

WEBPAGE
Cmncos.org.

NEWSLETTER
cmncnewsletter@gmail.com

Executive /Board

Co-Presidents

Lynette Bickley 785-623-0173
LynetteBickleymarykay@yahoo.com

Judith McKay 799-6449
jimmckay@hotmail.com

Vice Presidents

Sharon Crumpton 439-1700
sharonscrumpton@gmail.com

MaryBeth Shively 527-0612
Mary.shively@comcast.net

Treasurer

Barbara Coons 375-3231
LitesOn7@aol.com

Secretary

Lisa Fisch 464-4352
Fisch519@msn.com

Past Presidents/Advisors

Janie Levis 465-2455
Jtlevis1@gmail.com
Susan Puryear 635-6660
suebugrn@gmail.com

Policies:

Prospective/Former members shall be required to pay membership dues after attending two club functions.

CMNC general meetings will be cancelled if D-12 schools have a delay or cancellation.

April 2017



Free Meetings 2nd
Wednesday of Month,
9:30AM, Broadmoor
Community Church,
315 Lake Avenue

Hello everyone!

Here we are on the brink of Spring! Have you heard more birds chirping? Have you adjusted to the time change? Now that it has moved forward, it gives us all even more of a reason to be out and enjoying the fresh air of an evening.

Speaking of Spring.....ticket sales are now open and going for the year end luncheon on May 10th. Our diligently working committee has the details of our spring luncheon in this issue.

We want to thank our member Audrey McGuire and the historical yet comedic presentation from the Fine Arts Center. We appreciated their time and talents they shared with us at the last general meeting. We learned and we laughed.

Also, we will be welcoming in and officially announcing the new Executive Board soon. We are all grateful for the committee and their support in this and those willing to serve. Again, A HUGE THANK YOU to Susan P and Janie L for spearheading the committee to help rally the new leadership coming in.

We also need volunteers for Programs and Directory Ad Sales. These are important for the group and keeping things going, so please consider or help us find those special volunteers. The volunteer positions can be done as a partnership or team effort too.

Finally, if you can, be sure to come in April to the general meeting, Wednesday the 12th at 10am (social time prior at 9:30), to listen about fire mitigation. This is and will be an extremely important topic with the less than hydrating weather we have had. We, of course, enjoy the warmth, however, without some spring snow storms or rain fall we could be looking at red flag warnings with some off and on or even continued burn bans in effect. So, if you can attend the April meeting, please remember you are welcome to invite others to be guests.

Sincerely,
Lynette & Judith (Your Co-Presidents)



The Garden Party

At The Pinery
Wednesday, May 10th, 11 AM
Good Food, Fun, Prizes
\$30 per person
Tickets on sale at April Meeting or
mail check with menu choice to
P.O.Box 60001, cos 80960
No later than April 15th

Menu Choices:

Roasted Pork with sweet pepper, onion, tomato, paprika, sherry

Chicken with capers, olives, white wine sauce

Portobella enchilada with black beans, cheddar jack cheese, chipotle tomatillo sauce

General Meetings



Programs

Chair: Ellen Lukasik 266-4817 ellenb47@gmail.com

Wildfire Mitigation

The topic seemed appropriate as many of our members live in the wildland urban interface. Amy Sylvester, Program Coordinator of the Wildfire Mitigation section of the Co. Spgs Fire Department, will be our presenter. She will share with us tips on how to better protect our homes and property. She will have information packets as well as a door prize! Come learn what you, as a homeowner, can do to create defensible space on your property, how to be ready *when* a fire event occurs and, if need be, how to safely evacuate from your area.

Gleaners - Day of the General Meeting

Chair: Barbara Coons 375-3231
lites0n7@aol.com

Our April (& final) nonprofit this club year is TESSA, which stands for Trust, Education, Safety, Support and Action. TESSA strives to realize their vision of a safe community, free of personal violence for all. Advocates provide intervention, safety planning, and community referral services via their 24-hr crises line.

TESSA is the only provider of *confidential* services specifically for victims (and their children) of Domestic Violence or Sexual Assault (DVSA) in El Paso and Teller counties. Fundamentally, they do three things:

- (1.) Provide immediate safety at their confidential Safehouse for women, children, and other victims escaping violence.
- (2.) Empower survivors through programs and support such as Advocacy and Counseling.
- (3.) Create a safer future through Education and Outreach to schools, businesses, and other organizations.

Our donations of full-size shampoo, conditioner, toothbrushes & full-size bath towels will be used in their temporary emergency safe housing for abused women & children in immediate danger.

