

February 2023



**The Troy**

# **Newcomers Topics**

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## **A Message from Your Board**

**Pam Mayhew, Advisor**

It's that time of year again. Every February the Board starts thinking about the future of the club and transitioning from 2022/2023 to 2023/2024. I don't know about you, but I can't believe how time seems to fly by.

Our club has been blessed with a great group of talented ladies who give so freely of their time as Activity Leaders and Board Members. A committee is being formed to nominate Board Members for the 2023/2024 season. If you find you have a few hours to spare, we would love to talk to you about taking on a Board position. We have a group of ladies who are always willing to give of their time but for our club to continue to be strong we need new volunteers. All our current Board members are more than willing to work with anyone who might be interested in taking on a Board position. I think you will find it very rewarding, not to mention fun.

Thanks for your consideration. Looking forward to hearing from you.



## **Socials – Jill Miceli**

If you are interested in a lunch and movie on February 20th, please text Jill at 248-515-5793 to let her know. We will finalize plans the week before once show times are posted. Lunch at Art & Jakes before and then an afternoon movie at AMC 30 on Mound and M59. Everyone will pay for their own lunch and show tickets but I need to know who is coming to get a table. Hope to see you then!

## ANNOUNCEMENTS

### Rainy Day News

Member, Terry Riegler lost her mother on December 23<sup>rd</sup>. Our thoughts and prayers go out to Terry and her family.

### Board Meeting

Our next board meeting will take place at Escape on Thursday, February 2nd – 11:30am. Escape is located at 1950 E. Square Lake Rd. in Troy.

### Newsletter Deadline

The deadline for articles for the March Newsletter is, **February 25th**. Please send your articles to: [troynewcomerstopics@gmail.com](mailto:troynewcomerstopics@gmail.com).



## BIRTHDAYS THIS MONTH

Sue Jones	1
Cher're Walters	4
Debbie Risko	5
Patricia Capello	14
Denise Matthews	14
Jane Egermann	16
Judy Castine	24
Pam Harvat	28

# **FEBRUARY LUNCHEON**

## **ALIBI OF TROY**

6700 Rochester Rd, Troy, MI

**FRIDAY**, February 24, 2023

12:00 PM

Join us again for a Gentle Chair Yoga class with club member Linda Pruss!

Linda is a Yoga instructor and C-IAYT Yoga Therapist. (view next page for her wonderful Bio)

Please wear comfortable clothes and **PLEASE NOTE- WE WILL BE DOING THE YOGA PART OF THE LUNCHEON FIRST, WHEN WE ARRIVE!!**

Gather at 12:00PM, STARTING YOGA PROMPTLY AT 12:15 PM, then we will have lunch served after class is finished, then Newcomer Club meeting and Raffle.

**COST: \$20.00 if paying by check or cash \$21.23 if paying by Pay Pal**

We will ALL be having PIZZA and PASTA Family Style

Includes Antipasto salad, Mostaccioli, Pizza (2 items)

Hot Bread Sticks

Coffee, Tea or Pop included!

Name\_\_\_\_\_

First Time Luncheon \_\_\_\_\_

Guests\_\_\_\_\_

Please MAIL your checks MADE PAYABLE To: **TROY NEWCOMERS CLUB** at the address:

Gina Kossick 2941 Bywater Drive, Troy, MI 48085 **RSVP deadline of Wednesday, February 15,**

## **Gentle Chair Yoga**

This 45-minute class will explore techniques to stay in the present moment including breath work, gentle movement and mediation. No yoga experience necessary, yoga is for Everybody. Wear comfortable clothing, nothing else is needed expect your smile!

### **About Linda Pruss BA, C-IAYT**

Health and wellness have been a focus in my life for many years which led me to yoga and my personal yoga practice. This practice has helped me to turn inward, pay attention, notice without judgement, as well as to find balance in my body, mind, and breath.

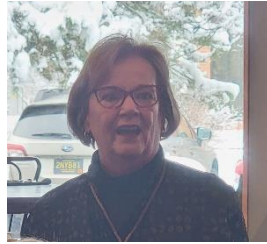
With the desire to share yoga with others, I became a yoga instructor in 2007 after completing my 200-hour yoga training at Karma Yoga in Bloomfield Hills, Michigan. I have been leading yoga classes for all bodies and abilities at the Beaumont Health Club (formerly known as Sola Life and Fitness) since 2011. I've continued my yoga studies with the Beaumont School of Yoga Therapy, completing my 500-hour training in 2020. As a Beaumont Health employee at the time, I had the opportunity to offer yoga therapy techniques to adult inpatients and children in an outpatient setting. Most recently, in 2022, I completed my training as a yoga therapist, with the International Institute of Yoga Therapy, earning my certification (C-IAYT) with the International Association of Yoga Therapy.

As a C-IAYT Yoga Therapist, I work in partnership with clients, so that together we can explore ways to integrate techniques into daily life to self-manage stress, anxiety, pain and discomfort. I offer yoga therapy through one-on-one sessions or with small groups that have a specific focus.



## January Luncheon Recap

Our luncheon at the Three Cats Café was delicious. The décor is colorful and whimsical. We heard about the history of the building, an old theater, as well as the store next door (Leon & Lu Lu) which was a roller rink at one time! You can still see the original floor. It was fun shopping and exploring all the eclectic items offered as well. They specialize in supporting Michigan artisans and making it easy to find that one of a kind gift.



**Thank you to Accent Florist for donating the roses for our awardees each month at our Luncheons. Please visit them for your floral needs.**



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## **ROSE AWARDS**

Each month, Rose Awards are given in appreciation to members who have made an outstanding contribution to our club. White Rose Awards are presented to Board members and Red Rose Awards to non-board members.

### **RED ROSE – February 2023**

None this month



### **WHITE ROSE – February 2023**

**Janet Gole, Publicity & Book Club**



I caught up with Janet for this interview only days before she was leaving Michigan for a two month stay in Florida. She and her husband were taking their camper to Disney World, Naples and Madeira Beach. Although they can cook (and shower) in the camper they are also meeting some Florida friends for outings and dinners.

Janet retired in 2017 and joined the Newcomers. She wishes she hadn't waited until retirement to join. "All of the women are friendly nice and very kind" Her first activity was book club and two years later she took over as lead. She has the club so well organized it can run while she is on vacation. Everything is digitalized so all members know which books were read and who will be hosting future meetings. All Janet asks of her hostesses is that the selected book be available in the library. Book club runs all through the summer and hostesses are already booked through next October.

Janet has three sons and two grandsons. Luckily, she has two wonderful daughters-in-law, or she would be greatly outnumbered. Her single son lives in Denver, the parents of the 6-year-old live in Troy and the parents of the almost 2-year-old live in the suburbs of San Francisco. San Francisco is Janet's destination once they return from Florida.

Along with book club Janet enjoys luncheons and socials. She appreciates all the variety the club offers. "There is something for everyone to do."

Thank you, Janet, for all your hard work.

## TNT Advertising Info

Troy Newcomers offers an opportunity for businesses in Troy and surrounding areas to advertise at very reasonable rates. If you have a business, would like to recommend a business, or have any questions, please contact the Advertising Director at the following email: [advisor@troynewcomers.com](mailto:advisor@troynewcomers.com)

### Rates for Display Ads (per year):

Business Card

\$25 1/4 Page \$50

1/2 Page

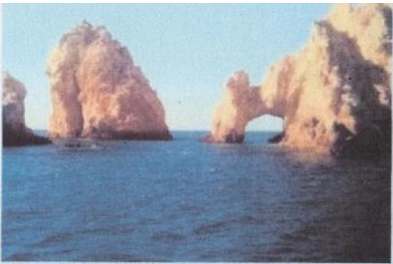
\$75 Full

Page \$100

Circulation of The Troy Newcomers Topics Newsletter is approximately 150 and includes other advertisers, members who are new and/or active in the community. Your ad will also be posted on our website for no additional charge. Members can purchase a 30-word classified ad in the newsletter for \$5 per month (please note any classified ads will NOT be posted on the website).

**Please send Ad and payment due before the newsletter deadline to:**

**Troy Newcomers P.O. Box 103 Troy, MI 48099**



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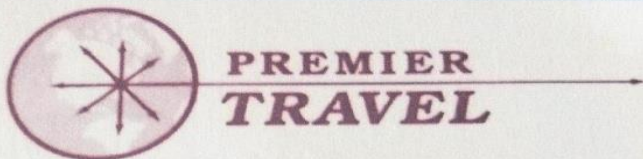
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## ACTIVITIES

### Book Club – Janet Gole, Activity Leader



Please join us at the Mardi Gras themed February 15 meeting, hosted by Karen Gard.



Her book is "Midnight Bayou" by Nora Roberts. This is a romantic suspense novel taking place in New Orleans: while renovating an old mansion on the outskirts of New Orleans, Declan Fitzgerald begins seeing visions of days from a century past. Local legend has it that the house is haunted but he uncovers the reason for the strange sensations of terror and unbearable grief.

