



**NOV
2024**

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

Get ready for winter

If you haven't prepared for Colorado's cold weather yet, here's a quick checklist to add to your to-do list:

- Have your chimney inspected and cleaned by a professional to avoid potentially deadly chimney fires.
- Disconnect and drain garden hoses and have your sprinkler system blown out before the first freeze.
- Have gutters and downspouts cleared out to prevent ice dams that can lead to roof leaks.
- Replace your furnace air filter every month.
- Check windows and doors for leaks. If needed, add weatherstripping or caulk to seal any gaps.

EXECUTIVE BOARD

President

Cheryl Eaton 719.331.5554

Vice President

(open position)

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.

Medicare Open Enrollment has started

Need to change your Medicare coverage? You have until December 7, 2024, to choose a new plan that will take effect on January 1, 2025. If you have questions, contact your Medicare broker or visit Medicare.gov.



Gobble, gobble!

Recipes for heart-healthy
Thanksgiving side dishes
— Page 4 —

INTERIM BOARD ELECTION RESULTS

Members elect new president at October general meeting

At the Oct. 9 general meeting, the CMNC board held an election to fill the president's seat, which was vacated earlier this year due to a resignation.

CMNC members in attendance at the general meeting voted to fill this position, plus one other. Here are the results:

- Cheryl Eaton, president pro tem/vice president, was nominated and elected to serve as president for the remainder of the 2024-25 term.
- With Cheryl's confirmation as president, we have a vacancy for the vice president's chair. There were no volunteers, so the position remains open. If you are interested, please contact the board.

In a letter to this CMNC member newsletter, the new president shared that she is "ready, excited, and dedicated to serving as president during our 40th anniversary year."

Cheryl went on to thank all members who were present for their vote as well as their vote of confidence. "I am extremely grateful to work with the extraordinary women on the executive board. We have bonded, become friends, and work well together as a team."

In closing, Cheryl noted that "we will continue to move forward, offering insightful, informative, and entertaining programs as well as organizing special events for this very special club."



CMNC'S 2nd ANNUAL

Holiday Bazaar

WHAT Fun, fabulous gifts, clothing & decor for yourself or your holiday gift list

WHEN Wednesday, Nov. 13 at 9:30 a.m.

WHERE Broadmoor Community Church meeting room at 15 Lake Ave.

WHO Only CMNC members can sell their items at this event. Be sure to reserve your display table by Nov. 4.

WHY Because it's awesome and FUN!

HOW Cash is king at this event. Please bring a variety of small bills to reduce the need for change. Checks will be accepted at the vendor's discretion. Only a few vendors are able to take electronic payments.

Questions? Please email Karen Thomas at kht052109@earthlink.net

Heart-healthy sides for your Thanksgiving table

Date & Balsamic-Glazed Brussels Sprouts

INGREDIENTS

2 lbs fresh brussels sprouts
1 Tbl olive oil
2 tsp butter
3 cloves garlic, minced
1/3 cup balsamic vinegar
1/4 cup whole pitted dates,
chopped
1/4 tsp sat
1/8 tsp ground black pepper

PREPARATION

Preheat oven to 425. Line a 15x10-inch baking pan with foil. Trim stems and wilted leaves from brussels sprouts, then wash.

Cut the sprouts in half and spread in a single layer in the prepared baking pan. Drizzle sprouts with oil and roast for 20-25 minutes or until crisp-tender, stirring once or twice.

SAUCE: Melt butter in a large, nonstick skillet over medium heat. Add garlic; cook for 30 seconds. Add balsamic vinegar, dates, salt and pepper. Cook for 5-7 minutes or until sauce is thickened and reduced to about 1/4 cup.

Add roasted brussels sprouts to the sauce and stir to coat.



Slow Cooker Sweet Potato Mash

INGREDIENTS

2 lbs sweet potatoes peeled
and cut into 1/2-inch slices
1 cup 100% apple juice, no
sugar added
1 Tbl ground cinnamon
1-1/2 tsp ground nutmeg
1 tsp allspice
1/2 tsp ground cloves
Pecans

PREPARATION

Prepare sweet potatoes and place in slow cooker. Add 1/2 cup of the apple juice and half of the spices.

