

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
Lites0n7@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.

December 2016



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

Presidents Message

Hello everyone!

We had a phenomenal November program for Cheyenne Mountain Newcomers at our general meeting with Aron McGuire, GM of the Olympic Training Center sharing with us the accommodations they offer for our Team USA, Jr Development teams and other world teams that come to visit. Then, captivating us with just some of her story and track cycle journey since a young girl, World Champion and Multi-medal Olympian, Sarah Hammer! Proud mom, Randi Hammer reminded us to please be sure you watch the documentary style movie on Netflix called "Personal Gold – An Underdog Story". I just watched it and WOWWWWWWWW!!! What a journey!! Watch and keep recommending as it's so very important for people to know what certain TEAM USA athletes actually go thru just to compete and achieve their goals and dreams.

Thank you for supporting your activities and chairpersons. Thank you for inviting guests as each time we have some come to be with us, I believe a few have decided to join on the spot or later too. YAY!

Our next special gathering at general meeting is for the Christmas luncheon! Be sure you have sent in your RSVP by THURSDAY, DECEMBER 1st if you weren't at the November meeting. A delightful musical program upstairs at 10am in the sanctuary and then downstairs for a scrumptious catered lunch by Nikki of Palmer Lake. We will set up the afternoon prior so if you are participating in helping with table décor please bring then. Guests are \$15 and due to be mailed or turned in by DECEMBER 1st also.

Let's keep reaching with donations to support our Adopt-a-Family programs. I'm sure we can fulfill all the needs for this year we have committed to help with, and you may know someone who would like to help out too. Thanks in advance Ginny and we appreciate and support you greatly in this honor to your husband. Let's rally and make it the best ever.

What a fast fall and now with holidays upon us may you and yours be blessed abundantly.

Sincerely,
Lynette & Judith (Your Co-Presidents)



You are invited to the CMNC Holiday Luncheon
Wednesday, December 14th

10:00 AM Program in upstairs chapel
Colorado Springs Conservatory

Catered lunch to follow in meeting room

If you did not sign up at the November
meeting, please **RSVP** by **December 1st** to
MB Shively - mary.shively@comcast.net or
719-527-0612 / 520-631-8522

General Meetings



Programs

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

**December 14th, 10AM, Upstairs Chapel,
Broadmoor Community Church**

Students, mentors and alumni of the **Colorado Springs Conservatory** will present a music program of upbeat classics and seasonal selections. Vocal, instrumental and carol sing-a-longs will all be part of this special program. Linda Weise, CEO and founder, will be bringing an outstanding group of artists sure to put you in the holiday spirit.

Gleaners - No December Gleaners, Save Donations for January

Chair: Barbara Coons 375-3231

lites0n7@aol.com

Books We Read

Happy Bookers- No Book

Happy Bookers are having their Christmas luncheon on December 7th at the home of Susan Jones.

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

Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

Reader's Choice-3rd Wednesday, Dec 21st, 10 AM.

Chairs: Karen Halverson 715-340-1288

farleyhalverson@gmail.com

Randi Hammer 951-491-3051

hammerrandi@yahoo.com

Literary Ladies- No Book

Christmas party at the home of Susan Puryear December 7th, 10 AM,

Chairs: Valerie Smith 213-8685

valerieannsmith2003@yahoo.com

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

Novel Women-1st Wednesday, December 7th, 11:30 AM, Home of Grace Kalay

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

The ladies of Novel Women are looking forward to their second annual Christmas Potluck Luncheon and Secret Santa Book exchange. Good food, warm company and festive cheer are eagerly anticipated by all.

Hospitality

Chair: Carolyn Spillane 579-0771

Carol Collins 578-0620

The November meeting included both super-delicious, gorgeous foods (many thanks to all who volunteered!) AND an entertaining program on preparing for world-class sports achievements, with talks by the director of the Olympic Training Center, and by Sarah Hammer (multiple-medal Olympic speed cyclist) and her mom, Randi. We all were impressed by the enormous commitment of time, pain, and excruciating work it takes to be a successful Olympian.