Hospitality

Chair: Carolyn Spillane 579-0771
Carol Collins 578-0620

Here's hoping the weather for the April meeting will be as lovely as for the March one. We were totally greened and shamrocked a bit ahead of St. Pat's own day, and sported a table load of delicious and handsome goodies to taste...yum! Many thanks to all the volunteers who brought the terrific food, and also to Febra who pitched in wonderfully to help us with cleaning up afterwards. Anyone else want to join the scullery maids? We're always looking for volunteers!

Because We Care

Chair: Sharon Wallace 579-7529
sharon.m.wallace@comcast.net

"People don't care what you know, until they know that you care."

Life is a roller coaster for many of us. If you know of a member who is in a low part of life, be it due to personal illness, that of a loved one, or death of a close loved one, please let me know. I will send an appropriate card and contact that member. If food or transportation is needed or would be appreciated I will contact the Special Interest Group chairpersons the member is most active in. They will in turn organize for this need.

Please help me to let members know we care.

CMNC Executive Board Slate 2017-2018

Co-Presidents **Charlene Champion**
 Kathleen Downs

Co-Vice Presidents **Janis Cross**
 Robyn Hamilton

Treasurer **Nancy Allen**

Secretary **Ann Montgomery**

Communications Director **Anita Livingston-Pirraglia**

Members will vote on this slate at the April general meeting.

Bios will be sent out by email.

Food & Wine



Ladies Gourmet/Culinary Cruising - 3rd Wednesday, April 19th, 10:30AM

Place: Home of Carolyn Spillane

Chairs: Evelyn Longo 576-9942 jerseydd55@yahoo.com

Jane Emerson-Brown 714-609-7747

jane.emerson.brown@gmail.com

Anita Livingston-Pirraglia 740-632-9590

toadee26@gmail.com

Our last gathering of the year will be a red, white and blue All-American brunch! We will be meeting at the home of Carolyn Spillane on April 19th at **10:30 (note time change)**. Please stop by our table to sign up and pick a recipe. If you cannot make the meeting but would like to attend, please email Evelyn by April 11th.

So far, we have not had anyone express a desire to chair next year. In order to keep this wonderful group of food, fun and friendship, we need someone to step up and chair. If you are even in the least bit interested please stop by our table at the general meeting or call Evelyn at 719-322-7587. We will be more than happy to answer any questions or concerns you might have.

Saturday Night Supper Club - 5th Saturday, April 29th, 6:00 PM

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net

Dottie Leib tdtc@aol.com

Marie Poyzer marieacp@yahoo.com

Thanks to our March hostesses who welcomed us into their homes to enjoy an evening of good food and conversation. This month please join us for Dottie Leib's menu of Roasted Chicken with Lemon-Thyme Essence, Rosemary-Crusted Potatoes and Pineapple Meringue Pie. We look forward to having you join us on the **5th Saturday this month**.

Please check your calendar and sign up at the April CMNC meeting or email Sue, Dottie or Marie before the **April 20** deadline.

Out to Lunch Bunch - Day of the General Meeting

Place: Chairs: Margaret Brettschneider 633-4661

ebrettmbour@aol.com

Judy Finkelstein 579-0734 mifine2@gmail.com

For April, we're stepping out after the meeting to the Public House for their amazing lunches.

They also support us in our directory on p. 38, 445 E Cheyenne Mountain Blvd. They are in the same building on the corner of Cheyenne Mountain Blvd and Nevada where Albertson's used to be. Easy to find and terrific food. Their hamburgers might be the best in town.

Sign up at the same table as Welcome to Colorado. We'll hope to see you all come out for lunch after the April General Meeting. If you want to car pool, let us know.

Wine & Friends - 3rd Friday, April 21st, 6:30 PM

*Place: Home of Sherrie Denton,
532 Concerto Drive, 576-0483*

Chairs: Nancy Allen 358-7899

NancyAllen6782@comcast.net

Linda Weber 717-725-4157

Springweber@gmail.com

THEME: Bring a California wine and a dish to share! More info to come in an email the first week of April. Hope to see you there!

Health & Wealth



*Nurturing Yourself - 1st Thursday, April 6th,
2-4PM Place: Latisha Hardy Dance Studio
1795 Jet Stream Drive, Ste 106*

Chairs: Robin Tapp 520-3801

balancedhealth@earthlink.net

Ellen Lukasik 266-4817 ellenb47@gmail.com

Are you wanting to take better care of yourself? Then join us to explore topics such as Gratitude, Forgiveness, and The Golden Rule through short YouTube and TEDtalk videos, fun and easy exercises, field trips, lively discussion, and of course laughter.

Put your boogie shoes on and get ready to move, move, move! April's meeting is a dance party just for the ladies. Join us in learning some fun dance moves at Latisha Hardy Dance Studio. Wear comfortable, loose or stretchy clothing with flat, comfortable, non-slick but non-sticky shoes. (We'll be doing salsa-style moves, so think leather soles rather than tennis shoes.) Bring water or other drink and a small snack to share (nuts or fruit or anything that can be eaten out of hand) and get ready to get your groove on. Cost is \$15.00. We might want to carpool as the studio is "way up north".

