



## Brain Freeze - Addicted to Sugar

Have you ever felt like your brain just wasn't working right? Things are just "fuzzy"? You are not alone! And there may be a real reason for that feeling. It could be sugar addiction. Our guest speaker, TaShawn Davis, RN, will expose one of the causes behind today's health crisis: insulin resistance and the hidden sugar that fuels it. We will hear more about sugar addiction: who may have it, what causes it, what the symptoms are and what to do about it.

TaShawn is a registered nurse with over 20 years of experience as well as a published author and a national speaker. As a Holistic Health and Metabolic Coach, she is dedicated to helping individuals reclaim their health by addressing the root cause of insulin resistance and chronic illness.



Our October luncheon would not be complete without a nod to Halloween. So put on your funniest, creepiest, or most creative Halloween costume and join us at our October luncheon and learn all about "Brain Freeze"!

Call Paula Ritchie or Belinda Wadas by the deadline, October 9 at 5 p.m., to make your reservation and join us for our October luncheon.



### Directions to The Wedding Barn

346 East Franklin Street  
Oviedo, FL 32765

From Red Bug Lake Rd./Mitchell Hammock:

- Turn **north** onto S. Central Ave. (FL-434) and proceed for about 1.3 miles.
- Turn right onto E. Franklin St.
- At the traffic circle, take the 3<sup>rd</sup> exit onto N. County Rd. 426.
- Turn right onto E. Franklin St.
- In 300 feet, turn right.

### LUNCHEON AND BUSINESS MEETING

**October 16, 2025**

The Wedding Barn

346 East Franklin Street, Oviedo 32765

Gather at 11:30 a.m. Lunch at Noon

## October Buffet

**CATERED BY**  
**BRISKETS BBQ SHACK & GRILL**

### ENTRÉE CHOICE

Beef Brisket

or

Pulled Chicken

### SIDES

Garden Salad Bar

Country Green Beans

Southern Potato Salad

### DESSERT

Chef's Choice

### BEVERAGES

Iced Tea, Coffee and Hot Water (BYO Teabag)



*While checks are preferred,  
for cash payments, please use denominations of \$50 or less.*

### LUNCHEON RESERVATIONS

Reservations must be received by 5 p.m. on **October 9**, the **Thursday before the luncheon**. No walk-ins allowed.

Call for reservations between 9 a.m. and 5 p.m. according to the first initial of your last name. To leave a message, spell your last name, say your phone number and indicate your choice of entrée. Paula or Belinda will call you back to confirm your reservation. Remember, you must be confirmed. Reservations by email will not be accepted.

**PLEASE, NO CALLS AFTER 5 P.M. OR ON WEEKENDS**

**A-K Paula Ritchie 407-222-5205**

**L-Z Belinda Wadas 847-421-4233**

While you may pay by cash, the PREFERRED PAYMENT METHOD IS BY CHECK. Please make out checks in advance to Newcomers of Central Florida, Inc. Payments for guests need to be pre-arranged.



## PRESIDENT'S MESSAGE

Hello friends,

I can't believe we're in the fourth quarter of 2025 already. This is the time of year when we get to prepare for some of our favorite feasts and holidays. Our club, as usual, has several fun events and activities planned

to round out the year.

At the October luncheon, we will be celebrating Halloween when our members wear creative, comical and creepy costumes. However, this year we're throwing in something unexpected for a Halloween lunch--a presentation about the adverse effects of SUGAR. We certainly want our members to remain as healthy as possible, but don't worry, we will still have dessert. At this luncheon, we will also have the opportunity to share our good fortune with those who are less fortunate than us. Barbara Tuson, our Outreach chair, has arranged for us to donate canned goods for the Second Harvest Food Bank and Woodbury Pantry.

We hope you took advantage of the opportunity to see *Forever Plaid* on September 26 staged by the Winter Park Playhouse at Orlando Shakes. It's great to support this local nonprofit as we indulge our common love of show tunes and dancing. On October 2, The Mercantile in Altamonte Springs will have its free monthly Sip & Shop event where you can explore numerous vintage booths while you enjoy two complimentary glasses of wine or beer and snacks. On November 22, The Ritz Theater in Sanford will present a John Denver tribute production. You can find further details in the Inside the Arts section on page 3.

Lastly, our two biggest and most popular luncheons are coming up. Our annual Thanksgiving luncheon will be on November 20 at the Hilton in Altamonte Springs. This luncheon will feature our Holiday Basket Auction. This event is our primary fundraiser for the year, so I encourage you to participate by donating or buying an auction item and/or volunteering to help during the event. You will find the details in the Ways and Means article in this newsletter. Our holiday luncheon at Heathrow Country Club will take place on December 18 (the third Thursday of the month this year), and will feature the singing group The Silvertones. We expect that they will usher in much holiday cheer with musical numbers that we all know and love. In the spirit of generosity, so fitting for this time of year, we will also be able to support the Seniors First organization by contributing \$20 Walmart or Publix gift cards to their "Cards for a Cause" program.

I look forward to seeing you in your Halloween finery at the October luncheon. In the meantime, I wish you all good health and good cheer!

Ellen



## UPCOMING LUNCHEONS

### November 20

Holiday Basket Auction  
Hilton Orlando/Altamonte Springs

### December 18

The Silvertones Present a Holiday Concert  
Heathrow Country Club

(Please note: This is the third Thursday of the month due to a scheduling conflict with the venue.)



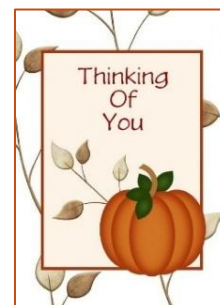
## LUNCHEON WINNERS

Anne Wightman and Joan Orlowsky each won \$54 in the September 50-50 jackpot drawing. The free luncheon certificate was awarded to Ellen Bronikowski. Sue Horn was the recipient of the Penny Auction grand prize gift basket.

## You Can Help!

Corresponding Secretary  
Maryellen McCullagh  
Text: 407-461-0362

Please text Maryellen if you know of a member who is ill, lost a loved one or just needs to know that we care so that she can send a card. "Milestone" birthdays will also be recognized if Maryellen is made aware of them. You can text her at 407-461-0362.



## LUNCHEON POLICY

**Cancellations:** If you are unable to attend the luncheon, please call **Paula Ritchie** as soon as possible to cancel your reservation. Remember, payment is owed if you are unable to attend, and no one takes your place.

**Waitlist:** If you miss the Thursday luncheon deadline, you may call **Paula Ritchie** to be added to the waitlist.



**Payment:** Please note that cash payments for the luncheon are requested in denominations of \$50 or smaller. (Checks are preferred.)



## Important Date Change

Newcomers Holiday Luncheon  
Third Thursday of December

### December 18

(Please note: This is the third Thursday of the month due to a scheduling conflict with the venue.)





# OCTOBER BIRTHDAYS



- 6 Tania Kline
- 8 Dede Fluhr
- 8 Anita Fogtman
- 10 Sharon Languzzi
- 14 Tonia Thoms
- 20 Lauren Kerbelis
- 23 Michelle Ward
- 26 Susan DeTemple
- 27 Gayle Hildebrandt

## MEMBERSHIP



Co-Chairs:

Ann White 407-687-4902 [auntesther27@yahoo.com](mailto:auntesther27@yahoo.com)  
 Michele Marino 612-801-7949 [Mmmarino10@gmail.com](mailto:Mmmarino10@gmail.com)


### Current Membership 119

See member directory updates on page 8.


## REACHING OUT WITH OUTREACH



Chair: Barbara Tuson [barbara@tuson.us](mailto:barbara@tuson.us)

 *"You may feel like you're just giving a few dollars or donating some supplies—but the impact is truly life-changing and long-lasting. Your pencils help create beautiful art. Your notebooks hold stories, dreams, and learning. Your kindness fuels creativity, confidence, and connection."*

This is how one teacher summed up the impact of donations to A Gift for Teaching. In addition, the thank you note we received from A Gift for Teaching stated that the supplies we donated were valued at \$2,758. Newcomers of Central Florida is recognized as a contributor to this year's school supply drive on their website at [Supply Drive for Success 2025 - A Gift for Teaching](#).

 Now we need to look forward to October when we will be collecting critical, non-perishable food items for Second Harvest Food Bank of Central Florida. I look forward to filling my car with your donations and delivering them to Second Harvest!

