

Cheyenne Mountain Newcomers Club

Vol. 31, Issue 6 , February 2016

Presidents' Message

In the words of the great rockabilly artist Jerry Lee Lewis: "there's a whole lotta shaking going on" in our club, February 2016. We have added four new activities to our roster, which gives us at least twenty-eight different opportunities to have a good time. These activities include a new book club group (Reader's Choice); a group focusing on nutrition and integrative wellness (Wholistic Nutrition); a group interested in attending the Colorado Springs Symphony (Philharmonic Music Makers); and a soon-to-be new hiking group. THANK YOU, Activity Chairs.

Heads up! The Board is going to work on redesigning our current CMNC web page. We're getting started on this project in February and promise that you will be pleased with the results. One of our goals is to make the website more user friendly and informative to prospective members.

Our spring luncheon is right around the corner, and you will be getting more information on this event in the near future. ("goodness gracious great balls of fire" JLL).

Meanwhile, Jerry Lee sings it best: "... come along baby, baby you can't go wrong. We ain't fakin, a whole lotta shaking going on".

Try something new, try something again, just do it, and bring a friend!

Have a good month!

Janie and Susan

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465-2455

jtlevi1@gmail.com

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suebugrn@gmail.com

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**The CMNC Webpage is available at
www.cmncos.org . The user name is
CMNCC and the password is cmncos09.
For more information contact: Linda
Steckel, Webmaster at
webmastercmnc@gmail.com**

NOTEWORTHY

Delay or cancellation of D-12 schools means our CMNC meeting is cancelled.

A prospective member shall be required to pay membership after attending two club functions.

CMNC General Meetings are held at 10:am on the 2nd Wednesday of each month at Broadmoor Community Church, 315 Lake Avenue, Colorado Springs, 80906. Refreshments are served beginning at 9:30 am.



CMNC General Meeting

PROGRAMS

Chair IsaBelle Rowsey 633-0112
Karen Thomas 757-272-2517

MAKING HISTORY COME ALIVE

Have you ever wanted to spend time with an important person from history? "History Comes Alive" this month with Mr. David Wallace as he portrays the "Father of his country", George Washington, in period correct clothing. Mr. Wallace is a native of Colorado and is a former Colorado Springs teacher who taught for over 40 years. His passion is bringing historical figures to life. A question and answer period will follow his presentation as well as photo opportunities. We will enjoy an engaging morning as we step back in time together.

BECAUSE WE CARE

Chairs: Sherrie Denton 576-0483
sherriedenton@gmail.com

BECAUSE WE CARE exists to help members of CMNC. While we are a social club and not a service club, we do try to assist members in the short term when needed. Please notify the BWC chairperson if you are aware of a member needing assistance. We will notify the member of the group who can decide how to assist. We are not qualified to handle long term situations. That assistance needs to come from your Church group, close friends or the proper medical persons. We DO want to assist any way we reasonably can.....BECAUSE WE CARE!

HOSPITALITY

Chairs: Carolyn Spillane 579-0771
Sharon Trapman 930-5896

Didn't the January food table look beautiful, thanks to Susan Bygren's silvery & glittery winter decor? We're looking forward to three more months of wonderfulness, thanks to the super ladies who volunteered last month to dress the tables in February, March, & April -- hooray for them!

And speaking of volunteering, how about some additional scullery maids? We would love to welcome some new hard-workers to join us and learn the business before the end of the season. It's true that we work hard, but don't forget that we're always the closest to the food!

GLEANERS

Day: The day of the General Meeting

Chairs: Barbara Coons 375-3231
lites0n7@aol.com
Mamie Duffendack 576-7221
mamieksilvertooth@yahoo.com

Our Gleaners project for February will be Springs Rescue Mission. At this time, they are asking for hand warmers, hats, gloves, scarves and socks.

As always, we will continue to take donations of clean glass bottles or jars for Marion House to distribute left-over food each day; also, pop tops for Ronald McDonald House & empty pill bottles for West Side Cares. Thank you for your generosity!

