



**Crisp afternoons and
snuggly sweaters.
Welcome, autumn!**

SEPT 2025

Sept 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

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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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President's Note



Dear Newcomers,

As we usher in a new year for the Cheyenne Mountain Newcomers Club, it is my distinct pleasure to extend a warm "Welcome back!" to each of you. After a rejuvenating break, the 2025-26 board members and I are thrilled to see our vibrant community of women come together once again, ready to embrace new opportunities, friendships, and shared experiences.

Your participation over the years has not only enriched our club, but has fostered a supportive environment where every voice is heard and valued. As we look ahead, I am excited about the events, special interest groups, and gatherings we have planned, all designed to inspire and empower members.

Let's continue to build on our legacy of collaboration and camaraderie. Together, we can explore new ideas, share our passions, and support one another on our individual journeys. I encourage you to bring your unique perspectives and talents to our meetings, which are what makes our group so special.

I look forward to reconnecting with you and making this year one that's filled with joy, learning, and sisterhood. Please mark your calendar for our **first official meeting on Thursday, Sept. 11, at Hillside Gardens** (more details on page 5), where we'll discuss our plans for the year ahead.

Thank you for being a vital part of our community. Here's to a remarkable year together!

Warmest regards,

Kim Kacwicz
President



Sept 2025

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
	1 UFOs 1 pm	2	3 Literary Ladies 10 am	4 Nurturing Yourself 2-4 pm	5 Pickleball 10 am	6 Walkie Talkies 10 am
7	8 Pokeno 1 pm	9	10 (No general meeting) Decorating Divas 11 am Chapter 1 Writers	11 FALL KICKOFF EVENT 11 am -1:30 pm @ Hillside Gardens	12 Pickleball 10 am Mah Jongg 11 am	13 Walkie Talkies 10 am
14	15 Happy Hour Get-Together 3 pm	16 Ladies Gourmet 11 am	17	18 Readers Choice 10 am Scrabble 12 pm	19 Pickleball 10 am Wine & Friends 6 pm	20 Walkie Talkies 10 am
21	22 Birthday Belles 4:30 pm	23 Let's Get Lit 6:30 pm	24	25 Canasta Hand & Foot 10 am	26 Pickleball 10 am Mah Jongg 11 am	27 Walkie Talkies 10 am
28	29	30				

Please forgive any errors or typos in this publication. It was planned, researched, and written by a human and not AI, so leniency is appreciated!

— Your newsletter editor, Elaine Claussen

CMNC Fall Kickoff Event

Fall program and lunch at Hillside Gardens with renowned chef Brother Luck

Free food. Stunning venue. Acclaimed guest speaker. And a bottomless cash bar. Now that's how you welcome members back from summer break!

Join fellow Newcomers at the tranquil, elegant Hillside Gardens pavillion on Thursday, Sept. 11, to official kick off our club's new 2024-25 season.

Seating opens at 11 a.m., with food and refreshments available as you catch up with friends and sign up for activities. CMNC President Kim Kacewicz will officially open the program, followed by Activities Chair Kathy Perkins, who will update everyone on our expanded options for the year.

At noon, retired U.S. Army Colonel Mary Beth Shivley, whose last duty assignment was Chief of Staff of Network Enterprise Technology Command, will lead us in commemorating those who lost their lives during the Sept. 11 attack on the World Trade Center 24 years ago.

Next up is Brother Luck, the world-renowned chef, entrepreneur, and hospitality consultant, who will share tales of his rise to celebrity and other passions.

Luck, a Colorado Springs resident, has appeared on the popular series *Top Chef*, *Chopped*, and *Beat Bobby Flay*, and was nominated for the prestigious James Beard Award.

To RSVP, please contact CMNC Program Director Donna Sterns at sternsd@aol.com or 1.832.264.6062.

For those Newcomers who may be landscape-challenged, we'll have a golf cart ready to whisk you in style from the parking lot to the pavilion.



FREE CMNC FALL KICKOFF LUNCHEON

DATE Thursday, Sept. 11, 2025

TIME 11 a.m. to 1:30 p.m.

PLACE Hillside Gardens
1006 S. Institute St.

September 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, Sept. 19**. 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.

Ladies Gourmet is back, but **please note that the day has changed**. This year, we're meeting on the first Tuesday of the month with the exception of September. For this month, we're meeting on **Sept. 16 from 11 a.m. to 1:30 p.m.** at the home of Donna Sterns. The theme will be Mexican, with fajitas and all the trimmings. Sign-ups for this fun activity will take place at the monthly business meeting only, where each 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. Please volunteer to host an upcoming LG event soon!

weekday
change

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
Lu McCoy	719.540.8681

Sept. Activities, cont'd

Birthday Belles

1st Monday
of the month

4:30 p.m.

weekday
change

Join us as we celebrate members' birthdays each month at Elevations Lounge in the Cheyenne Mountain Resort. Due to the Labor Day holiday, this month we'll meet on **Monday, Sept. 22**, to honor our September birthday belles starting at 4:30 p.m. Happy hour runs until 6 p.m., plus you can order appetizers or dinner while honoring our lovely gals. **RSVP via email at IsaBelleRowsey@gmail.com** no later than one 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.



WE NEED A VOLUNTEER to run this popular activity. If interested, please contact Kathy Perkins at 720.291.0330

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

Wednesday
for this month/
event only

11 a.m.

weekday
change

Please note the day change for this month only! Join us on **Wednesday, Sept. 10, at 11 a.m.** for a presentation (location TBD) from Realtor Monica Shea on current housing trends in Colorado Springs. After the presentation, Shea will distribute free tickets to the 2025 Parade of Homes. Please bring a sack lunch if you want to eat, as we will start the homes tour immediately afterwards. **Please RSVP to MB Shively, if interested.**

Coordinators:

Nancy Price-Weddle

719.332.2644

Mary Beth (MB) Shively

719.527.0612

Sept. 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.)

Sept. 15 @ Grand View Restaurant Bar/Garden of the Gods Club: 3320 Mesa Rd.

Coordinator:

Peggy Dolinich

719.964.8778

Explore Colorado

Day, time &
location vary
each month

Starting in October (no event this month), we're going to explore a host of hidden gems, popular venues, natural treasures, museums, and other fascinating locations across this great city and its surrounding regions. Want to join in on the fun? Contact one of the activity coordinators, below, to get on the mailing list for dates, times and locations for the next month's adventure.

Coordinators:

Nancy Long

605.673.6772

Kathy Perkins

720.291.0330

Cheryl Eaton

719.331.5554

Mah Jongg

2nd and 4th
Fridays
11 a.m.

Join us at The Country Club of Colorado just outside the Gates Grille bar for this exciting and challenging game played with Chinese tiles. We'll break for lunch, then resume play. 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

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

Sept. Activities, cont'd

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

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

Gleaners

Outside before
our monthly
CMNC meetings

CPCD (formerly known as Community Partnership for Child Development) is our non-profit for September. Founded in 1987, they originally funded 300 kids in one program. Now, through the Colorado Preschool, Early Head Start and Head Start programs, they serve more than 1,800 children daily in 63 Early Connections Learning Centers across six county school districts and Ft. Carson. Many families benefitting from CPCD have experienced job loss, homelessness and significant family stress, and are considered high-risk families.

REQUESTED DONATIONS: Preschool books for ages 0-5, puzzles, toothbrushes for kids, and Crest toothpaste.

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 my 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

Sept. Activities, cont'd

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

710.440.4643

Lunch Bunch

Following our monthly meetings

This fun member event will return this fall, starting in October (we're skipping September since the Fall Kickoff Event includes a meal). Please contact Gini Dugan, the coordinator, regarding your interest in this activity. Also, if you have any restaurant suggestions, please let her know.

Coordinator:

Gini Dugan

507.319.1700

Adopt A Family

Your help makes a difference

Sadly, 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. Thank you.

Coordinators:

Lynda DeAngelis

719.440.4643

Valerie Smith

719.213.8685

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

5 important reminders about RMDs for 2025

If you're over 73 and haven't thought about your Required Minimum Distributions (RMDs) yet this year, it's time to look at the numbers. RMDs are required by the IRS, and there's a 25% penalty for every year you withdraw less than the minimum. Always consult with your financial and/or tax experts; these tips are not legal or financial advice. Talk with a pro!

Get more informaton at <http://blog/csa.us/2025/08.money.html>

1

Turning 73 this year? Your first RMD must be withdrawn before April 1 of next year. While you could take both your first and second RMDs in the same year, be aware that this combined income amount may push you into a higher tax bracket.

2

Your RMD changes every year. To calculate your current year's RMD, divide your retirement account balance as of Dec. 31 of the *prior* year by a life expectancy factor provided by the IRS. (If you have more than one qualifying retirement account, you need to do the math for each one). Consult with your CPA for the latest IRS charts and calculations to ensure you don't underwithdraw and become subject to penalties.

3

Know which retirement accounts are subject to RMDs. Traditional, SEP, and SIMPLE IRAs, plus 401(k), 403(b) and similar workplace retirement accounts are subject to RMDs. However, Roth IRAs and Roth 401(k) plans are not. You need to calculate the correct RMD for each qualified account; however, you can then withdraw the total amount from any of your IRAs. Evaluate your accounts and ask your financial advisor to see if there are any benefits to consolidating them.

4

Timing matters, and it's complicated. Some people take a lump sum RMD in January to simplify distributions and ensure they don't miss the deadline. Others withdraw in installments to maximize the potential tax-deferred gain inside their account. There are pros and cons to each approach; your financial advisor can help you determine the best timing to minimize both your risk and tax burden based on your specific situation.

5

Reduce your tax burden. In 2025, you can generally give up to \$108,000 directly to a charitable organization out of your retirement account without owing tax on that donation. Also, if you're not 73 yet, you can lower your all-time taxes owed by starting RMDs early and reinvesting the money into a Roth IRA. You'll pay taxes when you withdraw your RMD, but then potentially avoid jumping into a higher tax bracket later.

Are the new semaglutides safe for seniors?

Caution: Fat is not all you may lose.

You've heard the stories. Read the news articles. Maybe even watched friends or family members slim down like never before, thanks to miracle-like drugs such as Ozempic and Wegovy.

This class of drugs, called semaglutides, seems to help everything from diabetes and obesity to heart attacks and other cardiovascular events.

But these impressive benefits do come with risks.

What should seniors be aware of?

According to a recent article from the Society of Certified Senior Advisors® (CSA), when we lose weight, a portion of every pound lost is muscle and bone. For those at risk of osteoporosis, regular strength training should be an essential part of your workout routine.

Also, since these drugs help people lose weight quickly, two concerns come to mind:

- A sudden drop in muscle strength could translate into a higher risk of falls for seniors.
- Additionally, a sudden loss of weight may leave older adults with fewer reserves to weather a long-term illness.

More nutrients and protein.

As the drugs reduce our appetites, we tend to eat less. For seniors, that can result in consuming fewer vitamins, minerals, and protein. Consider working with a nutritionist to ensure you're getting everything you need to stay strong and healthy.

Continued...>



Semaglutides: Know the risks and rewards

Continued from page 12

The Cost

According to the CSA, a single injection of Ozempic or Wegovy costs up to \$1,000 out of pocket. Since they must be taken weekly, that price tag is simply out of reach for many people.

Medicare Part D will cover the cost if these drugs are prescribed for Type 2 diabetes or heart disease, but not to treat obesity alone.* For those who do take them for Type 2 diabetes or to prevent the risk of cardiovascular events, Medicare copays will range from \$0 to over \$300 per dose until your deductible is met.

Just in the past few months, generic versions of semaglutides and tirzepatide became less available. After a period of scarcity, the FDA determined that supplies of the drugs were stabilizing and ordered compounding pharmacies to stop making them.

That decision is controversial: while some advocates argue that many patients won't be able to access the drugs under the new rules, the FDA and others say that the ban is necessary to protect consumers from substandard products.

The Big Picture

Overall, for people with Type 2 diabetes and cardiovascular risk, the benefits of semaglutides may easily outweigh the risks. Just keep in mind that there is no "miracle" here, and that nutrition and exercise will remain as important as ever.

As always, talk to your provider about the trade-offs when considering starting any weight-loss medication.

Stay healthy!

**In April 2025, the CDC rejected a proposed change that would have allowed Medicare to cover these drugs solely for weight loss.*

Article source: <http://blog/csa.us/2025/06/health.html>

Are you consuming enough vitamins, nutrients, and proteins in your diet?



PROTEIN



WHOLE GRAINS



VEGGIES



FRUIT

September Birthdays

Penny Loving	9/01
Barb Coons	9/03
Sharon Crumpton	9/03
Joanie McKernan	9/04
Jen Fournier	9/05
IsaBelle Rowsey	9/05
Bobbie Alberts	9/08
Lisa Knowles	9/08
Julia Allen	9/12
Jody Richie	9/12
Carole Flint	9/14
Debora Leisenring	9/18
Marian Phelps	9/21
Kara Zebrowski	9/24
Margaret Banning	9/27
June Adams	9/29

**HAPPY
BIRTHDAY,
LADIES!**