Cook on low for 4-5 hours until potatoes are tender.

When potatoes are fully cooked through, add the second half-cup of apple juice and the remaining spices. Use a hand blender to blend everything in your slow cooker insert.

Top with pecans and enjoy! Yield: 8 half-cup servings



2024

Holiday Lunch & Celebration

Join us on Wednesday, December 11, at the Broadmoor Community Church for the annual CMNC Holiday Luncheon and program.

This year, we'll be enchanted by The Forté Handbell 8 Bell Duo in the sanctuary starting at 9:40 a.m. A catered lunch will follow in our regular meeting room.

The cost is \$25 per member (same as last year). Our treasurer, Kathy Achenbach, will be collecting checks or cash at the November general meeting; please do not use the club's Zelle account for this function.

Hats N' Mitts for community kids

This year, CMNC is collecting knit beanies and warm mittens for Colorado Springs children who otherwise may go without. Please open your heart and add a much-needed hat-and-mitten set to your holiday shopping list.

At the December meeting, we'll hang your unwrapped donations on a Christmas tree as you enter the sanctuary for the bells concert.

This effort is part of our Adopt A Family activity, which is supporting the Community Partnership for Child Development (CPCD) and Head Start program.

Pssst...volunteers are needed to decorate the holiday luncheon tables. Please contact Kathy Perkins, activity director, if you can design and decorate one using your own centerpieces, tablecloths, and other decor.



Attitude of GRATITUDE

In October, we asked members what they will be giving thanks for this month.

Here's what some of you had to say:

“I’m thankful for God’s sense of humor. It seems no matter what mess I get myself into, He always bails me out...and I know He’s laughing.”

— Margaret Brettschneider

“I’m thankful and blessed for so many things in my life...good friends, family, Calvin and Hobbs, being healthy, and the vast opportunities and freedoms I have. I am grateful for many everyday things like laughter, flowers and nature, hot showers, walks in our beautiful area, a good book, and joining CMNC.”

— Dale Spelman

“I’m thankful for health. For CMNC and the friends I’ve met. For living in beautiful Colorado Springs. For my wonderful husband. For my daughters. For my busy, action-packed calendar.”

— Sharon Cotter

“I’m thankful for celebrating the Thanksgiving holiday at our home this year...to set the table with generations of china, silver, and keepsakes in remembrance of those no longer here. For all they were to us, for all they taught us, and for all the memories that we treasure.”

— Shelley Elam

“I’m thankful for women friends who become like sisters when my own has passed away. I am grateful my daughter chose to move only 45 minutes away. I am grateful for my husband’s patience with me.”

— Sharon Wallace

“I’m thankful for my wonderful, loving family that’s currently healthy and happy. I am also thankful for my life here in Colorado Springs, waking up each morning to cool, clear, bug-free, dry, crisp air while soaking in the gorgeous views of the tranquil and serene Cheyenne Mountain.”

— Barb Zarish

It's National WHAT Day?

Apparently this month has a lot more going on than just Thanksgiving. Here's a fun look at some of the more interesting celebrations, events, and themes earmarked for November:

NOV
1

World Vegan Day

Guess these folks are skipping the turkey this month!

NOV
2



Look For Circles Day

Crop circles? Dark rings under our eyes in the a.m.?

NOV
3

Zero Tasking Day

Now *this* is something I can get onboard with!

NOV
4

Use Your Common Sense Day.

Really? Just one day? Does that even make sense?

NOV
6

Marooned Without A Compass Day

Even with GPS systems, I think some of us still participate on occasion.

NOV
7



National Men Make Dinner Day

Do the store-bought donuts left over from breakfast count?

NOV
14

National Pickle Day

Kosher, dill, sweet. Spend the day with *your* favorite pickle!

NOV
17

National Take A Hike Day

In your neighborhood. On a local mountain. With the Girl Scouts.

NOV
18

National Odd Socks Day

Not sure if we're supposed to wear 'em or find all the missing ones.



NOV
19

National Play Monopoly Day

Wanna make it even more interesting? Use real money.

NOV
21

Red Mitten Day

Sounds fun, but we suggest wearing *both* when you go out. Just sayin'....

NOV
22



Go For A Ride Day

Limo. Camel. Roller coaster. Or a bicycle built for two.

NOV
23

National Espresso Day

Make mine double-caff, extra hot, nonfat with a cookie on the side, please.

NOV
25

Shopping Reminder Day

Seriously? As if we're going to forget to overspend on things we don't need.

NOV
29

Fur-Free Friday

Store the mink and flaunt your pooch today.



NOV
30

Perpetual Youth Day

In other words, time for a Botox touch-up and some wrinkle cream, gals!

November Activities

Ladies Gourmet

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

Each month, we'll focus on foods from a specific country, perhaps with a cooking lesson or two mixed in for fun. On **November 20**, we'll stay in the USA for a "Friendsgiving" lunch at Kathy Perkins' home. To attend, you must sign up at the November CMNC general meeting and choose a specific lunch course such as an entree, salad, dessert, etc. Then, watch for an email on Nov. 6 with menu details. Find or share a recipe based on this month's theme and be creative! Participants will make enough for eight people so everyone can get a taste. The cost is \$20 per member. Please try to keep your spending at or below that amount.

Coordinators:

Kim Kacewicz	281.687.2012
Mary Kervick	719.649.3658

Walkie Talkies

Saturday mornings

Join us **Saturday mornings** for a moderate walk/adventure that can range from about 40 minutes up to an hour. Sign up at the CMNC monthly meetings to receive a weekly email with the time and location.

Coordinator:

Cheryl Eaton	719.331.5554
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Wine & Friends

3rd Friday of each month
6-8:30 p.m.

Our next event is on **Friday, November 15**, at the home of Janie and Rick Levis. This event allows members to bring their spouses, so if you are attending as a couple, bring a bottle of wine and an appetizer to share. Singles, please bring your choice of either.

Attendance for November is limited to 30. Email invitations go out around the first of the month, and RSVPs will only be accepted after the email invitation is officially sent. As a courtesy to our gracious hosts, please do not show up if your RSVP was not confirmed or you're on the waitlist. Also, no guests this time to allow more members to attend. Want to get on the list for invitations? Contact Karen Cacy or Marie Poyzer directly, or sign up at one of the monthly CMNC meetings.

Coordinators:

Karen Cacy	503.246.4286
Marie Poyzer	719.659.3075

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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November Activities, cont'd

Canasta Hand & Foot

2nd and 4th
Thursdays
10:30 – 2:30

Enjoy this lively, strategic game **twice a month** at The Country Club of Colorado, 125 E. Clubhouse Drive. We play downstairs next to the Gates Grille in the back room. No RSVP needed; 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

Mah Jongg

1st Tuesday of
the month
1–4 p.m.

This is an exciting and challenging game played with Chinese tiles. Maria Polelli is the chair of this group and also the monthly host; you can find her address in the online member directory or call Lu to sign up for email invitations. *Space is limited*, so be sure to RSVP promptly for either the American or the Chinese table. Reservations are accepted on a first-come, first-served basis.

Coordinator:

Lu McCoy	719.540.8681
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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 this new group to see what all the fuss is about...and to have a ton of fun! We play indoors (out of the hot sun, cold air, and wind) on brand-new courts at Springs Pickleball, 780 Vondelpark Dr. Try it once and you'll be hooked for sure! A paddle, a whiffle-ball thingamajig, and some good, sturdy court shoes, and you're on your way.

Coordinator:

Kathy Houck	505.239.4723
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November 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.)

November 18 @ Mash Mechanics on Pikes Peak Ave.

December 16 @ Lumen8 Rooftop Social, 402 S. Tejon. Park on the street (feed the meter) or get a \$5 validation from hostess toward your total if you park in the garage.

Coordinator:

Peggy Dolinich

719.964.8778

Decorating Divas

2nd Tuesday of
each month

1-3 p.m.

We will meet on **Tuesday, November 12, at 1 p.m.** at Who Gives A Scrap, Octopus Room, 810 Arcturus Dr. We'll learn how to make a beautiful pinecone bouquet that can stand alone or be dressed up to celebrate any season or holiday. The cost is \$15 per person, payable at the class. Please RSVP to Nancy Price to come to this fun and very Colorado creative learning experience.