*Strong Women - Every Monday, 8AM
Place: Palisades at Broadmoor Park, 4547
Palisades Park View, Downstairs Gym*

Chairs: Linda Schierholz 330-0898 /576-1900
linda@broadmoormortgage.com, Marge Baker

All you Strong Women: bring your hand & ankle weights and join us for an hour of health & fitness. Linda Schierholz is a certified instructor for the program and will work with you to progress in the program, make adjustments to the exercises that your doctor suggests, and help keep your active lifestyle!

Women of Wealth-

Chair: Janis Cross 577-6322

janis.cross@raymondjames.com

Due to a change of company and Spring travel plans, Women of Wealth will not be meeting the rest of this year. See you in September!

Hiking - 2nd & 4th Fridays

Chair: Pam Pappas-Jones 576-7609 kpippi@aol.com

If you like fresh air, sunshine and spectacular scenery, hiking is for you! All ages and fitness levels are welcome. Interested? Put on your hiking boots and sunscreen, grab your water and sunglasses and join the group for a fun experience.

*Wholistic Nutrition - Monday, April 3rd
10AM Note change of day*

Place: The Cooks Marketplace

Chairs: Helen Barcay 330-9724

HelenBarcay@gmail.com

Ingrid Hullman 576-4795 goldenlover@mac.com

Join us each month as we wade through the barrage of conflicting nutrition information that confronts us daily in search of what works best for ourselves and our families.

Spaghetti squash wraps; Bone Marrow and Mushroom Bruschetta – just a sampling of the menu that will be prepared by our guest chef, Judy Purcell of Savoring Today. Please join us to explore and sample healthy and delicious appetizers and side dishes that incorporate bone broths, fermented foods and more.

There is a \$30 per person fee for this event (to cover the cost of the demo, venue and ingredients). Seating is limited so plan to join us as soon as you can. **Deadline for RSVP is Wednesday, March 29th.**

Please RSVP to Helen (email best) and she will provide additional details. Thank you. Yours in health and wellness.

Fun Things To Do



Movie Mavens - Sunday after General Meeting

Chairs: Audrey McGuire 540-5613

Audre811@gmail.com

Linda Steckel 659-2342 lhall7311@comcast.net

This year Easter falls on our Movie Mavens date. With that said – Audrey and I want to cancel the April 16th. Hope you all have a wonderful Easter with your family and friends! Hope to see you back for the final outing on May 14th.

Linda and Audrey

Decorating Divas - 2nd Tuesday, April 11th, 1 - 2:30PM, Home of Carolyn Blazer

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

Divas will be viewing Carolyn's beautiful home in Kissing Camels. We have been furnishing and accessorizing the home since Carolyn and her husband purchased it in the summer of 2015.

It has been a lot of fun finding unique and wonderful items including paintings, artwork, sculptures, furniture, and many accessories to complete the look that she is seeking. We will talk about some of these finds while touring the home. There will be light refreshments.

We are limited to the 1st 20 Divas to email me. RSVP Nancy.

Welcome to Colorado - Friday, April 28th Two tours, 11:30 or 1:30

Place: Cacao Chemistry & Mimi's Cafe

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

Are you a chocolate fan? Interested in art? When we visit Cacao Chemistry's kitchen you will be able to satisfy both interests. You may be familiar with Cacao Chemistry downtown as an upscale chocolatier, but we will be going behind the scenes for a very special visit to their kitchen out on Omaha Blvd. Sam Lang, a pastry chef, and Travis Ashing, an engineer, started Cacao Chemistry in 2014 inspired by a theory that ingredients play well together because they share similar compounds on a molecular level. Now they create premier chocolates using the finest elements and are known for their award winning truffles and the most amazing looking chocolates you will ever see!

Since the kitchen is small, we are limited to 6 ladies per tour, so please let us know which tour you would prefer (11:30 or 1:30). In between tours we will meet for lunch at Mimi's Café at Constitution and Powers, separate checks. **RSVP by the general meeting to Judy Finkelstein and let her know: which tour, if you will join us for lunch and if you wish to carpool.**

UFOs - 1st Monday, April 3rd, 1 PM, Place: Home of Diane Passno

Chair: Barbara Nisar 439-4698

Barbaranisar9@gmail.com

If you have a project that you can bring with you, join us and share some interesting conversation while you are working. Don't have anything going at this time, not a problem, you are still welcome to come and have a cup of coffee or tea and chat with us.

