

WEBPAGE
Cmncos.org.

NEWSLETTER
cmncnewsletter@gmail.com

Executive /Board

Co-Presidents

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

Judith McKay 799-6449
jlmmckay@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.

February 2017



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

Presidents Message

Hello CMNC members!

We are now well on our way into 2017! It was some wild winter weather "and then some" with that WIND to start it out! Enjoying the calm now.

What a fantastic program at the January general meeting we had to find out more about Emergency Pre-Planning for our loved ones. What we learned is all great information to prepare and be part of our resolutions for the new year. Our next program will be with the Humane Society.

Looking ahead, it is time for E-Board nominations and voting in new officers to carry us thru the next year. These are important positions for a group this size and we look forward to making the right selections. Thank you to those working behind the scenes to help make it run smoothly. Also, thank you so much to volunteers and activity chairs for working with your jobs that you have committed to and groups that you are responsible for. It's fun to see pictures emerge and stories be told of the gatherings and outings. We want to continue to reach out to those around us and invite them into our circle.

For the spring, we have Febra Pope that is putting together the luncheon in May. She has a beautiful facility to host this thru at The Pinery. If you wish to be helpful to this committee or otherwise please let us know. I know we are looking forward to a wonderful celebration when that time arrives. Here is to your Fabulous February together!

Lynette and Judith, Co-Presidents

Nominating Committee & CMNC Slate 2017 - 2018

The Nominating Committee is in the process of recruiting CMNC members to serve on the 2017-2018 Executive Board. Board positions include two Co-Presidents; two Co-Vice Presidents; one Treasurer; one Secretary; and one Communications Director. The Executive Committee meets once a month prior to the general meeting.

CMNC bylaws dictate that we present our new slate of officers at the March general meeting, and vote on this slate at the April general meeting.

If you are interested in a position for the upcoming year, a truly interesting and fun experience, please contact one of us.

Susan Puryear	suebugrn@gmail.com
Janie Levis	jtlevis1@gmail.com
Nancy Price	np-interiors@comcast.net
Harriet Tuckman	inplace@comcast.net
Mamie Duffendack	mamieksilvertooth@gmail.com

General Meetings



Programs

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

Humane Society of the Pikes Peak Region - Happy Tails, Happy Hearts

How appropriate that our February program is entitled Happy Tails, Happy Hearts. Jan McHugh-Smith, President and CEO of the Humane Society of the Pikes Peak Region, will be our speaker. Jan will tell us about the history, mission, activities and volunteer opportunities for the Society. So, in essence an animal Valentine! Did you know that all available for adoption dogs were adopted in December? What a success.

***If you missed January's meeting you may download the FREE, 4-page In Case of Emergency checklist and the forms you need all the time, such as the child care, senior care, dog care and cat care forms at: <http://productiveleaders.com/free/> from Mary Kelly's In Case of Emergency, Break Glass! program. If you have any questions, contact Mary@ProductiveLeaders.com. ***

Gleaners - Day of the General Meeting

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

SILVER KEY

Silver Keys vision is to make the **greater Colorado Springs area the best in the nation to age.**

They advocate for senior empowerment & offer a variety of services to maintain independence, safety & quality of life. In 2015, their nutrition program delivered & served 172,990 meals & provided 23,591 boxes of food, in addition to their emergency food pantry. Their traditional thrift shop has merchandise ranging from jewelry to furniture & everything in between, AND they also have a program providing durable health equipment.

This month, we are collecting: diabetic friendly/low sugar foods, pet food (dry or canned), toilet paper, toothbrushes, & denture cleaner. These are the things they consistently need!!

Hospitality

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

Thank heavens that what we're calling "Satan's winds" (90-100 mph gusts!!) stopped in time for everyone to get to the January meeting without carrying an anchor. The food tables were filled with tasty goodies, thanks to generous volunteers, and all dishes were guarded by an army of snowmen, thanks to Lynette. We thought the program was both entertaining and of vital importance.

For February we'd love to have a few more volunteers for food for the table -- please just give us an email. And while we were thrilled at the January meeting to receive decor sign-ups for April, at the moment we still need a volunteer for table decor in March.....shamrocks anyone??

Because We Care

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

Let us all hope that 2017 brings good health and happiness to us and those we love. However, we all know such is not always the case for some. Resolve to reach out to members in need. A kind word or a gentle hug can mean so much to a member who is not well or trying to cope with illness or the loss of a loved one. If you know of someone in CMNC whom I could send a card to on behalf of the membership please let me know. If someone might appreciate a meal or transportation to an appointment please contact me and I will speak with chairpersons in Special Interest Groups that the member is active in. We all can help friends at difficult times. Why? Because we care.

Food & Wine



Ladies Gourmet/Culinary Cruising - 3rd Wednesday, February 15th, 11AM

Note Time Change

Place: Seeds Community Cafe

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

This month, Anita has set up a Culinary Cruising event for us. Our group will meet at Seeds Community Café, 109 East Pike Peak Avenue (between Nevada and Tejon) on Wednesday, February 15th at 11:00 am (note time change). We will be taken on a tour of the facilities and learn more about their unique program. After the tour, we will have lunch. The Café serves regionally sourced, organic food prepared and served to the public, regardless of individuals' ability to pay. Seating is limited to **only 15**, so make sure to sign up at the February general meeting.

Saturday Night Supper Club -

4th Saturday, February 25th, 6:00 PM

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net

Dottie Leib tdtc@aol.com

Marie Poyzer marieacp@yahoo.com

In January we celebrated Chinese New Year with Marie Poyzer's Asian menu. Thanks to our three hostesses for welcoming us into their homes. Join us for our next dinner of Jeanne Hayes' menu for a "Cold and Wintry Night" to include Cheddar Ale Soup and Beef Bourguignon. We look forward an enjoyable evening of good food and conversation with you.

Please sign up at the CMNC meeting or contact Sue, Dottie or Marie before the February 17 deadline.

LUNCH BUNCH - Day of the General Meeting

Place: Carlos Miquel's Mexican Bar & Grill, 110 E. Cheyenne Mountain Blvd

Chairs: Margaret Brettschneider 633-4661

ebrettmbour@aol.com

Judy Finkelstein 579-0734 mjfine2@gmail.com

Many of you have asked us to bring back "The Lunch Bunch" and we heard you.

We go out to a different restaurant each time, after the General Meeting. This is a great time to get to know your fellow members, with some personal time to sit and talk without feeling overwhelmed by a crowd. This month we will be visiting an old favorite, Carlos Miguel's Mexican Bar and Grill. If you have been there before you will be familiar with their wonderful Mexican food.

There will be a sign up table at the back of the General Meeting. Please plan to join us for some good food and great conversation.

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Wine & Friends

Chairs: Nancy Allen 358-7899

NancyAllen6782@comcast.net

Linda Weber 717-725-4157

Springweber@gmail.com

There will be no Wine and Friends for February. We need a host for March if anyone would like to open their home to us. I have April, May, June covered. Please give this some consideration. Thanks.

Health & Wealth



Nurturing Yourself - 1st Thursday, February 2nd, 2-4PM

Place: Home of Susan Jones

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, and of course laughter.

This month we'll take a deeper look at Asking for What You Want. Please RSVP directly to Susan Jones by **Friday, January 27th** if you plan to attend. Be sure to send Ellen your contact information if you would like to be kept apprised of our activities this year

Wholistic Nutrition - 1st Thursday, February 2nd, 10AM

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.

This month, our own Michelle Eads, MD (with recognition by the American Board of Integrative Holistic Medicine) who practices integrative/functional medicine, will talk with us about the gut microbiome or gut flora and how we can support this vital component of our overall wellness. The bacteria in our digestive tract plays an important role in the proper digestion of our food, aids in the production of certain vitamins and helps maintain immune function. It can even affect the balance of our emotional state. Could the composition of your gut flora put you at risk for certain diseases or conditions? Michelle will help us understand what foods support vs. foods that antagonize; the importance of pre- and probiotics; how we can achieve ongoing balance.

We hope you will join us for this intriguing discussion. Please **RSVP by Sunday, January 29th** to Helen. Thank you. Yours in health and wellness.

Women of Wealth- 4th Tuesday, February 28th, 9:30 - 10:30 AM,

Place: Ski Barista, 124 East Cheyenne Mountain Blvd

Chair: Janis Cross 577-6322

janis.cross@raymondjames.com

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.

Bring paper, pencil and questions. For questions call Janis at 577- 6322.

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.

Strong Women - Every Monday, 8AM

Place: Palisades at Broadmoor Park, 4547

Palisades Park View, Dnstairs 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!

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 is your invitation for a fun outing with the Movie Maven's group. It's very casual - singles, couples or your 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's 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 February 10th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, February 12th. 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 10th. We are looking forward to seeing you on February 12th!

Sorry we had to cancel last month because we were both unavailable. ☹

Linda and Audrey

UFOs - 1st Monday, February 6th, 1 PM,

Place: TBA, watch for an email

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.

Welcome to Colorado - Friday, February 24th, 9AM

Place: Savory Spice, 110 N. Tejon St

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

And now for something completely different! In February, we will be going downtown for a special presentation called "Spice 101" by Mary Frieg, co-owner of Savory Spice. Since we need to be there when the store is closed, we are starting the program at 9am and afterwards, we will walk the few blocks to Springs Orleans (attached to the Wyndham Mining Exchange Hotel) for breakfast with a Southern flair. Not only is Mary's presentation free, Savory Spice will be offering us some special deals on their wonderful spices, so bring your list of what your spice rack might need. At Springs Orleans, we will have separate checks. Please RSVP to Judy by the general meeting if you plan to attend. She will contact those who have signed up about carpooling, so be sure to let her know if you wish to carpool or whether you will meet us at Savory Spice.

Decorating Divas - 2nd Tuesday, February 14th, 1 PM - 2:30 PM

Place: Home of Mary Beth Shively

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

All Divas will meet at Mary Beth's lovely home where she will show us the art of furniture making. She has many pieces that she has made and will talk about, so that we can be fascinated by one more craft that one of our very own Newcomers can do.

Bring questions and get ready to learn something new! Please rsvp Monica to be included.

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 February 3rd & 17th

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.

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, February 1st, 10AM, Home of

Book: A Gentleman in Moscow

Place: Home of Margaret Brettschneider

Chairs: Valerie Smith 213-8685

Valerieannsmith2003@yahoo.com

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

Novel Women-1st Wednesday, February 1st, 10AM

Book: Duel With The Devil: The True Story of How Alexander Hamilton and Aaron Burr Teamed Up to Take On America's First Sensational Murder Mystery by Paul Collins

Place: Ski Barista Coffee Shop, 124 E. Cheyenne Mtn. Blvd (576-7542)

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

Everyone please bring at least one written question for discussion.

Reader's Choice - 3rd Wednesday, February 15th, 10AM

Chairs: Karen Halverson 715-340-1288

farleyhalverson@gmail.com

Randi Hammer 951-491-3051

hammerrandi@yahoo.com

Dear Newcomer Friends, We are looking forward to a new year of reading! Although we now have a waiting list for our group and cannot accept new members, we are happy to share what we are reading:

January Everybody Welcome Fannie Mae Duncan

February Our Souls at Night Kent Haruf

March How the Irish Saved Civilization Thomas Cahill

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

Happy Bookers-4th Wednesday, February 22nd, 2PM

Book: Can't We Talk About Something More Pleasant

Location: Home of Pat Bauer

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

Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

*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 1pm ufos	8am strong women 1pm pokeeno	8am strong women 10am Mexican train	8am strong women
Tuesday		1pm decorating divas		9:30am women of wealth
Wednesday	10am literary ladies 10am novel women	10am general meeting 12pm lunch bunch	10am readers choice 11am ladies gourmet	2pm happy bookers
Thursday	10am wholistic nutrition 2pm nurturing yourself	10am canasta		10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg	9am hiking 9am welcome to colorado
Saturday				6pm supper club
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.

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