UFOs

Day: Monday
Date: February 1st
Time: 1:00 PM

Place: Home of Merle Ellis

Chairs: Barbara Nisar 439-4698
barbara80906@hotmail.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.



Let's Get Physical

STRONG WOMEN

Day: Every Monday at 8 AM
Place: The Palisades
Bring: Your own hand and ankle weights
Chairs: Marjorie Baker 355-3212
 Linda Schierholz 330-0898

All of us Strong Women exercisers will be meeting at Marge Baker's house every Monday morning at 08:00. 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!

HIKING

Day: 1st Friday and 3rd Thursday
Date: Starting in March
Time: TBD
Place: TBD
Chairs: Pam Pappas-Jones

If you like fresh air, sunshine and spectacular scenery, hiking is for you! Starting in March we will meet the 1st Friday and 3rd Thursday of the month weather permitting. 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. There will be a sign up sheet at the February meeting.

NOVEL WOMEN

Day: FRIDAY
Date: February 3rd
Time: 10:00 AM
Place: Home of Nancy Allen
Chairs: Robyn Hamilton 344-8731
Book: "Where'd You Go, Bernadette?" by Maria Semple



Games We Play

CANASTA

Day: 2nd and 4th Thursdays
Dates: February 11th and 25th
Time: 10:00 AM - 2:30 PM
Place: The Cheyenne Mountain Resort
Chairs: Carol Banks 817-692-9137
 starbenterprise@sbc
 global.net
 Edna Clark 527-1519
 edna39@pcsys.net

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.

MAH JONGG

Day: 1st and 3rd Fridays
Dates: February 5th and 19th
Time: 10:00 AM - 2:30 PM
Place: The Village at Skyline, Building 4
Chair: Clare Gardner 559-2217
 rhgcg7314@msn.com
 Judy Finkelstein 579-0734
 mjfine2@gmail.com
 Mikell Kooker 667-5720

Mah Jongg is an ancient Chinese game that is played with tiles. If you like to play cards you will like this game. We welcome any ladies who would like to learn a new, and sometimes addictive game.

We hope to sign up some new players at the General Meeting who we will be happy to have join us. If you have been hesitating about learning now is the time. We love to teach new players and make new friends so think about joining us.

Please bring your lunch. We will provide coffee and tea. The hostess of the week always provides a wonderful dessert.



Food, Glorious Food

SATURDAY NIGHT SUPPER CLUB

Day: Saturday
Date: February 27th and March 12th
Time: 6:00 PM

Place: TBD

Chairs: Sue Bux 635-4116
 sebux1060@comcast.net
 Dottie Leib 527-1558
 tdtc@aol.com

Thanks to Ruth Ash and Kay Hosie for opening their homes for our January dinner.

This month we'll enjoy a menu from the Big Easy with Dottie Leib's Jambalaya. The sign-up deadline for this February dinner is Friday, the 19th.

Due to Easter falling on the last weekend of March, our March dinner will be held the 2nd Saturday, March 12. Sharon Wallace has prepared a menu with a touch of Italy featuring Italian Stuffed Meatloaf. The deadline for signing up for this dinner is Friday, March 4, before our CMNC meeting. You may sign up for these dinners at the February meeting or by calling or emailing Sue or Dottie. We hope you'll join us both of these months to enjoy visiting with other CMNC members and their husbands and to enjoy a good homemade dinner without doing all the work.

We usually need two or three hostesses so please look at your calendar and sign up to host a month or two. We look forward to seeing you for dinner on February 27 and again on March 12.

LADIES GOURMET

Day: Wednesday
Date: February 17th
Time: 11:30 AM
Place: Home of Carolyn Spillane

Chairs: Harriet Tuckman 650-796-7595
 inplace@comcast.net
 Evelyn Longo 576-9942
 jerseydd55@yahoo.com

This month our menu will consist of "love foods". Stop by our table at the general meeting to sign up and pick a recipe. If you can't make the meeting but would still like to attend, please email Evelyn by February 12th.

