

WEBSITE
<http://cmnccos.org>

Executive Board

Co-Presidents

IsaBelle Rowsey 719-651-9656

Karen Thomas 757-272-2517

Vice Presidents

Membership
Linda Ewton 719-659-2342

Activities
Lisa Knowles 303-514-5915

Treasurer

Mary Kervick 719-649-3658

Secretary

Cathy Stamps 719-964-5324

Communication Director

Gale Laubach 719-644-1070

Webmaster
Linda Ewton 719-659-2342

Newsletter
Karen Thomas
2021cmnc@gmail.com

Policies:

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

Former members must rejoin the club to attend any activity.

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

April 2022



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

Presidents' Letter

At our March meeting, it was a delight to spotlight one of our long-time members **Cynthia Chung Aki**. She was announced in March, as one of nine **"Superwomen"** in Colorado Springs. Cynthia moved to Colorado Springs in 2000, after she retired from the US Air Force. She has served on many local city and county boards. Cynthia founded the Golden Lotus Foundation to honor Asian heritage and culture. After years of hard work, in 2021, the city approved her vision for an Asian Heritage Center, Botanical Gardens, and Chinese Tea House in historic Stratton Park. **CONGRATULATIONS Cynthia! Your CMNC family is so PROUD of YOU!**

Our Program was an absolute blast! Thanks to our performers Colin Gregory, Chelley Gardner-Smith, and Michelle Watts who performed a skit from Saturday Night Live...oh how we laughed! Afterwards, Colin and Chelley lead us in some drama games. Many of our members showed their hidden impromptu talents. Again, we were all in stitches!

We have been preparing for our 2022-2023 Elections. CMNC is very lucky to have such wonderful ladies step up to accept these important **Executive Board Positions**. Thank you to Cynthia Frank, Jackie Whipple, Susan Jones, Lisa Knowles, Kathy Stamps and Lisa Lucke. Our last Executive Board position to fill is Communications Director. How about you? You would share information about our amazing club to others through publications around Colorado Springs. The contacts, timelines, and format are all set and will be easy to follow. **Bio's for our Executive Board will be sent in an E-Blast and the election will be held at our April General Meeting.**

As we all know, we are **"Better Together!"** We have a few General Board Positions open. Please take a look, grab a friend and see if you can fill a post. Advertising - Starts in the summer and can be finished in September. Directory - Need computer skills and is finished in October. Hospitality - Best to have a partner or two. Newsletter - Computer skills are needed. Flower Pickup - Can be done the night before or, morning of our meeting. Please contact Marie Ryan or IsaBelle if you can join next year's Executive or General Board. CMNC thrives because our members step up to work together!

Spring Luncheon - If you missed the opportunity to purchase your Spring Luncheon ticket at our March Meeting you can mail your \$35 dollar check to; CMNC, PO BOX 60001, Colorado Springs, CO 80960 (yes, 60). Seating will be limited so make your reservation now! Please don't forget to add in the memo, Chicken or Vegetarian. We will also take reservations at the April General Meeting if space is still available. Our luncheon is chaired by Lisa Heath, Chelley Gardner-Smith, and Wendy Wolfswinkle, thank you, ladies! This lovely event will be held at the beautiful Cliff House in the atmosphere of Victorian opulence dating back 150 years, while celebrating our theme of Friends & Flowers.

Happy Spring,
IsaBelle and Karen



CMNC Spring Luncheon 2022

You are cordially invited to join us in celebrating

“Friends and Flowers and the Importance of Growing Both”

When – Wednesday, May 11, 2022 11:30 - 1:30 pm

Where - The Cliff House, in the beautiful Cathedral Spires Pavilion,
306 Canon Ave., Manitou Springs, 80829.

Valet parking available. Carpooling is highly encouraged.

\$35.00 per person, limit of 80 ladies.

(First 80 ladies secure a spot with payment. Otherwise, you can be placed on the cancellation/waitlist with full payment. Cancellations must be received 72 hours prior, for full refund.)

Meal includes your choice of plated chicken or vegetarian entrée.

Cash Bar

Sign up - 3/9/22, & 4/13/22 cash or check only

Let's grow our CMNC friendships
with fellowship and laughter.

Attire- “Anything Floral” goes! Get creative by wearing floral jewelry or clothing, artificial or fresh flowers, quiet elegance or outrageous fun.
Just show your style with flowers!



General Meeting - April 13th
9:30 am

Programs Chairs: Michelle Watts 757-719-0990 Lesley Johnson 719-290-8573 Cathy Stamps 719-964-5324

Ladies, for our April program, we are excited to welcome Shaunda Sims of All Things Senior Transitions. She will give us her best advice about decluttering and downsizing.

For another twist, we thought it would be fun for you to share a great “find” you acquired at an estate sale or thrift boutique. We will have a long table set up to display our “finds”. Pottery, jewelry, whatever it is, bring it to our meeting. Or, you can wear your special find and do a twirl. Please feel free to write a little bit about the item you have brought in. Let's have some fun!



Winning Flowers



Performance of SNL skit *Mr. Short term Memory*, episode “The Hospital”



The entertainment is just getting started with this drama game!

April



Gleaners Chair: Barb Coons

~ GLEANING: Harvesting for free distribution to the needy, or donation to a non-profit organization for ultimate distribution to the needy. ~

APRIL 2022 GLEANERS = Westside CARES

Many of you are familiar with our April nonprofit as you've been donating empty pill bottles to Westside CARES for many years. Formed in 1984, Westside CARES has been offering care & compassion to those in need by providing crisis human services. Their only criteria for accessing services is an individual's/family's genuine need & their established residence within the agency's service area. They have 6 food pantries & offer financial assistance with rental, utilities, clothing & documentation. They also offer medical assistance via partnership w/ Penrose-St. Francis Health Services. Current needs include: hand warmers, bottled water, beef stew, canned tuna & chicken, canned fruit of all kinds. They also mentioned that gift cards from King Soopers are requested as they can be used for food & gasoline, a much-needed commodity in order to get to jobs.

We continue to collect empty pill bottles (labels removed) each month.

* * * * *



Enjoying an Irish themed menu at Ladies Gourmet

Food & Wine



Member News

Lunch Bunch - after the General Meeting

Place: Cheyenne Mountain Resort Grill

Chair: Gini Dugan 507-319-1700



The LUNCH BUNCH! Wednesday APRIL 13th, 2022 @ CHEYENNE MOUNTAIN RESORT's GATESGRILL!

😊 We have missed 3 chances for this lunch, so APRIL is a perfect time to enjoy a friendly, relaxing lunch with friends & good food at a well-known location, possibly outside!! The Grill is downstairs at the Country Club on the Resort property. You can save time and Email Gini ASAP to sign-up OR sign up at the meeting BEFORE 10:30, which is when Gini calls them to confirm our 11:30 reservation! COME JOIN US!! 😊

Ladies Gourmet - 3rd Wednesday, 11:30 PM

Place: Home of Edna Clark

Chairs: Lisa Lucke 719-306-3185

Marie Ryan 719-310-7810



Hello Lovely Gourmet Ladies! Springtime is finally here and we will be celebrating with a spring inspired menu. Please join us on April 20 at the home of our gracious hostess, Edna Clark. Some of the delicious recipes we have planned are Cauliflower Salad with Apricots and Hazelnuts, Country Ham and Cheddar Pie, Orange Carrot Cake, Lemon Bars and a festive Peach Prosecco Punch. Remember to sign up at our next general meeting or email Lisa or Marie in advance to let us know that you will be attending.

Spring is nature's way of saying, "Let's Party!"
-Robin Williams

Outstanding Member Award

Our Outstanding Member Award was not given at our March meeting due to our recipient not being in attendance. Not to worry, we are looking forward to recognizing two Outstanding Members at our April Meeting.

There are two more chances to submit nominations in time for April and May presentations. The last two deadlines for submissions are April 5th and May 3rd.

Who's Next? You know this member for their....

- *generosity of time
- *great leadership
- *kindness
- *willingness to always pitch in

Please send your nominations to 2021cmnc@gmail.com

*Just include WHY this Special Member is being nominated with as many details as possible.

*All exemptions have been lifted for the remainder of this 2021-2022 CMNC season.

Wine & Friends - 3rd Friday, 6:00 PM

Place: Home of Edna Clark

Chairs: Karen Cacy 503-246-4286

Marie Poyzer 719-659-3075

Edna will be our April Wine and Friends Hostess. An email will be sent with the details of this Friday, April 15 event. Thank you to all of our hostesses for making this activity so enjoyable!



Our March Wine and Friends Hostess

Fun Things To Do



Decorating Divas - 2nd Tuesday, 1PM to 3:30PM, April 12th

Place: Brush Strokes

Chairs: Nancy Price-Weddle
719-332-2644

Mary Beth Shively
520-631-8522

The Divas will meet at Brush Strokes, a wonderful pottery painting place. There is no charge for the class, but you will get to choose from a wide variety of pottery pieces to paint. (you will pay for the pottery you select) Many sizes and designs, and you will be instructed by the owner, Linda West. We invite you to join us, and to take home your own painted pottery piece. Please rsvp MB to be able to participate in this fun activity.



Who wants to paint pottery with the Decorating Divas?

Movie Mavens - Usually The Sunday after the General Meeting

Chairs: Audrey McGuire 719-661-3087
Sharon Cotter 915-740-5010

We will not be going to the movies in April since the Sunday after the general meeting is Easter. We look forward to seeing you in May!

UFOs - 1st Monday, 1 PM

Place: Barbara's home

Chair: Barbara Nisar 719-217-7396

UFOs will meet at the home of Barbara Nisar April 4th at 1pm.

Theatre (& Live Performance) Club!

Chair: Chelley Gardner-Smith 719-640-0069

Prefer a text of name and phone # for communication



HOWDY THERE DRAMA QUEENS!

April's Venue: Seven Brides for Seven Brothers Performed by the Sunrise Players: **Friday, April 1, at 7PM. April Fool's Day**, but I'm not joking! This is community theatre at its best. If you ever thought about becoming part of an acting troupe, this is it! This would be a great one to bring the kids to, if you want. Kids are \$8, senior and military \$12, and adults \$15. Now you can't beat that with a stick! They have a full orchestra and wonderful sets! Located at 2655 Briargate Blvd. Prior to the show let's go to Lazy Dog Restaurant and Bar, at 7605 Academy Blvd. N. Let's get there about 5:45 to make sure we get good seats (open seating) at the play. To get your tickets, please call Lisa Surratt Sabell at 719-433-1623 and mention CMNC and my name, Chelley. To join in beforehand at Lazy Dog, please text me (719-640-0069) so I may make our reservations.

Our final performance for the Cheyenne Mountain Newcomer's season will be at our cherished, neighborhood high school, Cheyenne Mountain. The series of plays, Don't Yell Fire, 30 plays in 60 minutes should be a real hoot! According to the director, the one and only, and fabulously talented, Jodi Papproth, it will be held on **Friday, May 13, at 7PM**. According to Papproth, "We set up a bunch of categories on a website and you can choose how much you want to pay. We haven't set up the site yet, but it will be found at <http://our.show/cmhsdramaboxoffice/dontyellfire2022> Let's go support our neighbors!



At 5:30 we will meet at NaRai Thai Restaurant, 120 East Cheyenne Mtn. Blvd, 80906. The menu can be found at www.719mangosteen.com



Please let me know if you are interested in attending by texting me, at 719-640-0069. I will need to know your interest in order to make reservations at the restaurant. You must get your tickets online, yourselves.

JOIN THE EMAIL LIST by text.

Health



Games We Play

Nurturing Yourself -1st Thursday, 2 to 4 PM

Chairs: Merrily Johnson 719-633-4679
Jamie Rogers 505-507-6967

2021/2022 NURTURING YOURSELF

Enrollment for this CMNC activity has been closed as of the November 10th meeting as we are now at capacity. All members will receive an email invitation for the next meeting, to be held March 3rd, 2022. This invitation will be sent in late February. You will need to RSVP to hold your spot.

This year's focus is a continuation of navigating life's currents and flourishing with gratitude and grace as we age. With thought-provoking topics, conversations, inspiration, camaraderie, fun and support we will share a journey from wherever we are on this path.

Thank you to all who have participated,
Merrily Johnson and Jamie Rogers

Because We Care

Chair: Lynda DeAngelis 719-576-5070

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the SMALLEST ACT OF CARING, all which have the potential to turn a life around." Leo Buscaglia

Ladies, please remember to contact me when you know or hear about one of our members experiencing a health problem, surgery, hospitalization, death in the family or any other life changing situation. I will then send out the appropriate card on behalf of all of our members. In some cases, I will follow up with a phone call to see how things are going and if any help is needed.

Thank you for your support.... It is because of all of you and many previous members that we are such a kind and caring group to include this committee in our organization!

Mexican Train Dominoes

3rd Monday, 10 AM

Place: Cheyenne Mountain Golf Club

Chairs: Karen Vlasak 719-635-2852
Maria Polelli 719-649-4896



Our Mexican Train Dominoes new game sets are called Double Twelve Dominoes. The Grill has a lunch menu and will provide complimentary coffee and water. We play from 10 am to about 2 pm in the lower level fireplace room adjacent to the grillroom.

Canasta/Hand & Foot

2nd & 4th Thursdays, 10AM-2/3PM,

Place: Country Club of Colorado Gates Grill, below
Cheyenne Mountain Resort
Chairs: Edna Clark 719-527-1519
Lu McCoy 719-540-8681

We'll teach you if you're a little rusty or if you've never played before. So, come and join us for a few fun hours, get away from your daily routine and make friends!

You'll find us downstairs in the Gates Grill. We break for lunch around noon. If you haven't had your Covid-19 shots, you'll be asked to wear a mask but if you have had the shots you can take it off once we're in the room where we play.

Pokeeno- 2nd Monday, 1 PM-3 PM

Place: TBD, look for the email

Chairs: Sharon Wallace 719-579-7529

Pokeeno is a card game that is very similar to bingo. Every participant contributes a dollar to the pot and also brings a \$5 gift in an anonymous gift bag. There is always a lot of laughter and dessert to satisfy your sweet tooth. The hostess for the event changes each month, so if you would like to try this fun game, please call Sharon Wallace.

Mah Jongg

1st & 3rd Tuesdays, 10AM-2:00PM

Place: Country Club of Colorado, in the room behind Gates Grill. 125 Clubhouse Drive

Chair: Jackie Whipple 619-994-9447
CO-Chair needed... *How about you?*

We meet at Colorado Country Club, 125 Clubhouse Drive, next to the Gates Grill. We play from 10 am to 2pm with a break for lunch there.

Learners and pros are both welcome. We play American league rules and we have a table of Chinese rule players as well.

Please join us!



Books & Outdoor Life

Birthdays & New Members

These bookclubs are currently not taking new members.

Literary Ladies, 1st Wednesday, 10AM

Book: The Four Winds by Kristin Hannah

Place: Home of Carole Flint

Chairs: Sharon Wallace 719-579-7529

Lynda DeAngelis 719-576-5070

Readers Choice, 3rd Thursday, 10AM

Book: The Midwives by Chris Bohjain

Place: TBA Watch for an email.

Chair: Daria McClung 719-339-4860

The book is hosted by Sharon Crumpton
Location TBA by email to our group.

Outdoor Life (new)

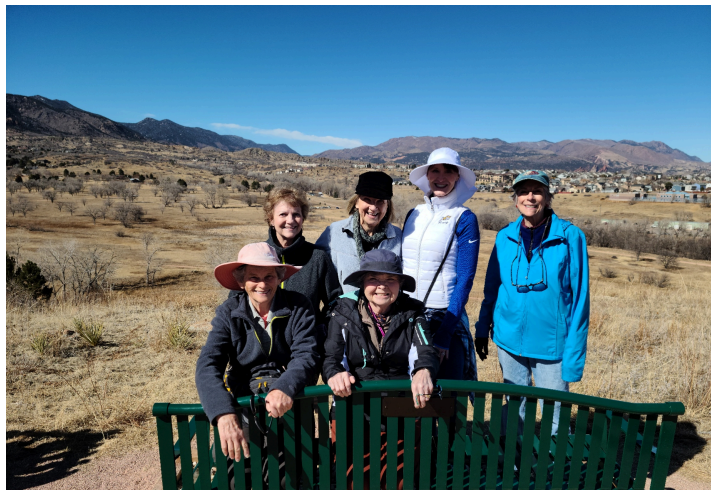
Snowshoeing

Place and Time: TBA

Chair: Melissa Leftwich 719-510-9100

We have plans for snowshoeing on Friday, March 25 at Mueller State Park. You'll need snowshoes (rentals at REI or Mt. Chalet), waterproof boots, spikes (aka Yak Tracks). If there isn't enough snow for snowshoeing... poles - ski or hiking poles work. Layers of course. It's important to be warm, but not so warm that you sweat. Do not wear cotton! It doesn't wick, doesn't dry, and you'll be a sweaty mess! Bring your own sunscreen, snack/protein bar, and water.

To join this or another opportunity, sign up with Melissa.



Happy Birthday - April

Michelle King	4/4
DeLynne Dean	4/5
Cynthia Frank	4/7
Ximena Chacon de Leeper	4/10
Gaye Woullard	4/19
Carole Raabe	4/22
Margaret Brettschneider	4/23
Jackie Whipple	4/29

Welcome New Members

Kathy Achenback, Patricia Baltzer, Jean Bishop, Kya Bryant, Tami Dickinson, Kay Dickson, Anika d'Hubert, Cheryl Eaton, Shelley Elam, Yvette Fuller, Chelley Gardner-Smith, Judy Gibson, Kathi Giddens, Marcia Hall, Lisa Heath, Laura Hitch, Sheri Hoaglund, Pam Holnback, Junia Imel, Lisa Johnson, Anne Katrosh, Michelle King, Christina Klement, Melissa Leftwich, ***Sharon LeRoy**, Carol Lory, Cyndy McBee, Ginny Montgomery-Rose, Marian Phelps, Judy Porter, Phoenix Sagen, Marie Shahani, Diane Sibole, Cathy Stamps, Debbie Turk, Jackie Whipple, Rebecca Whittaker, Wendy Wolfswinkel, Gaye Woullard.

* Indicates new member since last newsletter

Walkie Talkie

Time: Every Friday

Place: TBA

Chair: Cheryl Eaton 719-331-5554

Do you enjoy walking and hiking? We are enjoying new hikes every week on Fridays at noon. We've made a few hikes in Bear Creek Park and had a great time. Come join us and explore the beautiful trails in Colorado Springs. Garden of the Gods has excellent trails and there is plenty of parking at the Trading Post, and a lovely café with outside seating if anyone is interested in lunch after walking. I send out an email every Sunday with information (where and when) directions (if needed) and every Thursday another email to confirm or cancel due to weather conditions. If you have questions or want to sign up, please contact me by email (found in our directory) or text.

← Photo after a hike at Bear Creek

Calendar is always available on webpage newsletter link

Week 1

Week 2

Week 3

Week 4

Sunday

No Movie Mavens-Easter

Monday

1pm UFO's

1pm Pokeeno

10am Mexican Train
Dominoes

Tuesday

10am Mah Jongg

1pm Decorating Divas

10am Mah Jongg

Wednesday

10am Literary Ladies

9:30am General Meeting

11:30pm Ladies Gourmet

11:30am Lunch Bunch

Thursday

2pm Nurturing Yourself

10am Canasta

10am Readers Choice

10am Canasta

Friday

Walkie Talkies

Walkie Talkies

Walkie Talkies

Walkie Talkies

Drama Queens – April 1
Lazy Dog & 7 Brides for 7 Brothers

6:00pm Wine & Friends

Saturday