Games We Play



Canasta- 2nd & 4th Thursdays, 10AM-2:30PM, Cheyenne Mountain Resort

Chairs: Edna Clark 527-1519 Edna39@pcisys.net
Jeanne Hayes 227-1780 jhayes702@gmail.com

Come and join us in the stunning setting of the Cheyenne Mountain Resort. Besides the fun we have playing Canasta we enjoy the camaraderie, making new friends and great food. If you love playing cards but don't know how to play Canasta, we'll patiently teach you.

Pokeeno- 2nd Monday, 1 PM-3PM

Place: TBA

Chairs: Diane Passno 719-660-0712 message or text dianepassno@msn.com
Mary Hotchkiss 473-5030 mhotchk321@aol.com

Pokeeno is a game that is very similar to Bingo. Our game usually lasts about 2 1/2 hours on the designated Monday. Women in the group volunteer their homes for the games, and refreshments are provided by the hostess following the game. Every participant brings a \$5 gift in a gift bag and contributes \$1 to the "blackout round" pot. We always have a lot of fun and laughter together. Newcomers are welcome! You may sign up to attend at the monthly CMNC meeting or by calling the Chairperson, Diane Passno, at the contact information listed above.

Mah Jongg-1st & 3rd Fridays, 10AM April 7th & 21st, Village at Skyline, Bldg 4

Chairs: Judy Finkelstein 579-0734
mjfine2@gmail.com
Judy Whitley 358-9238 JLKITT@aol.com

Mah Jongg is such a fun game that we want everyone to enjoy it. If you have ever wondered what Mah Jongg is or how to play please join us and we will be happy to teach you. If you have been hesitating now is the time. We love to teach new players and make new friends so think about joining us. There is no need to bring anything but your lunch and your sense of fun. We will provide coffee and tea. The hostess of the week brings dessert.

Mexican Train-3rd Monday, 10 AM - 2:30 PM, Cheyenne Mountain Resort

Chair: Karen Vlasak 635-2852 karenv@Q.com
Jen Fournier 314-7474 js4nier@hotmail.com

Please join us at the resort for Mexican Train. We play the third Monday of the month. Mexican Train is an easy game played with dominoes. Enjoy a wonderful lunch and conversation with a great group of ladies.

Books We Read



Reader's Choice is sponsoring book sharing at their table each month. Feel free to bring books you want to pass along or come browse the current donations. All types of books are welcome!

Literary Ladies-1st Wednesday, April 5th, 10AM,

Book: Our Souls At Night Place: Home of Harriet Tuckman

Chairs: Valerie Smith 213-8685 Valerieannsmith2003@yahoo.com

Harriet Tuckman 650-796-7595 inplace@comcast.net

Novel Women-1st Wednesday, April 5th, 10AM

Book: Into Africa: The Epic Adventures of Stanley & Livingston by Martin Dugard

Place: Home of Barb Coons, 133 Miramar Dr, 375-3231

Chair: Robyn Hamilton 210-0678 robyn@rmhamilton.net

Everyone please bring at least one written question for discussion.

Reader's Choice - 3rd Wednesday, April 19th, 10AM

Chairs: Karen Halverson 715-340-1288 farleyhalverson@gmail.com

Randi Hammer 951-491-3051 hammerrandi@yahoo.com

Book: TBA

REMEMBER to bring your used books you wish to share to the general meeting. We have them out on our table so people can put one down or pick one up, no return expected!

Happy Bookers-4th Wednesday, April 26th, 2PM

Book: I Am Pilgrim Place: Home of Janie Levis

Chairs: Susan Jones 963-5262 SJSjones@aol.com

Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

Directory Change:

Helen Barcay new email: HelenBarcay@gmail.com

*Monthly Activities: Calendar is always available on webpage
newsletter link*

	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>
Monday	8am strong women 10am wholistic nutrition 1pm ufos	8am strong women 1pm pokeeno	8am strong women 10am Mexican train	8am strong women
Tuesday		1pm decorating divas		
Wednesday	10am literary ladies 10am novel women	10am general meeting 12pm lunch bunch	10am readers choice 10:30am ladies gourmet	2pm happy bookers
Thursday	2pm nurturing yourself	10am canasta		10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg 6:30pm wine and friends	9am hiking 11:30am welcome to colorado
Saturday				Week 5, April 29 6pm supper club
Sunday				



CMNC MEMBERSHIP

**Pease make your \$30 check (\$45 with mailed newsletter) payable to CMNC and mail with this form to:
Membership, P.O. Box 60001, Colorado Springs, CO 80960 (yes, 80960)**

Today's Date:	Please circle:	Please circle:
Name:	New Renewing	Changes for Directory No Changes for Directory
First:	Last:	Spouse:

It is important that you review the ENTIRE form. This information will be included in the next Membership Directory.

Street:	Phone:
City:	Cell Phone:
Zip Code:	Hometown:
Email Address:	Moved From:
Birth Month:	Day: