month

11:30 a.m.

In February, we are off to merry old England for a proper afternoon tea at the home of Cheryl Strang on **February 19**. Confirmed attendees must be properly attired with hats and gloves to gain entrance. Be sure to sign up at the Feb. 12 CMNC monthly meeting; we won't be doing any email sign-ups for this gathering.

Coordinators:

Kim Kacewicz	281.687.2012
Mary Kervick	719.649.3658

Wine & Friends

Third Friday of the month

6–8:30 p.m.

For February, Wendy Wolfswinkel and Terry Stiffler will host our group in their home from 6–8:30 p.m. If you're on our email list, you'll receive an invitation around the first of the month with the address and specifics. **RSVPs are required.** Couples should bring a bottle of wine and an appetizer to share; singles, please bring your choice of either. As a courtesy to our gracious hosts, please do not simply show up if you did not RSVP or were not confirmed.

Coordinators

Karen Cacy	503.246.4286
Marie Poyzer	719.659.3075



Mah Jongg

2nd and 4th Friday

1–3 p.m.

Back by popular demand; **please note new location and days!** Join us at the Country Club of Colorado in the Pete Dye room just outside the Gates Grille bar for this exciting and challenging game played with Chinese tiles. Monthly email invitations are sent to those who've signed up for them at the CMNC monthly meetings. When you RSVP, please indicate a preference for the American or Chinese table. In February, **bring your own beverage** as the *restaurant will be closed*. (Sorry, but no outside food is permitted.)

Coordinators:

Maria Polelli	719.649.4896
Lu McCoy (to RSVP)	719.540.8681 or 719.201.6348

Canasta Hand & Foot

2nd and 4th Thursdays

11 am – 3 pm

PLEASE NOTE the new start time and location for January and February games: 11 a.m. at the Cheyenne Mountain Resort. We can order lunch from the Elevations restaurant (self-pay). No RSVP needed to play; however, if you're new or need a refresher, please call Karen Vlasak to arrange a lesson prior to the next group date.

Coordinators:

Karen Vlasak	719.375.4692
Lu McCoy	719.540.8681

NEW TIME, PLACE

February Activities, cont'd

Pokeno

2nd Monday
of the month
1 p.m.

Pokeno is an easy card game like poker. We play at members' homes and each month's hostess determines the number of players she can comfortably accommodate. Participants should bring a gift valued at \$8 or more concealed within a paper bag, plus \$2 in cash for the blackout round.

Coordinators:

Tami Dickinson	623.670.8298
Sharon Wallace	719.482.6298

Pickleball

Every Friday
10 a.m.–12 p.m.

Pickleball is the fastest-growing sport in America! Join us to see what all the fuss is about...and to have a tone of fun! We play indoors (out of the hot sun, cold air, and wind) on the new courts at Springs Pickleball, 780 Vondelpark Drive. Try it once and you'll be hooked for sure! A paddle, a whiffle-ball thingamajig, and a pair of good, sturdy court shoes, and you're on your way.

Coordinator:

Kathy Houck	505.239.4723
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Because We Care

Member care
when needed

Ladies, please remember to contact me when you know of or hear about one of our members who is experiencing a health problem, facing hospitalization or surgery, dealing with a death in the family, or going through a life-changing situation of any kind. I will send out the appropriate card on behalf of all of our members, and in some cases, I will follow up with a phone call to see how things are progressing and if any help is needed. Thank you for your support! It is because of all of you and many previous members that we are such a kind and caring group.

Coordinator

Lynda DeAngelis	710.440.4643
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UFOs

First Monday
of each month
1 p.m.

A low-key group of members who like to chat while working on unfinished projects. Sign up to get an email with this month's location.

Coordinator:

Barbara Nisar	719.394.5499
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February Activities, cont'd

Happy Hour Get-Togethers

3rd Monday of the month

3–4:30 p.m.

Join friends at different breweries and pubs for some fun each month! No advance sign-up needed; simply show up for a drink and some great conversation with your community of CMNC women. (Individuals are responsible for their own tabs.)

February 17 (Presidents Day) @ Urban Animal Brewery, 3629 Star Ranch Rd.

March 17 (St. Patrick's Day) @ Cerberus Brewery, 702 W. Colorado Ave. (dog friendly!)

Coordinator:

Peggy Dolinich

719.964.8778

Decorating Divas

2nd Tuesday of each month

1-3 p.m.