MEXICAN TRAIN

Day: Monday
Date: February 15th
Time: 10am

Place: The Cheyenne Mountain Resort

Chairs: Carol Banks 817-692-9137
 Connie Bourke 719-576-5401
 bourkec@comcast.net

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.

POKEENO

Day: 2nd Monday
Date: February 8th
Time: 1:00 PM until 3:00 PM (or later)

Place: Home of Maria Polelli

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

Pokeeno is a fun and easy game similar to Bingo using playing cards vs. a wire tumbler. Come join us for a delightful time getting to know a great group of ladies on the second Monday of each month. We start at 1:00 pm and play until about 3:30 p.m. Hope to see you there.

THE LUNCH BUNCH

Day: Wednesday
Date: February 10th
Time: 11:30 AM

Place: Edelweiss, 34 E Ramona Ave

Chairs: Judy Finkelstein 579-0734
 mjfine2@gmail.com
 Jean Enright 203-6005
 dje3113@aol.com

This month we will be having lunch at a great German restaurants and one that supports our club by advertising in our Directory. Now it is our turn to support them. Edelweiss is an old favorite of ours and we have never been disappointed when we have dined there. The food is always wonderful and the service is great.

As always, if you wish to join us, sign up at the table at the back at the General Meeting. We hope to see you all there.

SINGLES GROUP

Date: February 11th
Time: 5:30 PM
Cost: Free Dinner, Cash Bar
Place: The Blue Star
Event: A pre-Valentine Dinner and a Teachable Moment

Chair: Ann Montgomery 226-6769
Barbarah Coleman 550-8999

Come and enjoy a succulent dinner in the Wine Cellar Room at the Blue Star Restaurant. Your hostess presenting this early treat for Valentine's Day is none other than CMNC's Chairperson of Women of Wealth, Janis Cross. She will lead a brief discussion on "How to Not Outlive Your Money: Surmounting Your 5 Biggest Challenges in Retirement."

We promise you a great evening of elegant dining at the Blue Star Restaurant, and a great discussion on a timely topic that affects all of us!

There is limited seating for 18 persons. Please let Ann or Barbarah know if you plan to attend no later than the evening of February 3rd. If you wish to have more information on this fabulous night, please call Janis Cross at 719-577-6322.

WHOLISTIC NUTRITION

Day: Thursday
Date: February 4th
Time: 10:00 AM - note time change
Place: Home of Debbie LaBarre

Chair: Helen Barcay 330-9724
helenlind@comcast.net

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.

This month: Do you subscribe to the practice of "nutritionism" – eating nutrients rather than simply eating food? Does our food need defending from the food manufacturers on one side and nutritional science on the other? Would you like to escape the unhealthy practices of a Western diet and return to meals that are simple, wholesome and pleasurable while still avoiding the chronic illnesses that plague our populations?

We will be watching Michael Pollan's film "In Defense of Food: An Eater's Manifesto" which will offer simple, practical advice on the relationship between food and health. Please bring a healthy – and tasty – movie snack to share.

BIRTHDAY BELLES

Day: Wednesday
Date: February 10th
Time: 11:30 AM

Place: Edelweiss

Chairs: Ximena Chacon 964-6153
de Leeper ximena.chacon.leeper@gmail.com
Anita Livingstone- toadee26@gmail.com
Pirraglia
Carol Banks starbenterprise@sbcglobal.net

Happy Birthday to our February ladies:

Barbara Monn 2/2	Ann Montgomery 2/5
Kwanza Amacher 2/6	Janis Cross 2/7
Pamela Street 2/11	Elizabeth Burnett 2/11
Nancy Allen 2/12	Lisa Lucke 2/12
Mamie Duffendack 2/17	Jean Enright 2/17
Kim Kumsuk 2/17	Gail Cola Laubach 2/18
Ann Dunker 2/18	Nancy M. Davis 2/19
Eleanor Gentillini 2/25	Diane Carson 2/27
Jaquie Peterson 2/27	Rebecca Kluck 2/28
Betty Marshall 2/28	

The Birthday Belles will join the Lunch Bunch for lunch immediately after the General Meeting at Edelweiss.

WINE AND FRIENDS

Day: Friday
Date: February 19th
Time: 7:30 PM

Place: Home of Dottie Lieb

Chairs: Bobbie 635-2373
Alberts bobbiealberts@comcast.net
Elaine Brush 510-5784
elainebrush@gmail.com

W&F members who RSVP bring food, wine, and good cheer to share at a host home. Husbands and significant others are always invited. Yearly dues - \$5/couple, \$3/single.

An email with details will be sent to members.
You are invited to bring an Italian wine.



Live and Learn

WOMEN OF WEALTH

Day: Tuesday
Date: February 23rd
Time: 9:30 AM
Place: Ski Barista Coffee Shop

Chair: Janis Cross 577-6322
 janiscross@mssb.com

It's a 2016! Is your portfolio ready for the New Year? 7 out of 10 women will outlive their husbands and be forced to take over managing their assets. Even if you hire a money manager, you will need to be able to read a financial statement and understand your performance. BE PROACTIVE and join us in a non-threatening environment for a course in managing your money. We'll cover stock selection, mutual fund analysis, long term care insurance, hiring a money manager, asset allocation, bond analysis, and other timely subjects.

We meet the 4rd Tuesday of the month at 9:30 am – 10:30 am. Bring paper, pencil and questions. We will meet at the Ski Barista coffee shop, 124 East Cheyenne Mountain Blvd, on February 23rd, 2016 . For questions call Janis at 577- 6322.

DECORATING DIVAS

Day: Tuesday
Date: February 9th
Time: 1:00 PM

Place: Home of Elaine Brush

Chairs: Nancy Price 520-5088
 Weddle np-interiors@comcast.net
 659-2613
 Monica Sharp monicasharp@kw.com

The Divas will be meeting at Elaine's beautiful and interesting home in February. A few years ago, the Divas went to her home and gave some ideas to them. Elaine will talk about the many wonderful artistic items, colorful artwork, and also show us the additions and changes they made as a result of the Divas ideas. I will bring many pictures and accolades the Divas have participated in the past decade. We will also talk about the new color trends this year. Please rsvp Monica if you wish to attend.

NURTURING YOURSELF

Day: Tuesday
Date: February 2nd
Time: 2:00 - 4:00PM

Place: Home of Elaine Brush

Chairs: Robin Tapp 520-3801
 balancedhealth@earthlink.net
 Ellen 266-4817
 Lukasuk ellenb47@gmail.com

Are you someone who wants to take better care of herself, but isn't sure how? Do you like to converse about topics that are a little deeper than, "Where did you get those shoes?" Then Nurturing Yourself may be just the group for you.

This year's agenda includes an array of thought-provoking and conversation-stimulating short documentary films such as "I Am" and "Fabulous Fashionistas." At each meeting we will view the selected film and follow up with discussion and very possibly a good dose of laughter.

At our February meeting, we will be viewing "America the Beautiful", dealing with body image. Please RSVP directly to Elaine by Friday, January 29th 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

PHILHARMONIC MUSIC MAKERS

Day: Friday and Saturday
Date: February 5th and 6th

Time: 7:30 PM
Place: Pike's Peak Center

Chairs: Pamela Street 527-1002
 pstreet@cm9440.com

The first classical music many of us heard but didn't realize it was the background of cartoons!

Come enjoy the music and the cartoons as the Colorado Springs Philharmonic Orchestra takes us back in time! Call Sarah at the Philharmonic office (602-5381 ext. 458) to purchase a ticket to be held for you.

Bugs Bunny at the Symphony
 February 5th and 6th at 7:30 both nights.

MOVIE MAVENS

Day: Sunday
Date: February 14th
Place: Tinseltown or Kimballs
Chair: Audrey McGuire 540-5613
Linda Steckel 659-2342

Good movies coming up, 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 February 12th. In the message I will tell you which theater, show times, restaurant and time we are meeting on Sunday, February 14th. Please RSVP by replying to the message, indicating the number of people attending in order for us to make reservations for dinner. We will meet in the lobby of the selected theater.

We are looking forward to seeing all of you on Valentine's Day - February 14th

WELCOME TO COLORADO

Day: Friday
Date: February 26th
Time: 10:00 AM
Place: Kemper Galleries
5420 N Academy Blvd
Lunch at Red Lobster
Chairs: Judy Finkelstein 947-0724
mjfine2@gmail.com
Carol Banks 817-692-9137
starbententerprise@
sbcglobal.net

This month we will be visiting the Kemper Galleries. They are the largest free standing art gallery in Colorado with over 12,000 square feet of painting and sculpture. There will be a short talk and then the staff will be happy to help us as we explore this wonderful venue on our own.

After the gallery visit we will be having lunch at the Red Lobster.

Please sign up at the table at the back of the General Meeting or reply to this email if you wish to join us.

LITERARY LADIES

Day: Wednesday
Date: February 3rd
Time: 10:00 AM
Host: Cheryl Baeza
Chair: Margaret 633-4661
Brettschneider ebrettmbour@aol.com
Cheryl Baeza 579-7435
hechb2cs.com
Leslie Herzog 540-2247
jlherzog66@gmail.com

Book: "Caleb's Crossing" by Geraldine Brooks

Unfortunately, membership in Literary Ladies is closed for now.

HAPPY BOOKERS

Day: Wednesday
Date: February 24th
Time: 2:00 PM
Place: Home of Ann Dunker
Chairs: Barbara 576-3569
Potter bkpotter2003@yahoo.com
Book: "Ladysmith" by Giles Foden

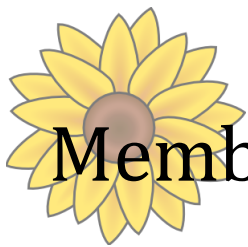
There are no membership openings in Happy Bookers at the moment but we wish you all happy reading in 2016!

READERS CHOICE

Day: 3rd Wednesday
Date: TBD
Time: 10:00 AM
Host: TBD
Chair: Karen 340-1288
Halverson farleyhalverson@gmail.com
Randi Hammer hammerrandi@yahoo.com

Book:

Please contact Chairs for more information.



Membership

NEW/RENEWING MEMBERS:

Patti Allison 447-5162
hantayo2go@yahoo.com

DIRECTORY CHANGES/CORRECTIONS

MOUNTAIN MEN (C3M's)

Day: 2nd Thursday
Date: February 11th
Time: 8:00 AM

Place: Village Inn, Harrison and S. Circle

Chairs: Rich Tuttle richtut@aol.com

The Mountain Men is an informal group of about 40 men who meet once a month for breakfast, good fellowship, and to plan outdoor activities. These activities normally consist of monthly hikes in the mountains. If interested in joining this group, please contact Rich Tuttle. All contacts are made by email so please be sure we have your correct email address.

COMMUNITY BULLETIN BOARD

We are starting a Community Bulletin Board that will be located in the foyer of the church before our meetings. This is an opportunity to bring in information that you would like to share concerning community events that are dear to your heart. They could be concerning fund raisers, like Art in the Park or Heart Ball but please nothing that will be soliciting money for personal gain. They need to be approved by Susan K. Jones @ sjsjones@aol.com or 719.963.5262 four days before the meeting.

Cheyenne Mountain Newcomers Club
P.O. Box 60001
Colorado Springs, CO 80960

Change Service Requested

CMNC MEMBERSHIP

Please 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:	
Name:		New	Renewing
First	Last	Spouse:	

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

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

Membership year runs June 1 to May 31