Please contact Karen at [kgard7@comcast.net](mailto:kgard7@comcast.net) to confirm you will attend. We'll meet at her house at 6:30 pm. Find her address within the TNC directory.

Mardi Gras is not just one day, but really a seasonal celebration. Bring your purple, green and gold beads!

### Bowling – Jane Egermann, Secretary



Team #3 (Sue Jones, Darcel Connors and Barb Emmer) has moved into the lead with 82 points. Best of luck to Barb as she recovers from hip surgery. We expect her back bowling by mid-March!

Team #7 (Kathy Holm, Michelle Freeman and Laura Carlin) holds second place with 78 points. This is largely on the excellent bowling that has been done by Michelle (ask Laura about her frustration with herself!) even though she also is facing upcoming surgery. (Are you sensing a theme here??)

Tied for third place are Team #5 (Terry Slater, Pam Mayhew and Carol Henderson) and Team #6 (Jill Miceli, Pam Cheli and Denise Nicholson) with 76 points. Team #4 (Barbara Shimoura, Gail Trendler and Jane Egermann) is clinging to fifth place with 64 points just barely ahead of Team #1 (Cher're Walters, Diana Alexanian and Marie Watson) with 62 points. Team #2 (2 vacant spots and Gina Kossick) is in seventh place with 54 points.

We have lost another bowler due to injury (not from bowling!) in Ardin Moenaert who, nonetheless, retains the converted splits title with 12. Here's hoping that she can get her surgery scheduled soon and return to bowling and dance quickly!

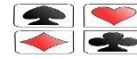
We are still waiting for our first 200+ game (it's coming – someone prebowed a great score) but Terry Slater parlayed a +118 over average series to improve her average by 12 pins.

Pam Cheli still holds high game with 199 and Laura Carlin high series with 528. Team #5 has reclaimed high team game with 484 and Team #6 has team high series with 1326.

Barb Emmer has improved her turkey count to 6.

If you would like to join us as a regular for the remaining weeks of bowling, please contact Jane Egermann at [jane48085@yahoo.com](mailto:jane48085@yahoo.com) or her phone number in the directory. Gina would love to have at least one teammate!

### **Euchre, Evenings – Mary Ann Donnelly, Activity Director**



Many thanks to Gina Kossick for hosting in January. Evening Euchre is not scheduled for February as we do not have a hostess.

Future dates are March 25<sup>th</sup>, April 29<sup>th</sup>, and May 20<sup>th</sup>.

### **Euchre, Daytime – Gina Kossick, Activity Director**



We are playing this month on MONDAY, FEBRUARY 13 at 9:15 am at the home of Pam Mayhew in Rochester. Please RSVP to her by Friday, February 10, at 248-872-6459 or email at: pmayhew@wowway.com. If you are not a regular hostess, let Pam know if you wish to bring a breakfast item for that morning. We are beginner friendly and always looking for new people, so invite a new friend or come on by.

**A Big Thank You** to ME (Gina Kossick) for hosting in January and all that brought food! Hope to see everyone for a fun day of coffee, food, fun and laughter, and of course "**Some Euchre Playing**", if we can fit it in!!!

### **Ladies Game Night – Jill Miceli, Activity Leader**



Darcel Connors will host this month's game night on February 8 at 7:00. Please let her know if you are able to come at 248-396-5371.

We are still in need of a March hostess. Please let Jill know if you would like to pick a date that works for you.

### **Mah Jongg – Jane Egermann, Activity Lead**



I hope all the experienced Mah Jongg players have received membership renewal notices in the mail from the National Mah Jongg League. If you have not, and want Jane to order a card for you, please let her know before February 1. Cost for membership (which includes card) is now \$14 for standard print and \$15 for large size print.

Play dates for February are the 10<sup>th</sup> at 9:30 am and the 24<sup>th</sup> at 1 pm. Once again play will be at Jane Egermann's. Newbies are welcome – we love to introduce the game to new players.

Please contact Jane at [jane48085@yahoo.com](mailto:jane48085@yahoo.com) or her phone number in the directory if you plan to come, need directions or just want to be on the email list for reminders.

## Meadowbrook Theatre Ushering – Marie Hochstein, Activity Leader



The ushering team is supporting the fourth play of the Meadow Brook season the week of March 1<sup>st</sup> through March 5, 2023! You will hear music written by great artists such as Bessie Smith, Duke Ellington, Johnny Mercer and Harold Arlen. The soul of the blues wails out full and strong with songs such as “I Gotta Right to Sing the Blues”, “When a Woman Loves a Man”, and “I’ve Got a Date With A Dream”, that are sure to bring down the house. I am sure all the music lovers will enjoy this production.

Circling back to the concern of finding substitutes for a scheduled usher, I have had no additional general members come forth. I spoke with the leadership at the Theatre to explain that a team of six (reduced from eight) was creating coverage issues. It seems we are not the only team to have brought this concern forward. The Theatre is looking at this policy and possible adjustments for the 2023-24 season. For now, please consider supporting your fellow members when they require a substitute. If you can add your name to the established sub list, please let me know.

Sub List anytime		
Kathy Holm	<a href="mailto:kathyhol82@yahoo.com">kathyhol82@yahoo.com</a>	2623128398
Mike Carpenter	For Suzanne Smith Sat 6 PM	
Pam Carpenter	<a href="mailto:Mike.carpenter@wowway.com">Mike.carpenter@wowway.com</a>	2485280956
	Oct 22, Jan 28, March 4	
Janet Gole	<a href="mailto:Janet.L.Gole@gmail.com">Janet.L.Gole@gmail.com</a>	2489256888
Jan Fuhrman	<a href="mailto:jfurman53@gmail.com">jfurman53@gmail.com</a>	2487096338
Ken Fuhrman	see above	see above
Denise Shipinski	<a href="mailto:dmschipinski@yahoo.com">dmschipinski@yahoo.com</a>	5862143177
Monica DiMaggio	<a href="mailto:mdimaggio@comcast.net">mdimaggio@comcast.net</a>	5862468378
Michelle Burns	<a href="mailto:michelemburns@gmail.com">michelemburns@gmail.com</a>	248-408-2494
Tom Page	see above	see above
Darlene Glaze	<a href="mailto:darleneglaze@gmail.com">darleneglaze@gmail.com</a>	2482298077
Tom Glaze	see above	see above
Karen Reynolds	<a href="mailto:Kjr975@gmail.com">Kjr975@gmail.com</a>	2487628842

## Scrapbooking – Debbie Risko, Activity Leader



Please join us on Monday February 6<sup>th</sup> from 11:15 AM to 4:00 PM at the Scrapbook Tree located at 48099 Van Dyke Ave. Shelby Twp, MI. Cost is \$10.00 or you can spend \$10.00 in products and crop for free. Let Debbie know if you would like to attend.

**Somerset Golf League 2023 Season**  
**Debbie Risko & Karen Hrit , Activity Leaders**



Please contact us if you are interested in joining the league in the coming season.

**Sylvan Glen Golf League 2023 Season – Gail Trendler, Activity Leader**



It's that time of year! After all of the gray days of winter, we can now anticipate the new golf season!

The Sylvan Glen Golf League kicks off on Thursday morning, May 4. We have a 16-week league so we will play every Thursday through August 17. We top off the season with an outing at a local golf course. There are 19 ladies on the league this year and we are all looking forward to catching up with everyone after the long winter.

There is still time to join either as a regular golfer or as a sub. Subbing is a great way to try us out and play if you don't think you can play every week.

If you would like to join the league, either as a regular golfer or as a sub, please contact Gail Trendler at "golf\_sylvanglen@troynewcomers.com" and I will be happy to supply you with all the details.

**Wine Tasting – Ann Britton, Activity Leader**



The February wine tasting will be held on February 25 at 6:30pm. It will be hosted by Marcia Siesel. Please RSVP Marcia Siesel at [marciasiesel@gmail.com](mailto:marciasiesel@gmail.com) or 248 765-2489 by Wednesday, February 22.

Each wine tasting evening is hosted by a Troy Newcomer member. The members attending may bring a spouse or friend along with an appetizer, their wine glasses and \$10 per wine drinker which will contribute to the cost of the wine. Those who do not drink wine are welcome to attend contributing an appetizer but are not asked to pay the \$10. The hostess chooses the wines she would like to serve. The hostess supplies the coffee and desserts. This is held once a month on a Friday or Saturday evening of the hostess's choice beginning at 6:30pm.

The wine tasting hostesses are set through June. Thank you, everyone.

