

**WEBPAGE**  
Cmnccos.org

**Executive Board**

**Co-Presidents**

Janis Cross 930-4445

Marie Ryan 310-7810

**Vice Presidents**

Linda Ewton 659-2342

Dr. Susan Rae Jensen 659-8713

**Treasurer**

Barbara Monn 576-9173

**Secretary**

Position Open

**Communication Director**

Position Open

**Webmaster**

Linda Ewton 659 - 2342

**Newsletter**

Mary Kervick 649 - 3658

**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 2021



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

**Presidents' Letter**

My friends,

Happy Valentine's Day!  February is one of my favorite months of the year. As I write our newsletter, snow is blanketing the ground. I have always loved the fresh white powder that seems to cover everything with a new sparkling layer. To me, it is the symbol of new beginnings. Hope is on the horizon!

We have all learned some ways to cope with the changes that have occurred because of the pandemic. I would like to share some of the techniques that have helped me cope when fear or anxiety comes in waves. Here are my ideas:

1. Reach out - Help someone in your neighborhood- Cook a meal or just check in with an elderly neighbor
2. Phone - Call a friend who is positive
3. Breathe- Take 5 deep breaths and repeat counting 5 seconds in, 5 seconds out. If you take a minute or two to sit with your feelings, they will move through you and be gone.
4. Move - We live in one of the most beautiful cities in our country. Get out and walk, run or bike. Approach a new neighbor to join you!
5. Journal – I have recently used a website call theadultchair.com. Michelle Chalfant has a great podcast and you can request 14 days of journaling prompts to get you started.
6. Laugh – We hope if you joined our ZOOM meeting in January, you got a chance to laugh with the comedienne Jeanne Robertson. There are so many resources we can access on the internet like Jeanne's sense of humor.
7. Music - Listen to an old album you loved growing up. I really enjoyed Crosby, Stills, Nash and Young and the Eagles. I have revisited this music when I'm having a hard day and it brightens my mood immediately.

We will be hosting our second ZOOM meeting on February 10, 2021 at 9:45 a.m. The program will feature a local dermatologist with Vanguard Skin Specialist, Dr. Tamar Hajar, a board-certified dermatologist. Her talk will be prerecorded, but Mandy Brown, RN, will be on our ZOOM call to answer any of your questions.

We are also looking for a few ladies to take on the responsibilities for the Executive Board next year 2021-2022. Please reach out to Lynette Bickley, chairwoman for the nominating committee, with any ideas you might have. Positions available are (2) Co-Presidents, (2) Co-Vice Presidents, Secretary and Communication Director.

We look forward to connecting with you soon and sharing some great information. Make sure that you put February 10, 2021 at 9:45 ZOOM meeting on your calendar! **Details on accessing the meeting are below.**  
XOXO Janis Cross and Marie Ryan

February



**CMNC Membership Meeting February 10, 2021 9:45 MT**

Join Zoom Meeting <https://us02web.zoom.us/j/86070621824?pwd=ZEt3UFRYTEdxd1lmNlFiUTJaE1OUT09>

**Meeting ID: 860 7062 1824 Passcode: 059839**

One Tap Mobile: +1 346 248 7799 US,,86070621824#,,,,059839# US(Houston)  
+1 669 900 6833 US,,86070621824#,,,,059839# US (San Jose)

Find your local number: <https://us02web.zoom.us/j/kiMcpncOC>

Dial by your location: +1 929 205 6099 US (New York) +1 301 715 8592 US (Washington D.C.)  
+1 312 626 6799 US (Chicago) +1 669 900 6833 US (San Jose)  
+1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston)

***Women of Wealth - 4<sup>th</sup> Tuesday, 9:30 to 10:30 AM***

Chair: Janis Cross 577 - 2501 [Janis.cross@raymondjames.com](mailto:Janis.cross@raymondjames.com)

Zoom Call (zoom.com) Meeting ID: 649 554 6971

Password is required: This will be included in the Zoom invitation.

Time to review your investments and be re-positioned for 2021! Why not do something new and join our group? 7 out of 10 women will outlive their husbands (source: www.marketwatch.com) 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 nonthreatening 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. PLEASE CONFIRM ATTENDANCE BY SENDING ME AN EMAIL. Thanks, Janis

***Because We Care***

Chair: Lynda DeAngelis 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!

***Reader's Choice - 3<sup>rd</sup> Thursday, 10:00 AM***

Chair: Daria McClung 339-4860 ***This will be a Zoom Meeting***

Book: Innocent Traitor: A Novel of Lady Jane Grey by Alison Weir

All other activities continue to remain on hold until it is safe to meet again.