



**OCT
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.

Fall for CMNC all over again!

Our 2024-25 season is officially underway, and the opportunities to meet new friends, forge lasting relationships, and share ideas and interests continue to expand.

If you have a particular passion for a game, a cultural series, book club, hobby or craft club, or another activity that you think members might want to get involved in, please contact Kathy Perkins, our CMNC Activities Director, with a quick rundown of your idea.

Interim board election coming up Oct. 9

As you may know, we have two board positions that need to be confirmed or filled. That requires a vote by the members in attendance at the October general meeting. Please see page 2 for details.



See page 3 for a gem of a program on October 9!

EXECUTIVE BOARD

President Pro Tem

Cheryl Eaton 719.331.5554

Vice President

Cheryl Eaton 719.331.5554

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.

INTERIM BOARD ELECTION

Two positions open for remainder of 2024-25 term

The national elections this November are not the only ones that need your vote.

At our October 9 general meeting, all CMNC members in attendance will vote to fill two key board positions that are open:



President



Vice President

President – Cheryl Eaton, our current Vice President, has volunteered to be President. During the vote, you can confirm her for this

position or throw your hat into the ring if you would like to be considered as well.

Vice President – If Cheryl moves up to President, we'll need a volunteer to fill the role of Vice President. This is a two-year commitment, with the first year serving as VP and the second automatically stepping up to the President's seat, (assuming confirmation by members in the next regular election).

We thank all board volunteers for their time and energy guiding this exceptional group of women. You are appreciated, and we look forward to new and exciting times ahead.



A girl's best friend...



Buy. Sell. Repair. Wear!

Custom designs to estate heirlooms

Temptation beckons at Lane Mitchell Jewelers

Blame Cleopatra. Or maybe Elizabeth Taylor. These bejeweled legends have certainly influenced our love affair with bling.

If you're looking to add to your personal collection or need a treasure restored or repaired, Lane Mitchell Jewelers in Manitou Springs is a respected resource to consider.

Learn more at our **Oct. 9 CMNC meeting**, where owner Lane Williams and his daughter/store manager Karli Williams will share a little of their history and a lot of the services offered, from custom designs, earring conversions, and restorations to vintage and estate collections, designer jewelry, and much more.

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Sorry for the temptation, ladies, but these are stock photos. Want something replicated? Give these experts a call at 719.632.1170.





A Halloween recipe for your bone health

Rich in
Calcium!

Vanilla Yogurt Panna Cotta with Raspberry, Honey & Flaxseed Topping

INGREDIENTS

1/2 cup cold 2% milk
1 envelope or 2-1/2 tsp
unflavored powdered gelatin
(i.e.: Knox gelatin)
1 tsp vanilla extract
3 cups nonfat Half & Half
2/3 cup confectioner's sugar
1 tsp kosher salt
1/4 cup Skyr yogurt or vanilla
non-fat Greek yogurt

PREPARATION

Gelatin mixture: Combine the milk, gelatin, and vanilla extract in a measuring cup. Stir to make sure there are no clumps. Let stand for 5 minutes.

Half & Half mixture: In a medium saucepan, combine the nonfat Half & Half, confectioner's sugar, and salt. Heat at medium temperature until very hot (5-7 min.), but do not boil.

In a bowl, whisk the gelatin mixture with the yogurt. Add about 1 cup of the hot Half & Half mixture. Whisk until the gelatin is dissolved and everything is smooth.

Stir in the remaining Half & Half. Mix until well blended.

Pour into glasses or ramekins and refrigerate until set (about 2 hours). Yield: 8 half-cup portions. Enjoy!



Halloween giggles

for your grandkids & great-grandkids

What kind of Halloween candy do vampires like?

Suckers.

What do demons eat for breakfast?

Deviled eggs.

Why didn't the skeleton go to prom?

She had no body to go with.

How did the skeleton know it was going to rain?

He felt it in his bones.

What kind of dogs do vampires have?

Bloodhounds.

Where do mummies like to swim?

The Dead Sea.

Why don't skeletons play music in church?

Because they don't have organs.

How does a scarecrow drink her juice?

With a straw.

Why don't mummies take time off from their busy work schedules?

They're afraid to unwind.

What does a ghoul put on his pizza?

Monster-ella cheese.



October 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. **In October, we'll get a taste of the French countryside as we meet at Maison d'Elaine Brush.** There will be two hostess assistants and wine suppliers, but no specific menus or recipes. Sign up for a specific lunch course such as an entree, salad, dessert, etc., then find or share a recipe based on the month's theme. Be creative! Participants will make enough for eight people so everyone can get a taste. The cost will still be \$20 per member. Please try to keep your spending at or below that amount. Sign up to participate the monthly CMNC meetings.

Coordinators:

Kim Kacewicz	281.687.2012
Mary Kervick	719.649.3658

Walkie Talkies

Saturday
mornings

Time TBD

We've moved our walks to **Saturday mornings** to make them more convenient to more members. Join us 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, October 18**, at the home of Kim Kacewicz and her husband, Marek. The theme is *Noite dos Calacus*, or *Night of the Pumpkin*. For those contributing wine, our hostess has asked that you bring only Spanish wines or Cava. This event allows members to bring their spouses, so be sure to RSVP for two if you are attending as a couple. Couples should bring a bottle of vino and an appetizer to share; singles, please bring your choice of either.

Email invitations go out around the first of each month, and RSVPs will only be accepted after the email invitation is sent out. Please do not tag onto a friend's email response as there's a good chance your reply will be overlooked and you won't be on the attendee list. As a courtesy to our gracious hosts, please do not simply show up if you did not RSVP or are still on the waitlist.

Want to get on the list to receive email invitations? Contact Karen or Marie directly or sign up at the monthly CMNC meetings.

Coordinators:

Karen Cacy	503.246.4286
Marie Poyzer	719.659.3075

October Activities, cont'd

Canasta Hand & Foot

2nd and 4th
Thursdays

10:30 a.m. –
2:30 p.m.

Enjoy this lively, strategic game **twice a month** at The Country Club of Colorado, 125 E. Clubhouse Drive. We play next to the downstairs 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 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 will 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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October 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.)

October 21 @ Bristol Brewery at the Ivywild School

November 18 @ Mash Mechanics on Pikes Peak Ave.

Coordinator:

Peggy Dolinich

719.964.8778

Decorating Divas

2nd Tuesday of each month

1-3 p.m.

We will meet on **Tuesday, October 8, at 1 p.m.** in the UCCS downtown classroom at 102 S. Tejon St. in Colorado Springs for a *Gardening For Birds* seminar by Kelly Bull. Join us as we learn how to create a beautiful landscape that will attract and support local bird life, bringing us natural pest control and endless hours of entertainment! The cost for this exciting and educational seminar is \$20 per person, payable in advance to Nancy Price-Weddle.

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612 or 520.631.8522

Gleaners

Outside before our monthly CMNC meetings

Reclaiming Hope is our non-profit for October. This philanthropic agency's mission is to care for survivors of sex trafficking at the point of recovery by addressing their physical, emotional, and spiritual needs. Their vision is to journey with survivors to discover hope. The faces of these victims know no ethnic, religious, or socioeconomic boundaries, and the average age of trafficked children is 11 to 13 years old. It's a criminal enterprise that generates over *\$100 billion every year*, and it takes place daily regardless of race or material comfort. We can help by donating the following items for their "Hope Bags," which are given to victims at the time of their rescue. Current requests include 50x60 blankets, non-logo playing cards, small stuffed animals, travel-size shampoo and conditioner (no hotel name, please), and combs.

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 meetings. It'll be parked just outside the entrance of the building.

Coordinator:

Barbara Coons

719.375.3231 or 219.973.9555

October Activities, cont'd

Because We Care

Member care as needed

If you know of a CMNC member who is having health issues or going through a life-changing experience, please contact Lynda as soon as possible. She will send out an appropriate card, and, in some cases, contact the member directly for any follow-up that may be warranted. Thanks for your support for your sister members.

Coordinator:

Lynda DeAngelis

719.440.4643

Adopt A Family

Sign up at the October general mtg.

Once again, CMNC is participating in the Adopt A Family program sponsored by the Community Partnership for Childhood Development (CPCD). We're asking CMNC members like you to consider sponsoring a family or an individual, or donating to this important cause. Our club has been a generous supporter for more than 20 years, and this year, your participation is even more crucial.

Through Adopt A Family, we "adopt" families who have a child enrolled in the Head Start Program and are living at or below the poverty level. Many parents cannot support their families on their own due to the rising cost of basics such as food, gas, and shelter. This year, there are even more families that need our help, which means we need *your* help.

Please stop by the sign-up table at our monthly CMNC meeting on **October 9** for more information about the program. You can also contact Lynda DeAngelis (deangelisdl@hotmail.com) or Valerie Smith (vbsmith@me.com) with questions or donations. Thank you in advance!

Coordinators:

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685

UFOs

1st 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

Lunch Brunch

Following monthly meetings

After the October 9 meeting, join us for lunch at the New Panda restaurant on the east side of Cheyenne Mountain Blvd. on the east end of the strip mall. Call or email Gini to RSVP prior to the meeting or sign up before 10:30 a.m. that day.

Coordinator:

Gini Dugan

507.319.1700

October

Member Birthdays



Jill Hendricks	10/01		
Wendy Wolfswinkel	10/01		
Mary Smith	10/07	Gisela Hemphill	10/13
Karen Vlasak	10/07	Laurie Zickefoose	10/13
Dee Simon	10/08	Susan Rae Jensen	10/15
Karen Thomas	10/10	Cheryl Murphy	10/15
		Ingrid Hullman	10/21
		Grace Lobato	10/24
		Melody Essendrop	10/25
		Kay Hosie	10/31

Happy
Birthday,
ladies!



Welcome New Members!

*We can't wait to
get to know you!*

• Tracy Alderson

• Irene Davis

• Casey Hamiter

• Felicia Mendygral

• Yvonne Bacher

• Sharon Davis

• Darlene Joy

• Janet Myers

• Janet Baeck

• Andi Gregory

• Jennifer Lehn

• Kelli Schuessler

• Carol Collins

• Yunghee Hagen

• Joanie McKernan

• Pamela Sheldon

What are you thankful for?

Email your answers today so we can publish them in the November CMNC newsletter

Thanksgiving will be here before you know it. What will you be celebrating? We want to know! Tell us what's on your heart this year as you gather or pause to give thanks.

It's easy. Email a quick sentence or two about who or what makes you smile. For some of you, it can be as simple as the name of a loved one who's been top of mind lately. If you're more prolific, share your Top 5 list of experiences, intangibles, or people you'll give thanks for this year.

We'll include all responses in the November newsletter. Be sure to include your first and last name, and fill in this statement:

"I am thankful for _____."

Send your emails to: elaine@creativefromscratch.com
(No phone calls, please!)



What's dear to your heart?

FRIENDS
FAMILY
HEALTH
COMMUNITY
SECURITY
STABILITY
LAUGHTER
SAFETY
SUPPORT
MOBILITY
COGNITION
LOVE
PURPOSE
MORNINGS
SUNSETS
FAITH
FREEDOM
INDEPENDENCE
KINDNESS
ROMANCE
RESPECT
TIME
GENEROSITY
OPPORTUNITY
FORGIVENESS

OCTOBER

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
		1 Mah Jongg 1-4 pm	2	3	4 Pickleball 10 am	5 Walkie Talkies time TBD
6	7 UFOs 1 pm	8 Decorating Divas 1-3 pm	9 CMNC General Meeting 9:30 am Gleaners Lunch Brunch 11:30 am	10 Canasta Hand & Foot 10 :30 am	11 Pickleball 10 am	12 Walkie Talkies time TBD
13	14 Pokeno 1 pm	15	16 Ladies Gourmet 11:30 am	17	18 Pickleball 10 am Wine & Friends 6–8:30 pm	19 Walkie Talkies time TBD
20	21 Happy Hour Get-Together 3-4:30 pm	22	23	24 Canasta Hand & Foot 10:30 am	25 Pickleball 10 am	26 Walkie Talkies time TBD
27	28	29	30	31 		

Please forgive any errors or typos in this publication. I hope you enjoy it!
— Your newsletter editor, Elaine Claussen