And November also marked a total change in about a fifteen-year history of the physical set-up of the room for our meetings, now being taken over by the church. For that many years we had the hard-working and selfless volunteer efforts of four of our club's husbands (John Wallace, Eric Brettschneider, Don Banta, Charlie Helmstetler) who arrived about 07:00 on meeting day mornings, muscled out all the tables & chairs & whatever else and set them up however necessary for that meeting's program.....and then returned immediately after the meeting to reverse the work and leave the room correctly arranged for whatever the church needed that afternoon. In addition to a monthly small plate of cookies, the club showed its appreciation to them with annual gift certificates to Home Depot. We owe a huge debt of gratitude to these wonderful men!

Because We Care

Chair: Sharon Wallace 579-7529

sharon.m.wallace@comcast.net

December is a month of deep religious and cultural meaning. It is filled with food, fun and exciting festivities. However, joyful as the month is, illness and sadness still exist. If you know of someone who could use a card or a helping hand please contact me. Many of our members have no family near to spend quality time with. If you can, reach out and share some holiday cheer with someone. Why? Because We Care.

Food & Wine



Ladies Gourmet/Culinary Cruising - Place: Broadmoor Hotel

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

Plans are being made to attend the Wassail Tea at the Broadmoor on a Friday in December at 4:00 pm. Cost for the tea is \$12.00 which includes holiday sweets, hot chocolate, coffee or wassail. We will discuss dates at our Cookie Exchange.

Wine & Friends - December 31st, 7:30 - 10:00 PM Place: Home of Sharon & Doug Cotter 4440 Star Ranch Rd

Chairs: Nancy Allen 358-7899
NancyAllen6782@comcast.net
Linda Weber 717-725-4157 Springweber@gmail.com

DETAILS: Come ring in the New Year dressed in your best cocktail clothes! Bring a dish to share and your favorite wine; champagne will be provided as the ball drops on the new year. Wine and Friends would also like to welcome any CMNC members who are not actively involved with Wine and Friends to come together for this wonderful celebration. If you are not currently on the W & F email list, please RSVP to Nancy Allen at 719-358-7899 or drop an email at NancyAllen6782@comcast.net. I want to thank Sharon and Doug ahead of time for hosting this wonderful event! See you there!

Saturday Night Supper Club - Change to 2nd Saturday this month, December 10th, 6:00 PM Place: TBD

Chairs: Sue Bux sebux1060@comcast.net
Dottie Leib tdtc@aol.com
Marie Poyzer marieacp@yahoo.com

Thanks to our four November hostesses for generously opening their homes for our dinners. Because of the Christmas holidays, our December dinner will be on the *second* Saturday which is very early - December 10th. Please join us as we get in the Christmas spirit with Jeanne's stuffed crown roast of pork, sautéed apple salad with Roquefort and walnuts, roasted vegetables and ending with a delicious Cinnamon Raisin Semifreddo. We still need hostesses for this month, so please offer your home and let us enjoy your Fall or Christmas decorations. With over 40 participants, we'll need to hostess more than one or two times.

Please contact Sue, Dottie or Marie before the December 2 deadline. We look forward to seeing you. Will be back on our regular 4th Saturday schedule in January.

Health & Wealth



Nurturing Yourself - 1st Thursday, December 1st, 2-4 PM,

Place: Home of Lynda DeAngelis

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, lively discussion, some local "field trips", and of course laughter.

This month as we head into the chaos of the Christmas season, we'll take a look at the Gift of Self Care. We will be reviewing our Gratitude Diaries and discussing other healthy resources we can all develop and use to help us keep our sanity during this typically stress-filled time of year. **Please RSVP directly to Lynda DeAngelis by Friday, November 25th** if you plan to attend. Be sure to send Ellen your contact information if you would like to be kept apprised of our doings this year

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 - No December Meeting,
See you in January*

Chair: Janis Cross 577-6322

janis.cross@morganstanley.com

Wholistic Nutrition - 1st Thursday, December 1st, 10 AM

Place: Home of Ingrid Hullman

Chairs: Helen Barcay 330-9724

helenbarcay@comcast.net

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.

