



April 2023



2nd Wednesday of Month  
9:30 A.M.  
Broadmoor Community Church  
315 Lake Avenue

## Presidents' Letter

"April is a promise that May is bound to keep."  
- Hal Borland.

The March Creative Arts Program was a huge success! Thanks to our wonderful Crafter's, Artists, Authors & Designers. Let's not forget the talented Youth Symphony Quartet which brought an "aire" of sophistication to the Program. Next, the generous amount of delicious food provided by Mahjongg & Nurturing Yourself groups. The room layout worked like a well-oiled machine thanks to Karen Thomas. There were so many wonderful compliments flying around the room and the energy was high. A good time was had by all!

It's time to announce our 2023-24 Executive Board (EB) purposed slate of officers. Find out more information below in this Newsletter on our qualified elected officers. The EB is looking for a Communication Director for those of you who would enjoy writing about our amazing Club in the local circulars. Sharon Wallace has done a fabulous job of writing for our club this term, please contact her for more information.

Many thanks to our 2023-24 General Board (GB) for taking on important roles. The GB has two available positions Directory & Advertising which are both short term commitments. Advertising position starts in the summer and ends in September. The Directory position needs someone with computer skills and is finished by the end of the year. Please contact Cynthia or Jackie if you would like to fill one of these open positions. It would be greatly appreciated!

We are excited to be celebrating the end of a fun filled year with you at our special Spring Luncheon event in May at the Pinery at the Hill. You and your friends may still purchase tickets at the April 12th general meeting for \$35.00 or mail your payment to: CMNC, PO Box 60001, Colorado Springs, CO 80960. Our wonderful luncheon committee of Karen Cacy, Marie Poyzer, and Angie Ferryman have arranged an Afternoon in Old Vienna with the Broadmoor Waltz Club Demonstration. An Asian inspired meal will be served and an open bar will be available. Please feel free to bring a friend!

Happy April,  
Cynthia & Jackie.

**Website** <http://cmnccos.org>

### Executive Board

#### Co-Presidents

Cynthia Frank 719-439-9966  
Jackie Whipple 619-994-9447

#### Vice Presidents

Membership  
Susan Jones 719-963-5262

#### Activities

Lisa Knowles 303-514-5915

#### Treasurer

Lisa Lucke 719-306-3185

#### Secretary

Cathy Stamps 719-964-5324

#### Communication Director

Sharon Wallace 719-482-6298

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#### Webmaster

Linda Ewton 719-659-2342

#### Newsletter

Chris Clementi 2022cmnc@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

# SPEND AN AFTERNOON IN OLD VIENNA

At Newcomers' Annual Spring Luncheon  
Wednesday, May 10, 11-2 p.m.

## The Pinery at the Hill

775 W. Bijou

There will be great food!

Enjoy a performance by the Broadmoor Waltz Club!

It's all about atmosphere, friendship, and a day at The Pinery like no other!

Bring a Friend!

**SIGN UP NOW, \$35.00 Per Person**

**Deadline to pay is April 26, two weeks before the luncheon**

See Karen Cacy with your check or mail your check to:  
CMNC PO Box 60001, Colorado Springs, CO 80960



## **NOMINATION NEWS**

Hello CMNC Ladies,

Your Nominating Committee has been working very hard to provide our wonderful CMNC Membership with an Incredible Upcoming Year by providing you with the right people to run our club! We, the Nominating Committee are so excited to share with you our proposed slate! PLEASE take a moment to read our EXECUTIVE BOARD candidate bio's so you are prepared to vote at our next General Meeting on April 12, 2023!

### **2023-2024 EXECUTIVE BOARD NOMINEES**

#### **PRESIDENT Mary Kervick**

I grew up in New Jersey, lived in New York City and Ridgefield, Ct. After early retirement from Gannett Newspapers Human Resources, I moved to Colorado to indulge my passion for skiing. Now I am attempting to develop a decent golf game, a work in progress. Graduated from Fordham University and Western Connecticut University with a degree in business and a masters degree in healthcare administration. I have loved being part of Cheyenne Mountain Newcomers and look forward to having a fun productive year. This will be my second time as president, have served as treasurer twice, have chaired literary ladies and wine and friends, organized member directory, worked on adopt a family, sold advertising and have produced club newsletters. It may be time to seek medical advice for this volunteer disease!

