



Cheyenne
Mountain
Newcomers Club

**Winter
wildlife**

March 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

Jamie Rogers 505.507.6979

Activities Director

Kathy Perkins 720.291.0330

Programs Director

Barbara Zarish 719.960.6117

Member Director

Dale Spelman 925.999.0343

Webpage: cmnccos.org


Webmaster

Linda Ewton
webmastercmnc@gmail.com

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.**

You're invited to

STEP UP



Which board seat suits you best?

It's that time again! Between now and our March 12 monthly meeting, we're looking for volunteers and nominations for the following CMNC board positions:

**President | Vice President | Programs Director
Membership Director | Secretary**

This is for the 2025-26 term, which runs from June 1, 2025, to May 31, 2026. Each position is a one-year commitment; however, the vice president has the option to stay on as president for the following year if confirmed.

Per the club bylaws, candidates will be announced in next month's newsletter and the formal election of officers will take place at the club's monthly meeting on April 9 at 9:30 a.m.

If interested, please **contact Cynthia Frank**, head of nominations, at **719.439.9966** or **hbtoo1@aol.com**.



March Mocktail Madness

Due to the cancellation of our January CMNC meeting due to weather, we've rescheduled the spirited presentation, "Mocktail Madness," for this month on Wednesday, March 12.

Join us as Programs Director Barb Zarish will dazzle us with:

- Tastings and recipes for delicious, non-alcoholic drinks for the winter and St. Patrick's Day.
- Notes within the recipes on how to convert each mocktail into a cocktail with Barb's recommended alcohols and amounts.
- No RSVP needed. Hope to see you there!



Much ado about March



Denver Mardi Gras

Saturday, March 1, 2025, in Greenwood Village

Annual festival with live music, DJs, games, and free beads on Bourbon Street in the Mile High City.

Carnivàle & Mumbo Jumbo Gumbo Cook-Off

Saturday, March 1 in Manitou Springs

Carnivàle kicks off with the Cajun Gumbo Cook-Off followed by a parade downtown.

Mind Blown Telluride

Every Friday & Saturday in March in Telluride (The Peaks Resort & Spa)

Ty Gallenbeck puts on a 75-minute magic performance that makes guests question what they think they know.

Mile High Beer Festival

Saturday, March 1, in Denver

Annual beer festival highlighting both well-known and up-and-coming breweries in addition to a few distilleries and cideries. Visitors have 2.5 hours to taste unlimited samples while enjoying live music and food from local vendors.

Winter Wonder Grass

Fri-Sun through March 2 in Steamboat Springs

12th annual festival showcasing national, regional, and local bluegrass and acoustic roots music.

Leadville Ski Joring

Sat-Sun, March 1-2, in Leadville (Harrison Ave.)

Annual winter sports event that involves a cowboy and horse pulling a skier through obstacles.

Monte Vista Crane Festival

Fri-Sun, March 7-9, in Monte Vista

The annual Crane Fest celebrates the annual migration of cranes that has been going on for years.

Northern Colorado Home and Garden Show

Fri-Sun, March 7-9, at Island Grove Regional Park

Explore Greeley's long-running home and garden show for homeowners looking to repair/remodel.

Boulder International Film Festival

Thurs-Sun, March 13-16, in Boulder

21st Annual Boulder International Film Festival: film screenings, panels, workshops, and after-parties.

Frozen Dead Guy Days

Fri-Sun, March 14-16, in Estes Park

After 20 years in Nederland, the event has relocated its crazy contests, competitions, live music, great food, parades, and parties to Estes Park.

St. Patrick's Day Parade

Saturday, March 15, in Colorado Springs

Starting at noon, you can watch the floats, bands, dancers, and performers drive by in celebration of St. Paddy along Tejon Street.

Denver Home Show

Fri-Sun, March 21-23, National Western Complex

HGTV fans flock to the Denver Home Show for renovation inspiration, informative presentations, sweepstakes, and home-related goods for sale.



Limber up

with easy Tai Chi

If your birthday cake is now an official fire hazard due to the number of burning candles on it, you may be a candidate for Tai Chi.