These days a "diet" is not just for losing weight but for lowering cholesterol, managing diabetes and a host of other goals toward establishing overall wellness. With so many diets touted as the best for one and all, what are we to make of them? We will meet at the home of Ingrid Hullman and enjoy healthy snacks as we investigate the most prominent diets that abound in the nutrition press today. From the Mediterranean to Atkins to South Beach to Flexitarian – and many more. What are the pros and cons; who is the diet best suited to; financial and/or other considerations; nutritional soundness; ultimate goal(s) for each diet.

Please RSVP to Helen. Thank you. Yours in health and wellness.

Hiking - 2nd & 4th Fridays

Chair: Pam Pappas-Jones 576-7609 kpjppj@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.

Fun Things To Do



Decorating Divas - Change to 2nd Saturday this month,

December 10th, 9:30 AM - 1 PM

Place: Patty Jewett Golf Club

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

All Divas will be meeting at the Patty Jewett Golf Club for a fabulous Breakfast Brunch. We will then leave to go to the annual Olde North End Holiday Home Tour, benefiting TwoCor. This organization helps disadvantaged youth in our community with problems of delinquency, unemployment, and homelessness with unique vocational training programs.

Please join us for another fun day of great food and wonderful holiday decorating ideas. Please rsvp Monica to be included for the festivities and she will email specifics.

Movie Mavens - Sunday after General Meeting

Chairs: Audrey McGuire 540-5613

Audre811@gmail.com

Linda Steckel 659-2342 lhall7311@comcast.net

This is your invitation for a fun outing with the Movie Maven's group. It's very causal - singles, couples or friends can join us. We always enjoy the movies and the conversation afterwards at dinner. There are usually several movies to pick from - we all don't have to go to the same movie but it fun when we do:)) There are several movies coming out that look interesting, at least according to the previews. All those signed up at the General Meeting or are on the Movie Mavens mailing list will be emailed December 16th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, December 18th. Please RSVP by replying to the message, indicating the number of people attending in order for us to make the reservations for dinner. We will meet in the lobby of the selected theater - details will be in the message on the 16th. We are looking forward to seeing you on December 18th!

Linda and Audrey

Welcome to Colorado - Thursday, December 15th, 11am, Rosemount Museum, Pueblo

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

We'll be visiting the Rosemount Museum in Pueblo on Thursday, December 15. Built in 1893, this 37 room mansion was home to John and Margaret Thatcher and named from Mrs. T.'s favorite flower. Rosemount has been called "Colorado's own crown jewel" and has been featured on A & E's "America's Castles." She'll be all decked out for the Christmas season so plan to join us for this special holiday tour. Afterwards, we will have lunch at The Place, an Eatery on the Riverwalk which specializes in upscale, fresh foods prepared in an elegant setting. And...there's a gelato bar!

We will meet at the **Country Club Corners lot by the Hatch Cover at 10am** and will carpool to Pueblo from there. The cost of the tour is \$4.50 pp so please RSVP and pay Judy by the day of the general meeting. We will pay separately for lunch.

UFOs - 1st Monday, December 5th, 1 PM,

Place: Home of Barbara Nisar

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 The 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.

Monthly Activities: Calendar is always available on webpage newsletter link

note changes in red due to holiday

	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>
Monday	8am strong women 1pm ufos	8am strong women 1pm pokeeno	8am strong women 10am Mexican train	8am strong women
Tuesday				
Wednesday	10am literary ladies 11:30am novel women <i>2pm happy bookers</i>	10am general meeting	10am readers choice	
Thursday	10am wholistic nutrition 2pm nurturing yourself	10am canasta	10am welcome to colorado	10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg	9am hiking
Saturday		<i>9:30 am decorating divas</i> <i>6pm supper club</i>		<i>12/31 wine & friends 7:30pm</i>
Sunday			1pm movie mavens	



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: