



Cheyenne
Mountain
Newcomers Club

OCT 2025

October grandeur

October 2025

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

EXECUTIVE BOARD

President

Kim Kacewicz 281.687.2012

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Newsletter

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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.

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October 2025

CMNC Activities Calendar

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
			1 Literary Ladies 10 am	2 Nurturing Yourself 2-4 pm	3 Pickleball 10 am	4
5	6 UFOs 1 pm Birthday Belles 4:30 pm	7	8 CMNC Monthly Meeting 9:30 am -Gleaners -Lunch Bunch	9 Canasta Hand & Foot 10:30 am	10 Pickleball 10 am	11
12	13 Pokeno 1 pm	14 Decorating Divas 1-3 pm	15	16 Readers Choice 10 am	17 Pickleball 10 am Wine & Friends 6-8:30 pm	18
19	20 Happy Hour Get-Together 3-4:30 pm	21 Ladies Gourmet 11 am	22	23 Canasta Hand & Foot 10:30 am	24 Pickleball 10 am	25
26	27	28 Let's Get Lit 6:30 pm	29	30	31 Pickleball 10 am HALLOWEEN	

Please forgive any errors or typos in this publication.

— Your newsletter editor, Elaine Claussen

CMNC Monthly Program

Fleeing the Taliban:

The incredible journey of one of our newest members

Mursal Akhundzada, one of CMNC's newest members, arrived in Colorado Springs a year ago with her husband, Obaid, and their two young daughters, Yasamin (now age 7) and Barin (now age 10).

Their relocation, however, was anything but typical.

At our October 8 general meeting, Mursal will share her personal story of success and prominence in Kabul, Afghanistan...and the unimaginable fear and uncertainty she and her family experienced when unexpectedly forced to flee the Taliban.

Here's a little background on what you'll hear:

The Akhundzadas were a prominent, affluent family: Mursal was an educated woman working with the U.S. government/Asia Foundation to help other Afghan women—over a thousand—earn degrees and become doctors, lawyers, scientists, engineers, and more.

Her husband, Obaid, was educated as an Electronics Engineer, and became a renowned Master Tailor, creating bespoke, coveted garments and gowns.

However, their education, lifestyle, and lines of work went against Taliban philosophies and rule, which called for a conservative social order and limits on women's rights and freedoms.

So, with a single suitcase each and little notice, they were forced to flee their beloved country....

Come hear Mursal's incredible story on Oct. 8 and welcome her to CMNC.



CMNC General Meeting Program

Wednesday, Oct. 8 at 9:30 a.m.

Broadmoor Community Church,
15 Lake Ave.

FUN AROUND TOWN

Miners' Pumpkin Patch

Every Saturday in October
Western Museum of Mining & Industry

Hayrides, pumpkin pickin', food trucks, a real magician, animal encounters and more. Purchase tickets in advance: \$13.

Boo at the Zoo

Oct. 17-19, 24-26, 31
Cheyenne Mountain Zoo

Tickets must be purchased in advance from \$.75 for kids age two and under; adults up to \$24.75. Haunted house, spooky graveyard, trick-or-treat stations, costume contest and more.

Haunted Lantern Tours

Oct 17-19, 24-26, 31
Cave of the Winds

Tickets sell fast; buy in advance: \$24 ages 8-12, \$34 ages 13 and up. Under age 7 may not attend. Spooky 90-minute tour, ghost stories, lantern light atmosphere.

Pumpkins in the Park

October 18, 12-6 p.m.
Bancroft Park, Old Colorado City

Free for the family. Pumpkin patch, pumpkin painting, balloon animals, fall crafts, tie-dye activities, live entertainment, and more.

Skeleton Craze in Manitou Springs

October 1-31
Businesses, galleries, everywhere!

Free. Humorous, spooky and artistic skeletons invade Manitou streets and shops every October and compete for your vote. Be sure to pick up an official ballot along the way.

Emma Crawford Coffin Races & Festival

October 25, 10 a.m. – 7 p.m.
Manitou Springs

Free. This morbidly zany festival begins with live music and a grand parade before the main event: careening coffins, terrified Emmas, and throngs of screaming fans.



A photograph of three women from the chest up, wearing light pink t-shirts. Each woman has a bright pink breast cancer awareness ribbon pinned to her shirt. They are standing close together, with their arms crossed or resting on each other's shoulders. The background is softly blurred.

**DISCOVER WHO SHOULD
SCREEN AND HOW OFTEN**

OCTOBER IS BREAST CANCER AWARENESS MONTH

*Is there an age
ceiling for getting
a mammogram?*

*Here's what the
American Cancer
Society advises.*

Taking good care of 'the girls'

What are two of the most important ways to prevent deaths from breast cancer? According to the American Cancer Society (ACS), they are:

- 1** Finding breast cancer early, when it's small and has not spread, and...
- 2** Getting state-of-the-art treatment quickly and consistently.

For women who are at average risk for breast cancer, here are the ACS guidelines for screening:

- **Women between 40 and 44** have the option to start screening with a mammogram every year.
- **Women 45 to 54** should get mammograms every year.
- **Women 55 and older** can switch to a mammogram every other year or they can choose to continue annual mammograms. Screenings should continue as long as you are in good health and expect to live at least 10 more years.

How do they define "average risk?"

The ACS considers a woman to be at average risk if she:

- Doesn't have a personal or strong family history of breast cancer
- Doesn't have a genetic mutation known to increase the risk of breast cancer (example: BRCA gene)
- Hasn't had chest radiation therapy before age 30.

What if you're considered "high risk?"

Women who are at high risk based on certain factors* should get a breast MRI *and* a mammogram every year, typically starting at age 30.

Be sure to ask your physician if you are considered to be at high risk and how they recommend screening moving forward.



Know your cancer risk

The American Cancer Society encourages women to take the five-minute CancerRisk360™ assessment to learn more about what you can change to improve your health. Go to:

[acscancerrisk360.cancer.org](https://acs.cancer.org/risk360)

After answering a few questions, the ACS will give you a personalized roadmap of actions with helpful resources you can use to lower your risk of cancer.

*Check with your doctor or specialist about factors that may be considered high risk for breast cancer.

October Activities

Wine & Friends

Third Friday
of the month
6 p.m.

This month, Elaine Brush and her husband, Jack, will host this popular event at their home from 6–8:30 p.m. on **Friday, Oct 17**. Please note: **RSVPs are required**. On the first of each month, Wendy will send out an invitation to those who are on the group email list, and will take RSVPs in the order they're received. If you have not been getting our emails or want to be added to the list, please email Wendy at wwolfswinkel@outlook.com. As a courtesy to our gracious hosts, please don't "drop in" if you did not RSVP and were not confirmed. Want to host one of these popular gatherings in 2026? Please contact Wendy or Cheryl for details.

Coordinators

Wendy Wolfswinkel	719.332.7957
Cheryl Eaton	719.331.5554

Ladies Gourmet

Third Tuesday
of the month
11 a.m.

Sign up for our **October 21** friends feast at CMNC's October general meeting in the Broadmoor Community Church where this month's theme and recipes will be revealed. Participants will sign up to bring food or wine selections based on the host's menu. The cost is \$20 per attendee, minus what you spend to make or buy your contribution, so be sure to bring your grocery receipts with you. Please note: the number of guests will vary each month based on the limit set by the host. Also, consider volunteering to host an upcoming LG event soon!

Coordinators

Karen Cacy	503.246.4286
Marie Poyzer	719.659.3075

Canasta Hand & Foot

2nd and 4th
Thursdays
10 am

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, plus \$2 each to tip the coffee and tea servers who stock our card room. No RSVP is needed; however, if you're new to Hand & Foot or need a refresher, **please call Edna Clark to arrange a lesson prior to the next group date.**

Coordinators:

Edna Clark	719.217.5222
Karen Vlasak	719.325.4500

October Activities, cont'd

Birthday Belles

1st Monday
of the month
4:30 p.m.

Join us as we celebrate members' birthdays each month at Elevations Lounge in the Cheyenne Mountain Resort. This month we'll meet on **Monday, Oct. 6**, to honor our October birthday belles starting at 4:30 p.m. Happy hour runs until 6 p.m., plus you can order appetizers or dinner while paying tribute to our lovely birthday ladies. **RSVP via email at IsaBelleRowsey@gmail.com** no later than a week before each month's event.

Coordinator

IsaBelle Rowsey

503.246.4286

Pickleball

Every Friday
10 a.m.

Pickleball is the fastest-growing sport in America! Join us 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 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

Donna Sterns

5832.264.6068

Pokeno

2nd Monday
of the month
1 p.m.

Pokeno is a fun, easy game like bingo with cards. 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

Decorating Divas

2nd Tuesday
of the month
11 a.m.

Join us on **Tuesday, Oct. 14, from 1-3:30 p.m.** at Platte Furniture (2331 E. Platte Pl.) for our next event. Amy will lead us in creating a beautiful resin charcuterie board that you can take home and show off the next time you entertain. The cost is \$40; email MB to reserve your spot if you'd like to participate in this unique opportunity.

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612

October Activities, cont'd

Happy Hour Get-Togethers

**3rd Monday
of the month**
3 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.)

Oct 20 @ Phantom Canyon Brewing Company, 2 E. Pikes Peak Ave

Nov 17 @ Cowboy Star Restaurant and Bar, 5198 N. Nevada Ave. #150

Coordinator:

Peggy Dolinich

719.964.8778

Explore Colorado

**Day, time &
location vary
each month**

Let's tour the Pioneer Museum together on Tuesday, Oct. 28, at 11 a.m. and then lunch at Phantom Canyon downtown afterward. Museum access is free, while attendees are responsible for their own lunches. To join, sign up at the October CMNC monthly meeting. The limit for this event is 30.