Join us on **Tuesday, Feb. 12**, at the home of CMNC member Kathy Perkins, who will share how she started in the design business and how she transformed her own home. We'll see the "before" photos and learn why she made the choices she did for each room—and what she may do differently in the future. We'll also learn about form and function, and how color can be important to enhance and create the mood you're looking for. Light refreshments will be available at this fun event. Be sure to email MB to be included.

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612

Walkie Talkies

Saturdays

10 a.m.

Join us at 10 a.m. each Saturday for a moderate walk/adventure at the Bear Creek Regional Park East. Walks range from about 40 minutes up to an hour. Sign up at the CMNC monthly meetings to get on our email list in case of cancellations, changes, etc.

Coordinator:

Cheryl Eaton

719.331.5554

Lunch Bunch

Following our monthly meetings

Join us for delicious lunch at 11:40 a.m. **following the Feb. 12 CMNC meeting**. This month, we'll choose from two restaurants in the Cheyenne Mtn. Blvd. strip mall: Miguel's Mexican and Na Ra Siam. Gini will call the restaurant with the most sign-ups at 10:30 a.m. to make reservations for everyone who wants to join in.

Coordinator:

Gini Dugan

507.319.1700

February Activities, cont'd

Gleaners

Outside before
our monthly
CMNC meeting

For February, we're helping the Springs Rescue Mission. It began in 1996, when founders began providing sandwiches to homeless people in Colorado Springs in parks and under bridges. Soon after, they opened a food pantry in one room of a small building. These humble beginnings rapidly grew into a wide range of programs intended to serve the 27,000 households living below the poverty line in the Pikes Peak region. Currently, they serve over 700 men and women a day with nutritious meals, shelter, case management, and work programs.

IMMEDIATE NEEDS: winter clothes, hats, gloves, coats, etc. Additional requests: travel-size toiletries, bar soap, disposable razors, laundry pods (they do 30,000 loads per year.) Donating goods to Springs Rescue Mission has a significant and direct impact on those who are served, so thank you for helping out. Donations may be put in the open trunk of Barb Coons' car, which will be parked next to our entrance at the Broadmoor Community Church.

Coordinator:

Barb Coons

719.375.3231 or 219.973.9555

Adopt A Family

Your help
makes a
difference

There is nothing scheduled for February. Please check back again next month.

Coordinators:

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685



Got an idea for a new activity or game that you'd like to host for our club?

We're always open to suggestions! Please reach out to our activities chair, Kathy Perkins, to get the ball rolling. Be sure to check the calendar for open times and days to avoid any conflicts.



Welcome
to our
newest
members

MAY 2024

Tracy Alderson
Barbara Gardner

JUL 2024

Tina Potemken

AUG 2024

Jennifer Lehn

SEP 2024

Yvonne Bacher
Janet Baeck
Sharon Davis
Andi Gregory
Yunghee Hagen
Casey Hamiter
Joanie McKernan
Felicia Mendygral
Kelli Schuessler
Pamela Sheldon

OCT 2024

Irene Davis
Heidi Johnson
Sally Misko

NOV 2024




Kathy Lavin
Karen Michel
Carol Mossa
Karen Quenaud
Monica Shea
Kara Zebrowski

DEC 2024

Cari Bessette
Lauren Brush

FEBRUARY

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
						1 Walkie Talkies 10 am
2 Groundhog Day	3 UFOs 1 pm	4	5 Literary Ladies 10 am	6 Nurturing Yourself 2-4 pm	7 Pickleball 10 am-12 pm	8 Walkie Talkies 10 am
9	10 Pokeno 1 pm	11 Decorating Divas 1-3 pm	12 CMNC monthly meeting/program 9:30 am Adopt A Family, Gleaners, and Lunch Bunch	13 Canasta Hand & Foot 11 am	14 Pickleball 10 am-12 pm Mah Jongg 1-3 pm Valentine's Day 	15 Walkie Talkies 10 am
16	17 Happy Hour Get-Together 3-4:30 pm Presidents' Day	18	19 Ladies Gourmet 11:30 am	20 Readers Choice 10 am	21 Pickleball 10 am-12 pm Wine & Friends 6-8:30 pm	22 Walkie Talkies 10 am
23	24	25 Let's Get Lit 6:30 pm	26	27 Canasta Hand & Foot 11 am	28 Pickleball 10 am-12 pm Mah Jongg 1-3 pm	

Please forgive any errors or typos in this publication. I hope you enjoy it!

— Your newsletter editor, Elaine Claussen