All kidding aside, Tai Chi is a low-impact balance exercise that can enhance our stability as we age.

So says Dr. Robert Wermers, an endocrinologist at the Mayo Clinic.

“Any type of non-impact balance exercise two or three times a week is beneficial. But only one (type) has actually been shown to prevent falls, and it’s Tai Chi.”

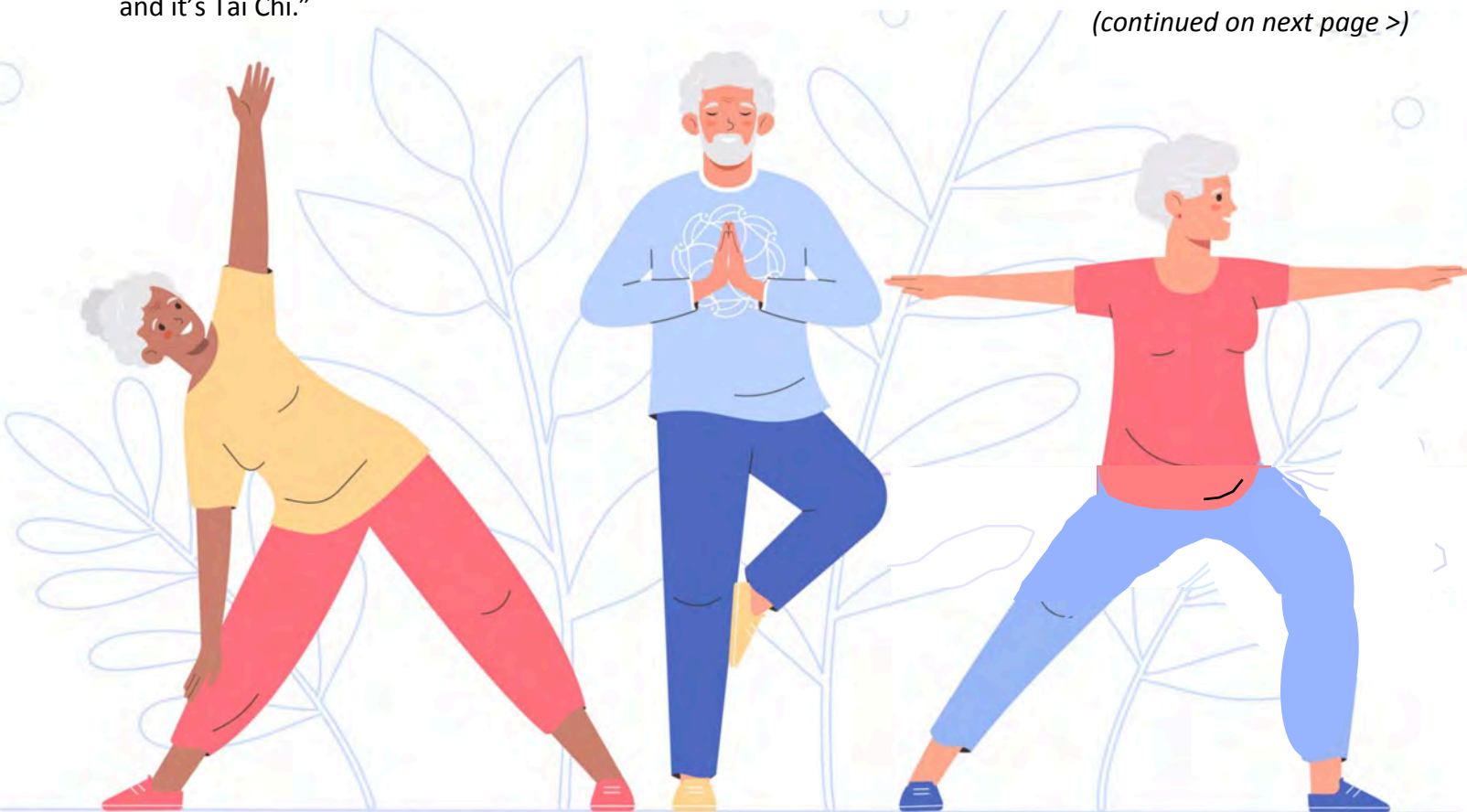
As we age, Wermers says, we lose muscle mass, which increases our risk of falling. “You break a lot of bones just by falling,” he says. “And so anything you can do to help with balance can help.”

What exactly is Tai Chi?

Tai Chi is a mind-body exercise that combines slow movements, meditation, focus, and breathing. It is gentle on joints and won’t increase pain or cause you to become short of breath.

Along with helping to prevent falls, it’s been shown

(continued on next page >)



to promote balance, control, and flexibility, especially for those of us who don't exercise on a regular basis.

Concentrating on each movement helps the mind to relax and relieves stress. Proponents say they are calmer and have more energy after a session.

Study findings for serious health issues

Researchers at the University of Toronto in Canada have found that Tai Chi can help people with specific conditions, including **heart failure**, **osteoarthritis**, **breast cancer**, and **chronic obstructive pulmonary disease (COPD)**.

It won't cure these conditions, of course, but Tai Chi movements do help patients improve balance, posture, and strength while dealing with sometimes debilitating health issues.

Mind-body connection

There's also research that suggests Tai Chi offers mental and emotional advantages. Some studies have shown people who practice this form of exercise on a regular basis see improvements in cognitive function and memory.

The meditation and breathing aspects of the exercise also help reduce depression, anxiety, and other emotional or mental health conditions. And of course, getting out, going to classes, and interacting with others are all positives as well.

At home or away, solo or with a friend

If you're interested, there are a number of studios in Colorado Springs that offer classes and training for a monthly fee.

Prefer to practice these calming moves at home? You'll find countless training videos available online, ranging from beginner to expert level. Best of all, many are free.

When you begin, ensure you have a smooth, flat surface to practice on. Wear loose-fitting clothes and stable shoes that won't slip or slide on carpets or floors. To help make Tai Chi part of your regular routine, invite a spouse, neighbor, or fellow Newcomer to join you.

Be sure to stay hydrated and applaud yourself for helping to ensure a more steady future.



Real benefits of doing Tai Chi

- * Strengthens muscles in the legs; increases flexibility and stability in the ankles
- * Builds core strength to enhance balance and reduce back pain
- * May boost immune function
- * Improves cognitive function and memory over time
- * Reduces depression, anxiety, and other emotional or mental health conditions

Managing multiple medications

Heart meds. Insulin. Antidepressants. Statins. There are drugs that thin your blood. And others that regulate its pressure. As a nation, we pop pills to balance our thyroid, soothe arthritic joints, combat glaucoma, and reduce pain to a tolerable level.

Odds are, if you're over 50, you're dealing with one or more chronic conditions or diseases that are being managed or treated with prescriptions.

For the septuagenarians and even octogenarians among us, the bevy of Rx bottles with our name on them seems to be multiplying faster than rabbits in springtime.

When you take several medicines for

(Continued on next page >)



health issues, it's vital you take steps to prevent potentially dangerous drug interactions.

Keep a list to share with all providers.

Make sure any doctor or pharmacist you see knows about every drug you're taking. Why? One medication may amplify or block the affect of another. Some drug cocktails can cause too much of one drug to stay in the body, producing an overdose. Or, if multiple medications have the same side effects, those can add up.

Over-the-counter drugs count, too.

Let your providers know about over-the-counter medications or pain relievers you're taking. The same goes for vitamin and mineral supplements.

Our metabolism un-friends us over time.

Aging can compound some of these issues. As we get older, our metabolism slows down and it takes longer for drugs to leave our system. For example, medicines that did not interact in our 40s could cause issues in our 60s and 70s.

Don't be shy about asking questions.

If you feel overwhelmed or confused by your expanding pill regimen, you're not alone. Taking several medicines at the right time of day, with the right amount of food, and with enough time before or after other drugs, can be tricky. Your pharmacist can help you with your schedule.

When in doubt, don't just guess—ask.

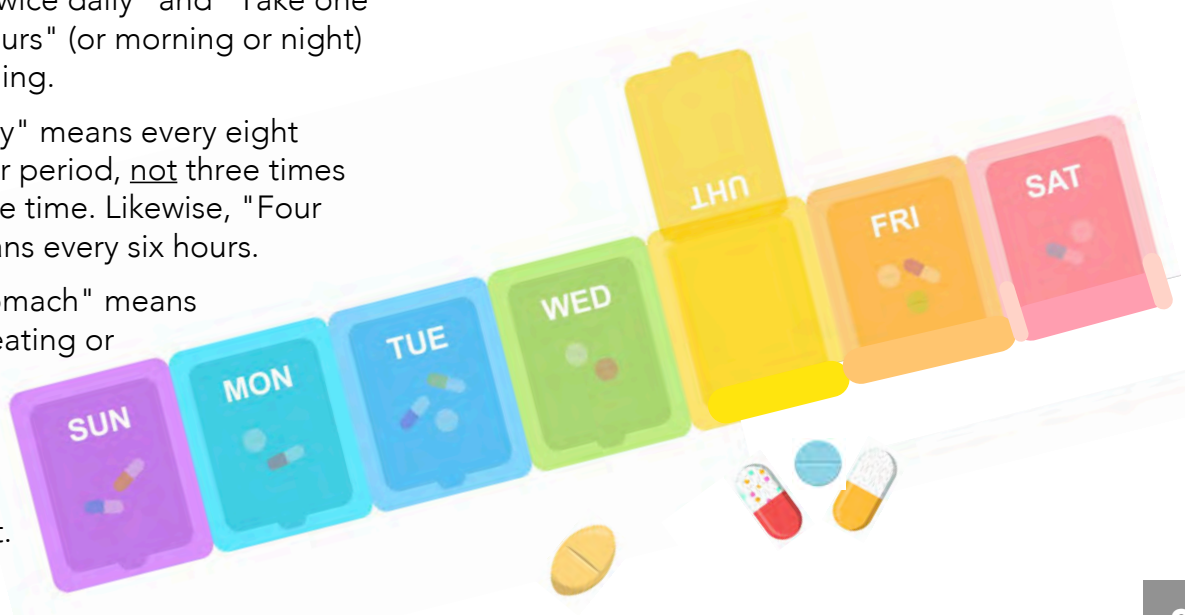
It's easy to misinterpret or not understand time intervals and frequency in some instructions:

- "Take one tablet twice daily" and "Take one tablet every 12 hours" (or morning or night) mean the same thing.
- "Three times a day" means every eight hours in a 24-hour period, not three times during your awake time. Likewise, "Four times a day" means every six hours.
- "On an empty stomach" means one hour before eating or 2-3 hours after. "Food" can be a full meal or a light snack such as crackers or fruit.



Stats on script use

- According to the Georgetown University Health Policy Institute, more than 131 million people—66% of all adults in the U.S.—use prescription drugs.
- The majority (75%) of Americans age 50-64 use prescription drugs. The percent goes up to 91% for those age 80 and older.
- Women are more likely than men to use prescriptions drugs.
- Annual Rx expenditures for people age 80-plus are 1.5 times higher than for younger adults.
- Prescription drug misuse has increased by 250% over the last two decades.



Yuk Yuks



My body just isn't what it used to be, so I joined a fitness club. I thought I'd start with an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for a full hour. By the time I got my leotards on, however, the class was over.



Instead of the John, I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

Bob was in trouble. He forgot his wedding anniversary, and his wife was very angry. To make up for it, she demanded, "Tomorrow morning, I want to see a gift in the driveway that goes from 0 to 200 in under six seconds!"

When she woke the next morning, the wife looked out the window. Sure enough, there was a gift-wrapped box in the middle of the driveway. She put her robe on, ran out to the drive, and brought the box back in the house. Inside, she found a brand new bathroom scale.

Bob has been missing since Friday.

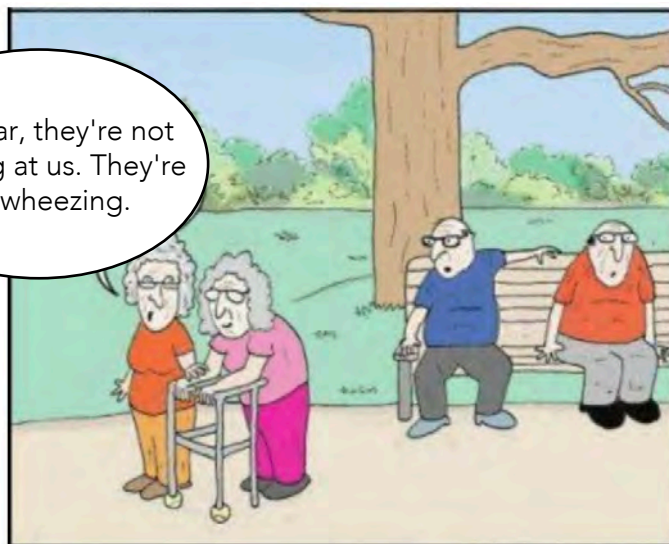
At our age, exercise is very important. Here's one that helps build strength:

Start by standing with your feet about shoulder-width apart and hold a 5-pound potato sack in each hand. Extend your arms out straight and hold for two minutes. After a week, move up to 10-pound potato sacks. By the end of the month you should be able to hold 50-pound sacks out straight for a full minute. Next, start putting a few potatoes in the sacks....

A dapper man in his late 80s walks into a cocktail lounge. He finds a seat at the bar next to an attractive woman and says, "So tell me, do I come here often?"

A friend's husband just retired and I asked her what life was like now. She replied, "Ugh. I have twice as much husband with half the pay."

No, dear, they're not whistling at us. They're just wheezing.





An elderly couple had dinner at another couple's house. After the meal, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night, we went out to a new restaurant and it was really great. I highly recommend it." The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know...the one that's pretty but has thorns."

"Do you mean a rose?" asked the second man.

"Yes, that's the one!" replied the first man. He then turned towards the kitchen and yelled, "Hey, Rose! What's the name of that restaurant we went to last night?"

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman—already dressed and sitting on the bed with a suitcase at his feet—who insisted he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down, I asked him if his wife was meeting him. "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."

An old man wanted to plant his annual tomato garden, but it was too difficult for him because the ground was dry and hard. His only son, Vincent, who used to help him, was now in prison. So the old man wrote a letter to his son and described his predicament:

Dear Vincent,
It looks like won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here, you would be happy to dig it for me like in the old days.
Love, Pops

A few days later, he received this letter from his son:

Dear Pops,
Whatever you do, don't dig up that garden. That's where the bodies are buried.
Love, Vinnie

At 6 a.m. the next morning, FBI agents and local police arrived and churned up the entire area looking for bodies. To their surprise, they found none. That same day, the old man received another letter from his son.

Dear Pops,
Go ahead and plant the tomatoes now. That's the best could do under the circumstances.
Love, Vinnie



March Activities

Wine & Friends

Third Friday
of the month
6–8:30 p.m.

For March, Annette Steele and her husband, Ed, will host our group in their home from 6–8:30 p.m. on Friday, March 21. 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 don't "drop in" if you did not RSVP and were not confirmed.

Coordinators

Karen Cacy

503.246.4286

Marie Poyzer

719.659.3075



Birthday Belles

4th Wednesday
of the month
4:30 p.m.

NEW! Join us as we celebrate members' birthdays each month at Elevations Lounge in the Cheyenne Mountain Resort. On Wednesday, March 26, we'll honor all of our March birthday belles starting at 4:30 p.m. (see page 18 for a list). Happy hour runs until 6 p.m., plus you can order appetizers or dinner while honoring our lovely gals. Birthday crowns, cards, and a special Elevations surprise for our b-day besties are just the beginning as we gather around the long table at the front of the lounge. Be sure to **RSVP to IsaBelleRowsey@gmail.com** no later than one week before each monthly event.

Coordinator

IsaBelle Rowsey

503.246.4286

Canasta Hand & Foot

2nd and 4th
Thursdays
10:30 –2:30 pm

Enjoy this lively, strategic game twice a month at The Country Club of Colorado, 125 E. Clubhouse Drive. We play downstairs in the back room just behind the Gates Grille, and order lunch about halfway through our play. Players are responsible for their own lunch tabs, and also contribute \$2 each to tip the coffee and tea servers who stock our card room. No RSVP is needed to participate; however, if you're new to this Hand & Foot version 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

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

March 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

Ladies Gourmet

**3rd Wednesday
of each month
11:30 a.m.**

Hola! Ladies Gourmet continues its trip around the world visiting Mexico on March 19 as we lunch at the Hacienda Restaurant in University Village. Be sure to attend the March 12 CMNC meeting to sign up.

Coordinators:

Kim Kacewicz

281.687.2012

Mary Kervick

719.649.3658

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

March 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.)

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

April 21 @ Colorado Mountain Brewery (roundhouse), 600 S. 21st St.

Coordinator:

Peggy Dolinich

719.964.8778

Decorating Divas

2nd Tuesday of
each month

1-3 p.m.

The Divas will meet on Tuesday, March 11, from 1 p.m. – 3:30 p.m. at Dahl Plumbing & Design and Peak Lighting, 4305 Sinton Rd in Colorado Springs. We'll learn about the latest in new products at Dahl Plumbing and Design Center, followed by information on cutting-edge advances in lighting at Peak Lighting. Pamela will be our hostess at Dahl and will share her knowledge of and experience with kitchen and bath products. Then, we will hear from Amy of Peak Lighting. She will talk about exciting developments in the newest LED lighting fixtures. If you would like to join us, please **email MB at mary.shively@comcast.net**.

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.

Coordinator:

Cheryl Eaton

719.331.5554

Lunch Bunch

Following our
monthly
meetings

Join us for delicious lunch at 11:35 a.m. **following the March 12 CMNC meeting.** This month, we'll choose from two local restaurants. Sign up for the one you would prefer, but they're both winners no matter how the voting goes! Gini will call the restaurant with the most sign-ups at 10:30 a.m. to make reservations.

Coordinator:

Gini Dugan

507.319.1700

March Activities, cont'd

Mah Jongg

2nd and 4th
Fridays
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 reminders are sent to those who've signed up at the CMNC monthly meetings. No need to RSVP. We'll have tables for both the Chinese and American versions.

Coordinators:

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

Gleaners

Outside before
our monthly
CMNC meeting

Fingers crossed that the third time is a charm for the Springs Rescue Mission! Since our January and February monthly meetings were cancelled due to weather, this month, we're really hoping to help the Springs Rescue Mission, which began in 1996. The 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

Check back with us in September when we ramp up again for the winter ho

Coordinators:

Lynda DeAngelis	719.440.4643
Valerie Smith	719.213.8685

Hawaiian Sausage Skillet



1 Tbl vegetable oil

1 pkg (16 oz) Polish sausage,
cut into bite-size slices

1 large onion, thinly sliced

1 large green bell pepper,
cut into strips

3/4 of a fresh pineapple,
peeled & cut into chunks

2 Tbl cornstarch

1/2 C pineapple juice
or more to taste

1/3 C packed brown sugar
or more to taste

2 Tbl cider vinegar

2 Tbl soy sauce

2 tsp minced garlic

STEP 1

Heat oil in a large skillet over medium heat. Cook and stir sausage, onion, and green bell pepper until vegetables start to become tender (about 8 minutes). Add pineapple and stir occasionally until the pineapple is hot (about 5 more minutes).

STEP 2

Whisk pineapple juice and cornstarch together in a bowl. Stir in brown sugar, cider vinegar, soy sauce, and minced garlic until the sugar dissolves into the liquid. Pour over the sausage mixture and cook until the sauce thickens (about 5-8 minutes).

Irish Soda Bread



4 C all-purpose flour, plus
extra for currants

4 Tbl sugar

1 tsp baking soda

1-1/2 tsp kosher salt

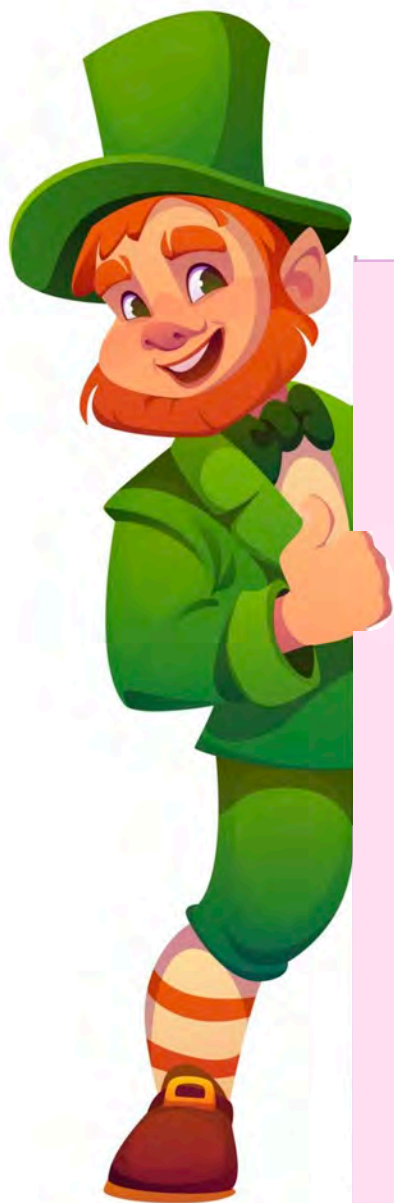
1-3/4 C buttermilk, shaken

4 Tbl cold, unsalted butter
cut into 1/2-inch cubes

1 extra large egg, lightly
beaten

1 tsp grated orange zest

1 C dried currants



STEP 1

Preheat oven to 375° F. Line a sheet pan with parchment paper.

STEP 2

Combine the flour, sugar, baking soda, and salt in electric mixer bowl. Add the butter, then mix on low speed using the paddle attachment until well mixed into the flour.

STEP 3

With a fork, lightly beat the buttermilk, egg, and orange zest in a measuring cup. With your mixer on low speed, slowly add the buttermilk mixture to the flour mixture. Combine the currants with 1 Tbl of flour and mix into the dough. Mixture will be very wet.

STEP 4

Dump the dough onto a well-floured board and knead it a few times into a round loaf. Place the loaf onto the lined sheet pan and lightly cut an X into the top of the bread with a serrated knife. Bake for 45 to 55 minutes or until a cake tester comes out clean. When you tap the loaf, it will have a hollow sound.

STEP 5

Cool on a baking rack. Serve warm or at room temperature.

Happy Birthday

March

3/01 - Elaine Brush

3/02 - Mary Beth Shively

3/05 - Cheryl Strang

3/06 - Denise Lynch

3/06 - Donna Sterns

3/10 - Annette Steele

3/15 - Peggy Dolinich

3/17 - Janie Levis

3/19 - Carol Siddons

3/26 - Cathy Stamps



March

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
						1 Walkie Talkies 10 am
2	3 UFOs 1 pm	4 Mardi Gras	5 Literary Ladies 10 am	6 Nurturing Yourself 2-4 pm	7 Pickleball 10 am-12 pm	8 Walkie Talkies 10 am
9 Daylight Savings Time begins 	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 10:30 am	14 Pickleball 10 am-12 pm Mah Jongg 1-3 pm	15 Walkie Talkies 10 am
16	17 Happy Hour Get-Together 3-4:30 pm St. Patrick's Day 	18	19 Ladies Gourmet 11:30 am	20 Readers Choice 10 am 1 st Day of Spring 	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 Birthday Belles 4:30 pm	27 Canasta Hand & Foot 10:30 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