Coordinators:

Nancy Long

605.673.6772

Kathy Perkins

720.291.0330

Cheryl Eaton

719.331.5554

UFOs

**First Monday
of each month**
1 p.m.

A low-key group of members who meet in members' homes to work on our UnFinished Objects (UFOs). Some do crocheting, knitting, mendig, recipe sorting or anything they can carry with them. No project? No problem! Join us for a hot or cold beverage and conversation. Sign up at the monthly CMNC general meeting to get an email with this month's location.

Coordinator:

Carolyn Wheeler

719.527.0640

Because We Care

**Member care
when needed**

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 our members, and in some cases, follow up with a phone call to see if any help is needed.

Coordinator

Lynda DeAngelis

719.440.4643

October Activities, cont'd

Adopt A Family

Your help makes a difference

Just a reminder: We are stepping down from direct oversight of Adopt A Family due to changes beyond our control. Our support and belief in the program continue, and we encourage you to stay involved through monetary donations and/or by sponsoring a family for the holidays. You can sign up by going to cpcdheadstart.org/get-involved and click on the Adopt A Family tab. The site will go live on Nov. 1 and will include descriptions of families and instructions for contributions or sponsorship. We truly appreciate everyone who has been a part of this program over the years; the generosity of CMNC members is impressive.

Coordinators:

Lynda DeAngelis	719.440.4643
Valerie Smith	719.213.8685

Chapter 1 Writers

2nd Wednesday of each month

Authors and would-be writers welcome! Come share your manuscripts, first drafts, or even ideas you're noodling about in a safe, non-critical environment. Times and location may vary each month; please contact Tracy for details.

Coordinator:

Tracy Alderson	626.487.8033
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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:

Barb Coons	719.375.3231 or 219.973.9555
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October Activities, cont'd

Scrabble

3rd Thursday
of the month
12 p.m.

Love word play? Friendly challenges? Then sign up to join this new group if you want to be on the email distribution in case dates or times change.

Coordinator:

Sharon Crumpton

719.439.1700

Walkie Talkies

Saturdays
10 a.m.

Same fun, socialization, and exercise, but with a new coordinator! 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:

Felicia Mendygral

719.445.6477

Lunch Bunch

Following our
monthly
meetings

The Lunch Bunch will gather for a delicious lunch at Miguel's Mexican restaurant after the October meeting at 11:30 a.m. After we finish, we'll do a short walk over to the LA Concha to check out their wonderful goodies that are perfect to take home and enjoy. Sign up with Gini before the meeting starts and she will call Miguel's to make our reservation.

Coordinator:

Gini Dugan

507.319.1700



HEY THERE!

Got an idea for a new activity?

Let us know! CMNC members love games, activities, events, and of course, any excuse to get together with friends. Contact Activities Director Kathy Perkins at 720.291.0330 to share your new ideas and get the ball rolling.

NOTES & REMINDERS

The following club activity coordinators have volunteered to have their members provide light brunch foods, snacks, and desserts for our monthly meetings:

- | | |
|-----------------|-----------------------------------|
| Oct. 8 | Literary Ladies Book Club |
| Nov. 12 | Birthday Belles & Pickleball |
| Jan. 14 | Ladies Gourmet |
| Feb. 11 | Decorating Divas & Walkie Talkies |
| March 11 | Wine & Friends |
| April 8 | Let's Get Lit Book Club |

If you're a member of one of these activities, please keep a copy of this schedule for the future. Thanks!

CMNC Monthly Meeting Brunch Schedule

2025-26 Annual Membership Dues

Still need to pay your 2025-26 CMNC annual membership dues? No problem!

You can pay at the Oct. 8 General Meeting (see Membership Chair Marie Ryan) or use Zelle (CMNC2024@yahoo.com).

Cash, check, or Zelle only, please; we do not accept credit cards.

Once again, the annual fee to be part of this awesome group has not increased—it's still just \$40 for unlimited fun and friendship.

October Birthdays

Jill Hendricks	10/01
Wendy Wolfswinkel	10/01
Yvonne Bacher	10/06
Mary Smith	10/07
Karen Vlasak	10/07
Donna Skinner	10/08
Dee Simon	10/08
Karen Thomas	10/10
Gisela Hemphill	10/13
Laurie Zickefoose	10/13
Susan Rae Jensen	10/15
Cheryl Murphy	10/15
Casey Hamiter	10/20
Karen Michel	10/20
Karen Quenaud	10/20
Ingrid Hullman	10/21
Kathy Lavin	10/21
Heidi Johnson	10/22
Irene Davis	10/23
Melody Essendrop	10/25

Best Wishes, Ladies!