### MOST NEEDED FOOD ITEMS

FRUITS	VEGETABLES	GRAINS
<ul style="list-style-type: none"> <li>● Canned fruit (in its own juice, no sugar added varieties)</li> <li>● Dried fruit</li> <li>● 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>● Canned vegetables (reduced salt/no salt varieties)</li> <li>● 100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>● Rice, pasta, crackers (whole grain varieties)</li> <li>● Ready-to-eat cereal</li> <li>● Oatmeal</li> </ul>
PROTEIN	DAIRY/DAIRY ALTERNATIVES	MEALS
<ul style="list-style-type: none"> <li>● Canned meat/poultry</li> <li>● Canned tuna/salmon</li> <li>● Canned/dry beans &amp; peas</li> <li>● Peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>● Nonfat dry milk</li> <li>● Evaporated milk</li> <li>● Soy milk (shelf stable)</li> </ul>	<ul style="list-style-type: none"> <li>● Canned soup (reduced sodium varieties)</li> <li>● Chili</li> <li>● Beef stew</li> <li>● Other canned meals</li> </ul>



## INSIDE THE ARTS

Ronnie Telzer 407-577-7401  
 Linda Gallagher 407-592-9573

**Thursday, October 2**  
**4 p.m.- 5:30 p.m.**

### Sip & Shop at The Mercantile



Come to the monthly free Sip and Shop at The Mercantile in Altamonte Springs and explore the art of antiquing while you enjoy two complimentary glasses of wine or beer and snacks. There are numerous vintage booths to explore at your leisure. We'll meet inside the store at 4 p.m. at 1260 E. Altamonte Drive, and shop and socialize until 5:30 p.m. Then we'll reconvene at Buffalo Wild Wings a few blocks away at 5:45 p.m. at 900 State Road 436 (Semoran) at Casselberry Square in Casselberry near the Walgreen's for casual dining on wings, tenders or burgers. If you like vintage jewelry, purses, figurines, artwork, blown glass, home decor, handicrafts and other unique collectibles (both new and used), you'll love shopping at The Mercantile. This monthly event attracts crowds, so carpool if possible and consider arriving at 3:30 p.m. or earlier to get a parking space. There may also be a long line for refreshments. Please RSVP to Linda or Ronnie if you plan to join the group at Buffalo Wild Wings.



**Saturday, November 22**  
**7:30 p.m.**

### My Tribute to John Denver by Carl Bennett

Where: Ritz Theater  
 201 S. Magnolia Avenue in historic downtown Sanford

Cost: \$33.50 per person  
 Make checks payable to Linda Gallagher.

24 tickets available--the sign-up sheet is now open!  
 Non-members are welcome at this weekend evening event.

Optional dining at Hollerbach's German restaurant at 4:45 p.m. before the show. Order from the menu.

\$10 cash deposit required to confirm your dining reservation. (We will return your cash deposit at the dinner.)

### Save the Date: Friday, December 5

Fathom Events screening of *Merrily We Roll Along*, 2024 Tony Award winner for Best Musical Revival

This screening presents the film of the Broadway show that starred Daniel Radcliffe, Jonathan Groff and Lindsay Mendez.

Movie theater location, ticket price and time TBA.





### WAYS & MEANS

Chair: Robin Roskowski 407-595-4474  
Lynda Visco 201-787-9655

As we approach the end of hurricane season and 90-degree temperatures, are your thoughts turning toward the holidays? Do you enjoy making baskets, wreaths or other holiday crafts? Our biggest annual fundraiser, the Holiday Basket and Crafts Auction, will be held at our November luncheon. It's not too early to start thinking about using your creative side to craft entries to donate to the auction. If you aren't into crafting but have extra baskets you would like to donate, please contact Lynda Visco or Robin Roskowski. We will facilitate getting the baskets to the members who need them.

If you aren't into creating baskets, you still have a really important role to play at the auction. You're the buyer! Additional details about the auction process will be shared in the November *Chatter*.



If you would like to assist in the auction as well as shop, please let Linda or Robin know. We will need runners and table monitors to run the auction.

Start working on your baskets and shopping lists now, and we'll see you at the auction!

### HOOKED ON BOOKS

Carol Smith 407-618-3478  
[smith4cr@gmail.com](mailto:smith4cr@gmail.com)



It's not very often that we select a book as challenging to read as our September classic, *A Passage to India* by E.M. Forster. "Clash of Oriental and Occidental" and "Wordy superiority complex tale" were two descriptions of our book. It's wonderful to have so many international perspectives among our group, which was perfect for this book's discussion. Once more, we saw that one of our least favorite books prompted one of our most insightful discussions.