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612 or 520.631.8522

Gleaners

Outside before
our monthly
CMNC meeting

As November is Native American Heritage Month, our Gleaners non-profit is **One Nation Walking Together** (ONWT). In 1993, in a Manitou Springs garage, retired couple Elaine and Bill Glynn wanted to make a difference in the lives of the most impoverished and underserved people in our country. ONWT addresses the specific needs of each community it serves, delivering some of the basic necessities of life as well as assistance to low- and no-income Native American individuals and families in the Pikes Peak region and beyond.

Most-needed contributions include nonperishable foods such as canned meats (SPAM, tuna, vienna sausage, corned beef hash); soups and stews; boxed and evaporated milk; peanut butter and jelly; baby food and formula. Non-food items include towels, hygiene products, and laundry detergent pods or powder.

NOTE: We still collect empty pill bottles (minus labels) every month. These are utilized by West Side Cares as containers for personal hygiene products. Please leave your donations in the open trunk of Barb's car before our monthly

Coordinator:

Barbara Coons

719.375.3231 or 219.973.9555

November Activities, cont'd

Because We Care

Member care as 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. In some cases, I will follow up with a phone call to see how things are going 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

719.440.4643

Adopt A Family

Your gift will make a difference

We want to thank the members who signed up for Adopt A Family this year. In early November, you will receive an email from UMB Bank with your "adopted" family's information. Shop, wrap, and label your gifts and deliver them to UMB Bank, 290 East Cheyenne Mountain Blvd., by December 2, 2024. If you want to make a cash donation, you can give it to Valerie or Lynda at the general membership meeting or drop it off at UMB Bank (makes checks out to Adopt A Family). The holidays will be here before we know it, and your gift means so much to the families enrolled in the program. If you were unable to sign up at the general meeting and are still interested in sponsoring or donating, please call Lynda or Valerie. Thanks again for your generosity.

Coordinators:

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685

Lunch Bunch

Following the monthly meeting

After an energetic morning of shopping at the CMNC Bazzar, the Lunch Bunch will be heading to **Miguel's Mexican Restaurant** at 110 Cheyenne Mountain Blvd. to chat and relax. starting at 11:45 a.m. Want to join us? Be sure to sign up before 10:30 a.m. so Gini can book a reservation for us with the final count. Please make sure you attend if you do sign up, and feel free to sign up a guest to join in the fun.

Coordinator:

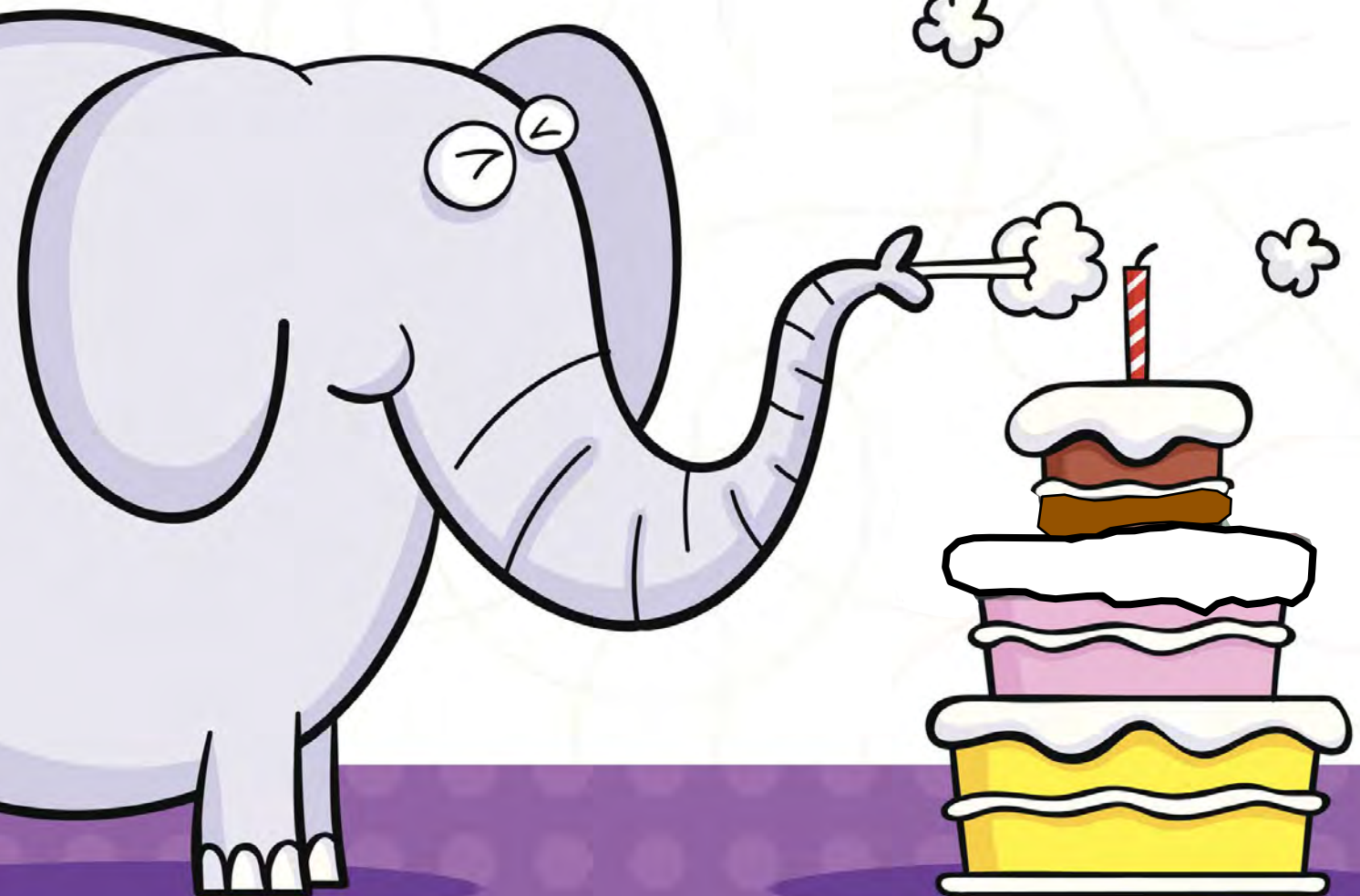
Gini Dugan

507.319.1700

NOVEMBER

MEMBER BIRTHDAYS

Jennifer Lehn	11/05	Susan Jones	11/18	Mary Hotchkiss	11/25
Debbie Sandy	11/08	Gini Dugan	11/19	Nancy Price-Weddle	11/26
Lynda DeAngeliis	11/11	Patsy Riddle	11/19	Dennice Soderberg	11/27
Linda Ewton	11/11	Nancy Anderson	11/20	LouAnn McKenzie	11/28
Shelley Elam	11/12	Ann Ries	11/20	Eleanor McKennan	11/30
Lisa Heath	11/15	Joyce Cassidy	11/21	Madelyn McKenna	11/30
Debera Jensen	11/15	Sadie Wagner	11/22		



NOVEMBER

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
					1 Pickleball 10 am-12 pm	2 Walkie Talkies TBD
3	4 UFOs 1 pm	5 Mah Jongg 1 pm	6 Literary Ladies 10 am	7 Nurturing Yourself 2-4 pm	8 Pickleball 10 am-12 pm	9 Walkie Talkies TBD
10	11 Pokeno 1 pm	12 Decorating Divas 1-3 pm	13 CMNC Holiday Lunch/Program 9:30 am Adopt A Family, Gleaners, and Lunch Bunch	14 Canasta Hand & Foot 10:30 am	15 Pickleball 10 am-12 pm Wine & Friends 6-8:30 pm	16 Walkie Talkies TBD
17	18 Happy Hour Get-Together 3-4:30 pm	19	20 Ladies Gourmet 11:30 am	21 Readers Choice 10 am	22 Pickleball 10 am-12 pm	23 Walkie Talkies TBD
24	25	26 Let's Get Lit 6:30 pm	27	28 	29 Pickleball 10 am-12 pm	30 Walkie Talkies TBD

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

— Your newsletter editor, Elaine Claussen