#### **VICE PRESIDENT-Membership Liz Burnett**

Elizabeth (aka Liz) Burnett has been a resident of Colorado Springs for the past 12 years. Originally from Tennessee, she graduated of University of Tennessee, Knoxville, with a Bachelor of Architecture. She and her husband, Monte, moved to Boulder, Colorado where Liz attended graduate school and obtained a Master of Science in Civil Engineering, Structures. She and her husband subsequently lived in California and Maryland while they pursued their careers. Ever since returning to Colorado and buying a home, Liz has pursued the pleasures of gardening and her love of plants. In 2018 she started a Landscape Design business, which perfectly aligns with her passions. During the same year she obtained a Colorado Gardener Certificate and last year she became a Master Gardener. Liz has been a member of Cheyenne Mountain Newcomer's Club for about 9 years. She looks forward to supporting the CMNC Executive Board and enjoys working with teams and helping others. Liz held various management positions in her career. While in volunteer roles, she served on her homeowner's association board for 4 years, served as book club administrator for three years, and taught children's religious studies for three years.

#### **VICE PRESIDENT-Activities Cheryl Eaton**

My name is Cheryl Eaton. My husband and I moved here in June of 2003 from Woodbridge VA, where my husband graduated from Marine Corps War College. If I had to define myself, I'd say I'm a Texan, former Naval Officer's wife, and a retired substitute teacher. I have a healthy enthusiasm for the great outdoors. I enjoy gardening, camping, skiing, snowshoeing, walking, hiking ( I'm co-chair of the Walkie/Talkies) and visiting my family and friends in the Texas Hill Country as often as I can. I'm looking forward to serving as VP of Activities for this amazing, fun and fantastic Cheyenne Mountain Women's Club.

## **SECRETARY Wendy Wolfswinkel**

Wendy was the first child born at the Air Force Academy hospital by an Academy graduate. She has lived in the Colorado Springs most of her life, traveling with her parents in her younger years and spending seven years in Florida from 2006-2013. She is a Certified Public Accountant and has recently retired. She enjoys traveling, reading, music and spending time with her friends, many of whom she has met in CMNC, her husband Terry, and her three cats.

## **TREASURER Lisa Lucke**

This will be my second year as treasurer of CMNC. I have enjoyed learning and performing the job as this was a new role for me. I have been an active member in the club since around 2011. My husband and I moved to Colorado Springs in 2007 after an army career that resulted in 13 moves over 22 years. I retired as an Occupational Therapist 5 years ago and since then have been enjoying the freedom of retirement! Besides the fun activities of CMNC and meeting a great group of women, my hobbies are traveling, volunteering, crafts, cooking and eating good food. I look forward to serving CMNC as treasurer for one more year.

## **COMMUNICATIONS DIRECTOR**

How about you? Please contact IsaBelle if you are Interested.

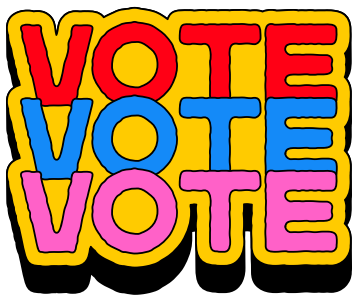
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We also want to shoutout a sincere THANK YOU to the wonderful ladies who are returning and to those who have stepped up to be part of our General Board.

Facebook publications-Barb Coons, Hospitality-Debbie Turk and Kya Bryant, Newsletter-Chris Clementi, Programs-Barbara Zarish Johnson, Jackie Whipple, and Chelley Gardner-Smith, Webmaster-Linda Ewton, and Zoom Coordinator-IsaBelle Rowsey.

Two General Board positions that are currently unfilled are Advertising and Directory. Please contact a current president, if you are interested. It has been a pleasure working this this year's Nominating Committee. A huge Thank you is being sent to Barb Coons, Valerie Smith, Jackie Whipple, and Lisa Knowles for their excellent work!

Respectfully,  
IsaBelle Rowsey  
Nomination Chair



# April Program

In April, the CMNC will welcome Steve Tindall of the Pikes Peak Friendship Force Club. Steve and his wife, Susan, joined Friendship Force 43 years ago. From his first trip to Hannover, Germany in 1979 he has been a strong advocate of the unique travel experience that Friendship Force offers. Since then he has traveled to Taiwan, Peru, Brazil, Turkey, Poland, Australia, New Zealand, Canada, Southern Mexico, Germany and will visit Japan in the next few weeks. Steve is currently Chairman of the Pikes Peak Friendship Force Club Leadership Council. He retired from The United States Air Force Academy in 2012 after working in and for the Air Force for 37 years.

His presentation is entitled: A World of Friends is a World of Peace

*gleaners* Barb Coons

**GLEANNING:** Aid to T.E.S.S.A.



This month, we are highlighting T.E.S.S.A. (Trust. Education. Safety. Support. Advocacy.), a local, confidential organization that provides services to individuals experiencing interpersonal domestic or sexual violence, stalking & human trafficking in El Paso & Teller counties. For the past 45 years, T.E.S.S.A. has been committed to the mission of ending family violence while empowering their clients. They provide safe housing, victim advocacy, counseling services, legal & housing assistance, youth & children-specific programming as well as outreach and community education opportunities. Their current needs consist of the following: breakfast items, canned goods, & microwavable items. They also request NEW/FULL sized hygiene products i.e. deodorant, shampoo, conditioner, body wash, razors, shaving cream, hair ties, and combs.

As usual, we collect empty pill bottles with labels removed for West Side Cares.

**GLEANNING:** Aid to survivors of earthquake in Turkey

Donations are being collected locally to ship to Turkey to aid the survivors of the earthquake who are having to live outside in freezing conditions. Particular needs include: Snow pants, jackets & gloves, sleeping bags and tents, sanitary supplies for women, blankets, boots, hand/feet warmers. They have enough regular clothing for now.

When donating, it's helpful to place items in clear bags, or labeled garbage bags.

The point of contact for donations is: Ozur Tuna-Miller 719 291 2353, located at 312 West Cheyenne Rd 80906, or Laura and Hahan Karan 719 930 0886 at 877 Altamont Ridge Drive 80901



# Wine & Friends



**Wine and Friends  
Third Friday  
from 6-8:30 p.m.**

A hostess is unconfirmed at this time. Please contact us if you can be a hostess. An email will be sent with updated information.

Please reserve with Karen Cacy 503-246-4286 or Marie Poyzer - 719-659-3075



**Reader's Choice  
Chair Daria McClung**

Reader's Choice book for April 20th will be "By Her Own Design", a novel of Ann Lowe, Fashion Designer to the Social Register by Piper Huguley. Hostess will be Sharon Crumpton - information to be emailed to Group. We meet from 10:00 am-noon.



# Lunch Bunch

**April 12, 2023**

April is Spring so let's Spring for a new taste!?! The NEW PANDA Chinese restaurant is located across Nevada on Cheyenne Mountain Blvd and could become a new regular for us! Call GINI to SIGN UP EARLY....she will call there to confirm our reservation during the meeting!! Ni Hao!!

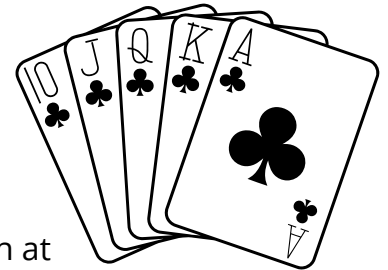
Gini Dugan 507-319-1700



# **NEW** Bridge Group Meeting

**4th Monday of the month @12:30  
Judy Hood's Phone 719-661-0976**

This group is tentatively scheduled to meet the 4th Monday of the month at 12:30. After our first meeting, which will be at Judy Hood's home, at 4815 Newstead Pl. 80906, we will have a more firm schedule of time and dates. The intention of the group is to play bridge for fun and to get to know each other better and to continue to learn new systems. At this point, we have one person who has never played before coming to observe and begin the learning process. Bridge is a card game which is both a memory and a math game. There are always new opportunities to learn more conventions. If others are interested in learning, they are welcome. Warning, I am not a teacher, but I will do my best!



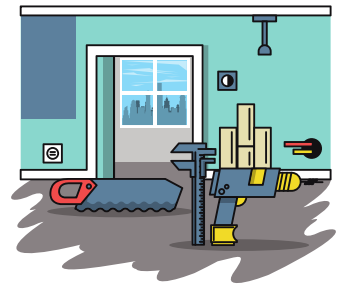
# Decorating Divas

April 11th, 2023 from 1 pm- 3 pm

Where: Carpet Connection, 4250 Buckingham Dr. Ste # 400

Chairs: Nancy Price-Weddle 719-332-2644

MB Shively 719-527-0612, 520-631-8522



All Divas will be meeting at Carpet Connection for a very informative seminar highlighting some of their latest and more unique products. Representatives will be coming from companies in Denver and C.S for carpet, hardwood, luxury vinyl flooring, laminate, gorgeous tile, etc. We will put together some ideas to create your own beautiful areas in your bathrooms, kitchens, or overall flooring. Seating will be provided, as well as tasty refreshments, provided by Carpet Connection.

Please rsvp MB to be included in this very informative, and enlightening experience. Hope to see you all there!!

# Let's Get Lit!



Let's Get Lit is meeting at the home of Barb Coons on April 25 at 6:30pm. We are reading Lessons in Chemistry by Garmus. The group is closed to new members at this time.

# Literary Ladies



Chairs: Mary Kervick and Barbara Monn

Literary Ladies meeting Wednesday, April 5th, 10 am at the home of Sue Bux.

The book is: The Dictionary of Lost Words by Pip Williams.

# WalkieTalkies

**Walkie Talkies**

**Chair: Cheryl Eaton 719-331-5554**

Hi, my name is Cheryl Eaton and I chaired a walk/hike group (Walkie/Talkies) last year. We meet every Friday for a moderate 40 to 1 hour adventure. I have a few locations to explore and enjoy the beautiful scenery of Colorado Springs. I will have a sign-up sheet at monthly meetings and I will send out an email on Sunday stating where and what time. Come join in the fun and fellowship. Depending on the weather, the time will vary. Cheryl tries to accommodate between serious hikers and less serious hikers. So, the hikes are fun and they share friendship and fellowship.



# Howdy CMNC Drama Queens!



## Mark your Calendar

Howdy There, CMNC Drama Queens! We have our lineup for the season so add these dates to your calendars and buy your tickets now. It will always be your responsibly to buy your own tickets. When possible, we will sit together, but that cannot be promised, as I am sure you understand. That is why we try to go to a place to eat afterwards or before we go to the show. (I will need a head count to insure our reservation numbers as soon as you decide to go- sorry I can't promise the restaurant can accommodate us.)

As always, sign up, AND text me if you plan to go: Chelley 719-640-0069.

All events are open to CMNC folks and their guests, partners, spouses, or friends.

## Community Sing Along

**Sunday, April 2nd from 5-7**  
**182 E. Cheyenne Mountain Rd.**  
**Colorado Springs, CO 80906.**

An old fashioned sing along at our favorite little neighborhood pub Tokki! The first one will be on Sunday, April 2, 2023, from 5-7. Interest will determine future celebrations. If you are part of CMNC you will get a discount on drinks. Chelley and Peter (owner) are setting this up for CMNC and other neighborhood affiliations, but discounts will go to CMNC.



## The Sound of Music

**Sunday, April 30th at 3:00 pm**  
**By Sunrise Players in Briargate**  
**2655 Briargate Blvd, Colorado**

You can get your tickets at the door, but come early.

## Taming of the Shrew

**July 28th at 7:00 pm**  
**Center for the Arts**

Tickets are online.



This play will infuriate you.





# More Drama News!

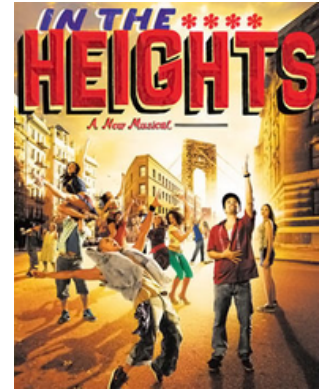
## In the Heights

Sunday, April 2, 2PM

Colorado Springs Fine Arts Center

fac.coloradocollege.edu

30 W Dale St, (719) 634-5581



Music and Lyrics by Lin-Manuel Miranda | Book by Quiara Alegría Hudes | Conceived by Lin-Manuel Miranda, Directed by Pirronne Yousefzadeh From the creator and star of Hamilton comes Lin-Manuel

Miranda's first Tony Award-winning musical, a love-letter to the community in upper Manhattan where he still lives. In The Heights tells the universal story of a vibrant community in New York's Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. It's a community on the brink of change, full of hopes, dreams, and pressures, where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind. A Hip Hop musical with a Salsa beat. In The Heights is the winner of the 2008 Tony Awards for Best Musical, Best Score, Best Choreography and Best Orchestrations.



## Invest in yourself

Friday, April 14th at 10:00 am

121 S. Tejon St., Suite 700

Co-chairs for Investing in Yourself: Ann Ries, CFP, CRPS, CDFA and Grace Lobato, CRPS  
Ann's contact 719-577-6333.

Invest in Yourself activity group will provide education on various wealth planning topics to include investment, retirement, financial, estate, and tax planning as well as ways to manage cash flow, budgeting, and thoughts on funding college savings programs just to name a few. Meetings will be based on timely topics and topics of interest brought up by the group. Free parking will be provided. The topic will be announced at the monthly meetings and guest speakers will be brought in occasionally based on the topic being covered. The day and time of the meetings each month will vary.



**"A good financial plan is a road map that shows us exactly how the choices we make today will affect our future."** ~Alexa Von Tobel

# UFOs

**Chair: Barbara Nisar**

**1st Monday of the month @1:00 Will notify members by email as to place and time**

UFOs is a low key group of women who meet to chat and if wanted, bring an unfinished project to work on while chatting.



# Because We Care

**Lynda DeAngelis**

**719-579-5070**

"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 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!

## Welcome New Members

New Members through March 20th, 2023

Kathy Achenbach

Dorothy Grewe

Patty Kramer

Grace Lobato

Karen Quenaud



**WELCOME**

# Ladies Gourmet

**Third Wednesday**

**Marie Ryan 719-310-7810 & Sharon LeRoy 719-337-0426**

Hello Gourmet Ladies! Most everyone who has spent some time in Colorado may be familiar with a series of cookbooks published by The Junior League of Denver. I have every single one and have cooked and baked my way through so many of the wonderful recipes. Just flipping through the first one published, Colorado Cache, brings back so many great memories of meals I have shared with family and friends throughout the years. Thanks to Sharon Wallace for this suggestion! Our next Gourmet Ladies luncheon will be held on April 19. We will feature recipes from this series of cookbooks.



A hostess is unconfirmed at this time, please contact us if you can host. An email will be sent before the event. Please sign up at our next general meeting.

# Canasta Hand & Foot

**2nd & 4th Thursdays 10am-2/3pm**

**Country Club of Colorado, Gates Grille, below Cheyenne Mountain Resort (downstairs)**

**Chairs:** Edna Clark 719-527-1519 and Lu McCoy 719-540-8681



We'll teach you if you are a little rusty or have never played before. So, come join us for a few hours, get away from your daily routine and make friends! We break for lunch around noon.

# Pokeeno

**2nd Monday, 1pm**

**Chair:** Diane Passno 719-660-0712  
Pokeeno is a game very similar to Bingo. It is fun and very easy to learn. We meet in the homes of individual members, and after playing several games, enjoy a time of refreshment together. Each player brings a \$5.00 unsigned gift bag to contribute to the prize stash, and also adds \$1 to our cash pot for the "grand prize". If you are interested in playing, please contact Diane.

# Mah Jongg

**1st Tuesday**

Mah Jongg continues, thanks to Maria Polelli who will host 2 tables in her home the first Tuesday of each month. Play will begin at 1 pm and continue until about 4 pm. She will provide drinks, or you may BYO. Please sign up at the meeting for this exciting and challenging Chinese tile game. Everyone on the sign-up list will be sent an email with date and time for the next month's play date. Reservations will be accepted on a first-come, first-serve basis.

**Chair:** Maria Polelli, 719-649-4896  
**Contact:** Lu McCoy, 719-201-6348

# Zoom

Hello Ladies,

April will be the last month this year to join us through Zoom . If you are unable to make the General Meeting just text IsaBelle Rowsey at 719-651-9656 with your name and email by the evening of the second Tuesday.

Thanks, IsaBelle



## Movie Club

Please note the April meeting is an exception to the usual format, we'll be meeting on the 2nd Tuesday and spouses are welcome.

### Either the 3rd Tuesday or 3rd Sunday

The Reel Deal movie club meets once a month on either the 3rd Tuesday or 3rd Sunday for an afternoon movie. Those who are interested gather at a nearby establishment for refreshments or a meal after the movie. Tuesday meetings are for ladies only; spouses/partners are welcome to attend on Sundays. Please contact Becky Wetzel (719-200-2859) if you're interested in joining!

April meeting: April 11 – mid-afternoon matinee (movie schedules permitting) followed by dinner at a nearby restaurant for those who are interested. Spouses are welcome! I'll send out the movie options for a vote on April 8.

Where: Cinemark Tinseltown (on Tuesdays with a free Movie Rewards membership, you can purchase your ticket for \$5.75; otherwise it's \$6.25).

## Birthdays April

Tariro Chibodo April 3

DeLynne Dean April 5

Cynthia Frank April 7

Ximena Leeper April 10

Lidia Verdier April 15

Carole Raabe April 22

Margaret Brettschneider April 23

Kourtney Bryant April 27

Jackie Whipple April 29

Judy Hood April 29

Elizabeth Miller April

Julie Newman April

Ella Ragan April



## Nurturing Yourself

**A continuation of navigating and flourishing, with grace, as we age.**

### First Thursday 2-4pm

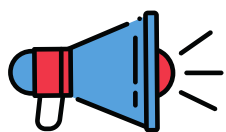
We cover thought-provoking topics and the sharing of ideas while supporting each other from wherever we are on our path.

Past topics have included: Being Fearless; Female Friendships; The Joy of Imperfection; to mention a few.



# April 2023

MON	TUE	WED	THU	FRI	SAT	SUN
27	28	29	30	31	1	2 In the Heights Community Sing Along
3 1:00 pm UFOs	4 1:00 pm Mah Jongg	5 10:00 am Literary Ladies	6 2-4 pm Nurturing Yourself	7 Walkie Talkie	8	9
10 1:00 pm Pokeno	11 Decorating Divas Movie Club	12 9:30 General Meeting Lunch Bunch	13 10-2ish Canasta Hand and Foot	14 Walkie Talkie Invest in Yourself @10	15	16
17	18	19 Ladies Gourmet	20 10-12 Reader's Choice	21 Walkie Talkie Wine and Friends	22	23
24 12:30 Bridge Group	25 6:30-8:30 Let's Get Lit	26 4:00 Invest in Yourself	27 10-2ish Canasta Hand and Foot	28 Walkie Talkie	29	30 The Sound of Music @3:00



- Remember to bring donations for Gleaners at each meeting