October will take us back to one of our favorite authors and genres when we read *The Queens of Crime* by Marie Benedict. Hooked on Books is a delightful place to make friends and have intriguing book discussions over coffee and donuts. To join us, contact Carol Smith to be added to the email list. For more details, please see page 5.



### CHICK FLICKS

Trisha Fuston 407-789-9420

**October Chick Flicks is cancelled.**

### SPICE GIRLS

Debbie Browning 407-716-3752  
[threegifts@hotmail.com](mailto:threegifts@hotmail.com)



In September, our hostess, Belinda Wadas, did an amazing job decorating for our theme of "Alphabet Soup." Each participant was given a letter of the alphabet, and their recipe was required to begin with that letter. We enjoyed **B**eef & Bacon Gnocchi Skillet, **C**hocolate Mayonnaise Cake, **D**uck Dumplings, **E**asy Blueberry Crunch Dump Cake, (**D**ijon Maple) **G**reen Beans, **L**inguini with Lemon, **M**outh-Watering Stuffed Mushrooms, **N**YC Deli

**S**almon Dip, **P**umpkin Cream Cheese Muffins, and **S**andy's Potato Salad. While each month's luncheons always have wonderful dishes, I think this one was one of my favorites. Belinda gave each of us a personalized gift bag containing pens, sticky notes, chocolate, and a mug featuring our Spice Girls group photo. A great time of food and fellowship was enjoyed by all.

The theme for October is "Indigenous Day," hosted by Patti Zedo. All recipes featured will be Native American dishes. If you have any Native American jewelry, head pieces, or clothing, please feel free to wear them. Recipes and RSVPs must be sent by email or text to Debbie by Thursday, October 2.

Come to our Spice Girls meeting on October 9 with your prepared dish, along with the necessary serving utensils, and the printed recipe PDF that will be sent to you via email. Please bring a disposable dish if you would like to take home any of the leftovers. If you enjoy trying new recipes, sampling new foods, laughter and fun, please consider joining us! Stay Spicy everyone! -- Debbie

### MEXICAN TRAIN

JoAnn Bill 407-921-9991  
[jobill1949@gmail.com](mailto:jobill1949@gmail.com)



#### Why Join Mexican Train?

- A. No Waiting List to Play!
- B. Only Cost is Lunch!
- C. No Experience Necessary!
- D. All of the Above!

If you would like to learn the game before playing with the group, contact the group coordinator JoAnn Bill. Our group meets at Carrabba's in Winter Springs on the third Friday of the month at 11 a.m. For more details, please see page 5.

### BINGO GROUP

Tina Parrish 757-777-6861  
[parrish407@bellsouth.net](mailto:parrish407@bellsouth.net)



Our next meeting will be on **Tuesday, October 7** at Carrabba's on Red Bug Lake Road in Winter Springs. Plan to meet for lunch (pay for yourself) at noon and play Bingo at 1 p.m. Please bring a wrapped gift with a \$15 value and \$5 to play.

To RSVP, please call Tina Parrish at 757-777-6861 or email Tina at [parrish407@bellsouth.net](mailto:parrish407@bellsouth.net).



**NEWCOMERS**  
of Central Florida, Inc.

There are no strangers,  
just friends we haven't met!

P.O. Box 620384, Oviedo, FL 32765-0384



**MONDAYS**

**MAH JONGG**

**Brenda Jones 407-435-3026**

When: Mondays from 11 a.m. – 3 p.m.

Where: Carrabba's Restaurant  
5820 Red Bug Lake Rd.  
Winter Springs, FL 32708

Bring \$5 in change and your 2025 card.

We will be purchasing lunch at the restaurant, so please plan accordingly.

**TUESDAYS**

**BINGO GROUP**

**Tina Parrish 757-777-6861**  
[parrish407@bellsouth.net](mailto:parrish407@bellsouth.net)

When: **Tuesday – October 7**  
Lunch at 12 noon (pay for yourself) followed by Bingo at 1 p.m.

Where: Carrabba's Restaurant  
5820 Red Bug Lake Rd.  
Winter Springs, FL 32708

Bring \$5 to play and a wrapped gift with a \$15 value.

RSVP to Tina at 757-777-6861 or via email: [parrish407@bellsouth.net](mailto:parrish407@bellsouth.net)

**HOOKED ON BOOKS**

**Carol Smith 407-618-3478**  
[smith4cr@gmail.com](mailto:smith4cr@gmail.com)

When: 2<sup>nd</sup> Tuesday – Oct. 14 at 1:30 p.m.

Where: Dunkin', 3551 Dovera Dr., Oviedo

OCT *The Queens of Crime*  
by Marie Benedict

NOV Holiday Lunch for established club members. We will be discussing *The Evolution of Annabel Craig* by Lisa Grunwald.

DEC We are taking the month off!

**CHICK FLICKS**

**Trisha Fuston 407-789-9420**

**October Chick Flicks is canceled.**

**WEDNESDAYS**

**LADIES BRIDGE**

**Sue Horn 303-807-4088**

When: 4<sup>th</sup> Wednesday  
10:30 a.m. – 3:30 p.m.

Where: Carrabba's Restaurant  
5820 Red Bug Lake Rd.  
Winter Springs, FL 32708

Anyone interested in playing should contact Sue Horn at the number above.

**THURSDAYS**

**BOARD MEETING**

**Ellen Bronikowski 732-259-2342**  
[ellenbronikowski@gmail.com](mailto:ellenbronikowski@gmail.com)

When: 1<sup>st</sup> Thursday of the month  
10 a.m. – Noon

Where: Perkins Winter Springs  
701 E. State Rd. 434  
Winter Springs, FL 32708

Please RSVP to Ellen Bronikowski.

**SPICE GIRLS**

**Debbie Browning 407-716-3752**  
[threegifts@hotmail.com](mailto:threegifts@hotmail.com)

When: 2<sup>nd</sup> Thursday – October 9  
12 noon

Where: Patti Zedo  
513 Lake Charm Ct.  
Oviedo 32765

Theme: Indigenous Day

Limit: none

Submit recipes and RSVP to Debbie by **Thursday, October 2** at 407-716-3752 or [threegifts@hotmail.com](mailto:threegifts@hotmail.com)



See pictures from our **September events on our Facebook page or our website.**

[www.newcomerscfl.org](http://www.newcomerscfl.org)  
<https://www.facebook.com/NewcomersofCentralFloridaInc>

**FRIDAYS**

**DICEY BUNKETTES**

**Please Note New Contact**  
**Marge Ahearn**  
**407-592-6438**

When: 2<sup>nd</sup> Friday of the month  
10:45 a.m.

Where: Outback Steakhouse  
5891 Red Bug Lake Rd.  
Winter Springs, FL 32708

At the corner of Red Bug Lake and Tuskawilla Rds.

**MEXICAN TRAIN**

**JoAnn Bill 407-921-9991**  
[jobill1949@gmail.com](mailto:jobill1949@gmail.com)

When: 3<sup>rd</sup> Friday – Oct. 17, 11 a.m.

Where: Carrabba's Restaurant  
5820 Red Bug Lake Rd.  
Winter Springs, FL 32708

Lunch: Break for lunch around 12:30.  
Pay for your own lunch.

RSVP to JoAnn by **Friday, Oct. 10** at [jobill1949@gmail.com](mailto:jobill1949@gmail.com)

**SATURDAYS**

**COUPLES BUNGO**

**Mary Ward 407-222-4446**  
[maryward@bellsouth.net](mailto:maryward@bellsouth.net)

When: 3<sup>rd</sup> Saturday at 6 p.m.  
Where: Hosted by participants  
Each couple brings an appetizer to share. The host couple will provide soft drinks and dessert.

**SUNDAYS**

**WALKING CLUB**

**Trisha Fuston 407-789-9420**  
On hold for October  
We will resume our walks in November.



**Newsletter Deadline**  
**October 16**

Please email *Chatter* articles/information to Carol Smith at [smith4cr@gmail.com](mailto:smith4cr@gmail.com)





# October 2025 Newcomers' Events at a Glance\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Board Meeting  Sip & Shop (Inside the Arts)	3	4
5	6 Mah Jongg	7 Bingo	8	9 Spice Girls	10 Dicey Bunkettes	11
12	13 Mah Jongg	14 Hooked on Books	15	16 Luncheon - Brain Freeze  Deadline for Chatter Info	17 Mexican Train	18 Couples Bunko
19	20 Mah Jongg	21	22 Ladies Bridge	23	24	25
26	27 Mah Jongg	30	31			

\*Event Details are in the Chatter