## 2022 – 2023 Volunteers

### Board of Directors

President	Gail Trendler	<a href="mailto:president@troynewcomers.com">president@troynewcomers.com</a>
1 <sup>st</sup> VP Programs	Gloria Jackson	<a href="mailto:luncheons@troynewcomers.com">luncheons@troynewcomers.com</a>
2 <sup>nd</sup> VP Luncheons	OPEN	<a href="mailto:luncheons@troynewcomers.com">luncheons@troynewcomers.com</a>
Activities	Pam Mayhew	<a href="mailto:clubactivities@troynewcomers.com">clubactivities@troynewcomers.com</a>
Advisor	OPEN	<a href="mailto:advisor@troynewcomers.com">advisor@troynewcomers.com</a>
Business Luncheon Secretary	Gina Kossick	<a href="mailto:luncheonsecretary@troynewcomers.com">luncheonsecretary@troynewcomers.com</a>
Fundraising	OPEN	<a href="mailto:fundraising@troynewcomers.com">fundraising@troynewcomers.com</a>
Newsletter Editor	Darcel Connors	<a href="mailto:newsletereditor@troynewcomers.com">newsletereditor@troynewcomers.com</a>
Membership Secretary	Martha Brosseau	<a href="mailto:membership@troynewcomers.com">membership@troynewcomers.com</a>
Publicity	Janet Gole	<a href="mailto:publicity@troynewcomers.com">publicity@troynewcomers.com</a>
Recording Secretary	Pam Cheli	<a href="mailto:recordingsecretary@troynewcomers.com">recordingsecretary@troynewcomers.com</a>
Service	Denise Matthews	<a href="mailto:service@troynewcomers.com">service@troynewcomers.com</a>
Socials	Jill Miceli	<a href="mailto:socials@troynewcomers.com">socials@troynewcomers.com</a>
Treasurer	Martha Brosseau	<a href="mailto:treasurer@troynewcomers.com">treasurer@troynewcomers.com</a>
Website	Barbara Emmer	<a href="mailto:website@troynewcomers.com">website@troynewcomers.com</a>

### Committee Leaders

50/50 Luncheon Raffle	Gina Kossick	
Advertising	OPEN	<a href="mailto:advisor@troynewcomers.com">advisor@troynewcomers.com</a>
Directory	Martha Brosseau	<a href="mailto:membership@troynewcomers.com">membership@troynewcomers.com</a>
Interviewer	Kathy Holm	<a href="mailto:interviewer@troynewcomers.com">interviewer@troynewcomers.com</a>
Newsletter Distribution	Darcel Connors	<a href="mailto:newsletereditor@troynewcomers.com">newsletereditor@troynewcomers.com</a>

### Activity Leaders

Book Club	Janet Gole	<a href="mailto:bookclub@troynewcomers.com">bookclub@troynewcomers.com</a>
Bowling, Ladies	Jane Egermann	<a href="mailto:bowling_ladies@troynewcomers.com">bowling_ladies@troynewcomers.com</a>
Euchre, Daytime	Gina Kossick	<a href="mailto:euchre_ladies@troynewcomers.com">euchre_ladies@troynewcomers.com</a>
Euchre, Couples	Mary Ann Donnelly	<a href="mailto:euchre_couples@troynewcomers.com">euchre_couples@troynewcomers.com</a>
Golf, Somerset	Deb Risko	<a href="mailto:golf_somerset@troynewcomers.com">golf_somerset@troynewcomers.com</a>
Golf, Somerset	Karen Hrit	<a href="mailto:golf_somerset@troynewcomers.com">golf_somerset@troynewcomers.com</a>
Golf, Sylvan Glen	Gail Trendler	<a href="mailto:golf_sylvanglen@troynewcomers.com">golf_sylvanglen@troynewcomers.com</a>
Ladies Game Night	Jill Miceli	<a href="mailto:gamesnight@troynewcomers.com">gamesnight@troynewcomers.com</a>
Mah Jongg	Jane Egermann	<a href="mailto:mahjongg@troynewcomers.com">mahjongg@troynewcomers.com</a>
Meadowbrook Theatre Ushering	Marie Hochstein	<a href="mailto:meadowbrook@troynewcomers.com">meadowbrook@troynewcomers.com</a>
Scrapbooking	Debbie Risko	<a href="mailto:scrapbooking@troynewcomers.com">scrapbooking@troynewcomers.com</a>
Wine Tasting	Ann Britton	<a href="mailto:winetasting@troynewcomers.com">winetasting@troynewcomers.com</a>

# February

## 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Bowling Board Meeting	3	4 Winery Social
5	6 Scrapbooking	7	8 Games Night	9 Bowling	10 <u>Mah Jongg</u>	11
12	13 Morning Euchre	14 Valentine's Day	15 Book Club	16 Bowling	17	18
19	20 Movie Social	21	22	23 Bowling	24 Luncheon <u>Mah Jongg</u>	25 Wine Tasting
26	27	28				