

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

**Executive Board**

**Co-Presidents**

IsaBelle Rowsey 719-651-9656

Karen Thomas 757-272-2517

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**Treasurer**

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Newsletter  
Karen Thomas  
[2021cmnc@gmail.com](mailto:2021cmnc@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.

February 2022



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

**Presidents' Letter**

Hello Beautiful Ladies,

Love is in the air! Our February 9th Program is going to switch things up!

HOW???

Our regular **morning** General Meeting will be **REPLACED** with an **evening** General Meeting. Our Program will feature the award-winning A Cappella group Crimson and Slate, from Cheyenne Mountain High School.

Meet in the **Otto Room at 5:30 pm** for activity sign-ups, a brief club meeting, socializing, and light refreshments. Concert at 6:30 pm in the Sanctuary. Who can come?

Please bring your spouse, a friend who usually works during the day,...or a prospective member. We are asking for you to **RSVP** with how many will attend, by Monday February 7th to [exp.lesley@gmail.com](mailto:exp.lesley@gmail.com). There is no cost or repercussions if something comes up, but we need your HELP on this for table and chair set up and for our Decorating Divas who will be providing the food, to include decaf coffee, water and tea.

\* Masks are still required in the church building, when not eating or drinking.

If you have not picked up your CMNC Directory, it will be available at the check in table.

Our Program Team has been providing us with great programs. Thank you, Michelle Watts, Lesley Johnson, and Cathy Stamps. If you missed our January General Meeting, then you missed a truly savvy Travel Tips program provided by CMNC member Phoenix Sagen. She incorporated her personal artwork as the backdrops of her digital presentation slides, giving her talk another engaging layer.

Announcements made at our January General Meeting are too important not to share:

Our January **OUTSTANDING MEMBER AWARD** was presented to **Lynda DeAngelis**. **CONGRATULATIONS Lynda**, so well deserved!

**Marie Ryan**, was nominated and accepted the Chair position for our Nominating Committee. Thank you, Marie! In the next few weeks, if Marie reaches out to you to join her in this important role, or to join the board for next year, please consider it. We are **BETTER TOGETHER**. Without each of us contributing, there would be no "fun and fabulous" CMNC club.

Our **New Activities** were officially taking sign-ups at our January meeting. If you are interested in our activities of "A Walk in the Park", "Snowshoeing", or "Mahjong", please see their listings in this Newsletter. A HUGE shout out goes to Cheryl Eaton, Melissa Leftwich, and Jackie Whipple for stepping up to chair these activities.

More news on our **Spring Luncheon!** The Committee has been busy planning a very special luncheon for us and have secured an incredible venue for May 11th, Yay! You will not want to miss this!!! Thank you to Lisa Heath, Wendy Wolfswinkel, and Chelley Gardner-Smith.

If you are on Facebook and have not joined our private CMNC FB page, please find it under groups and ask to join. Barb Coons, our Facebook administrator, will verify your membership and add you.

Looking forward to enjoying our February Evening Concert in the Sanctuary with you,

IsaBelle and Karen  
CMNC Co-Presidents



Phoenix's artwork enhances her 2022 Travel Tips talk



Nancy and Teddi pause for a photo



Friends, Food, and Fun, oh my!



Susan wins the Skyway Creations Flowers



Dirk pours the Decorating Divas "another round" for the Wine Tasting presentation



*General Meeting - February 9<sup>th</sup>*  
**5:30 pm - EVENING MEETING**

*Programs* Chairs: Michelle Watts 757-719-0990 Lesley Johnson 719-290-8573 Cathy Stamps 719-964-5324



Save the Date & bring a “date” as we welcome Crimson3 & Slat3e A Cappella group at our Evening General Meeting starting at **5:30pm with a 6:30pm performance in the sanctuary on February 9!**

Colorado Springs, CO is home to the premier a cappella ensemble from Cheyenne Mountain High School, Crimson & Slate! Director Dawn Wisdom started the group at CMHS in 2002 as two separate ensembles and combined them 5 years ago. They are thrilled to be sharing their music live again after a couple years of navigating the ‘COVID world’.

Along with all of their home and regional concerts and events, Crimson & Slate plan to attend the National A Cappella Convention in Orlando this spring. The group has performed all over the country from Hawaii to Florida and New York and they treasure the music they share and the relationships that form by being a part of an elite performing group.

You can find videos on YouTube as well as follow them on Facebook, Twitter, and Instagram. Check out their YouTube channel and look for their latest EP on all of your favorite music streaming sites.

Be sure to join us the EVENING of Feb 9 at 5:30pm for Activity sign-ups, refreshments, socializing, brief meeting, and 6:30pm live performance by the award-winning Crimson & Slate A Cappella group.

-----This evening meeting will **replace** our normal morning General Meeting. -----



**Gleaners** Chair: Barb Coons

**~GLEANING: Harvesting for free distribution to the needy, or donation to a non-profit organization for ultimate distribution to the needy. ~**

GLEANERS will continue 2022 with Silver Key as our February nonprofit. Established in 1970, Silver Key has annually served more than 11,000 seniors in the Pikes Peak region with a wide variety of needs, and is a well-known resource for older adults. They offer a variety of services for area seniors to maintain their independence, dignity & safety in order to be healthy & thriving. Silver Key delivers the comfort of home to all seniors all year round! As they rely on the generosity of businesses & neighbors to keep their food pantry stocked, our CMNC has collected various nonperishable items each year. Below is a list of their current needs:

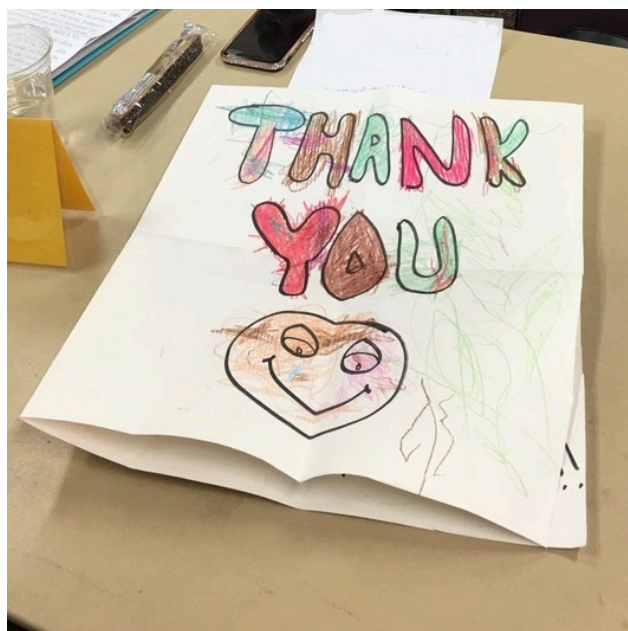
Shelf stable protein sources such as tuna, peanut butter, canned ham and salmon  
Canned fruit  
Canned or jarred marinara/spaghetti sauce  
Rice/Pasta  
Jelly/Jam, including sugar-free  
Cereal  
Canned soup & stew  
Dog and Cat food (canned or dry)

We continue to collect empty pill bottles (labels removed) each month.

Donations are collected before each General Meeting, into the open car trunk, parked just before you enter the Broadmoor Community Church on your way to the Otto Room.

**Adopt A Family** Chairs: Lynda DeAngelis 719-576-5070

Valerie Smith 719-213-8685



A giant thank you note from an Adopt A Family child.

Many thanks to everyone who participated in Adopt A Family this year. We were able to bring joy to families in need. Thank you for your generosity, Lynda and Valerie



## Food & Wine



## Member News

### Lunch Bunch -

#### Place:

Chair: Gini Dugan 507-319-1700



Because the February meeting is in the evening, the *Lunch Bunch* will not meet. I'll have something for March

### Ladies Gourmet - 3<sup>rd</sup> Wednesday, 11:30 PM

#### Place: TBA

Chairs: Lisa Lucke 719-306-3185 Marie Ryan 719-310-7810



Hello Lovely Gourmet Ladies! Thank you for your participation in our past luncheons. We have had wonderful food, friendship, and fun and we will continue that tradition in February. Our menu is going to be an extra special Valentine's Day theme. It will feature foods from Italy. Get ready to dine on Caprese Skewers, a Big Italian Salad, Chicken with 40 Cloves of Garlic, Penna a la Vodka, Focaccia Bread, and a special Chocolate Raspberry Heart Cake. We still need a hostess for the next couple of months, so please let us know if you are interested in hosting. Mark your calendars for February 16. We look forward to seeing everyone then!

### Wine & Friends - 3<sup>rd</sup> Friday, 6:00 PM

#### Place: TBA

Chairs: Karen Cacy 503-246-4286 Marie Poyzer 719-659-3075

Friday, February 18, 2022

Watch for an email with details on the February 18, Wine and Friends event.

### Outstanding Member Award

It gives us pleasure to announce **Lynda DeAngelis** was presented our Outstanding Member Award at our January meeting. Lynda actively supports our monthly General Meetings, activities, and you can count on her smile at any of our special functions. She joined CMNC in 2015 and quickly became one of the regular "Christmas Elves" for **Adopt-A-Family**. In 2017, Lynda stepped up to Co-Chair the "Special Event" of **Adopt-A-Family** and has continued to do so for five years. Lynda is in year three of Co-Chairing **Literary Ladies**. Lastly, but by no means least, if you have ever received a "**Because We Care**" card, note, or phone call from Lynda over the last three years, you know how kind and caring she is.

Lynda, CMNC is a better club because your active participation. CONGRATULATIONS, you have won our hearts!



Who's Next? You know this member for their....

- \*generosity of time
- \*great leadership
- \*kindness
- \*willingness to always pitch in

Please send your nominations to [2021cmnc@gmail.com](mailto:2021cmnc@gmail.com)

\*Just include WHY this Special Member is being nominated with as many details as possible.

\*All exemptions have been lifted for the remainder of this 2021-2022 CMNC season.

## Fun Things To Do



**Decorating Divas - usually 2<sup>nd</sup> Tuesday, 1PM to 3:30PM**

**Place: Cottonwood Center for the Arts**

Chairs: Nancy Price-Weddle  
719-332-2644

Mary Beth Shively  
520-631-8522

The Divas will be going to the Cottonwood Center for the Arts where we will be working at Little Glass Art. Justin and or Jordan will be teaching a class on Stained Glass. We thought it would be fun to make something featuring Valentines' Day, Perhaps a Valentine's gift, while also learning the art of stained glass. Come and join us! MB will send out specific info, so please rsvp to the email [mary.shively@comcast.net](mailto:mary.shively@comcast.net).

Stay tuned,  
Nancy and MB

**Movie Mavens - February 20<sup>th</sup>, usually Sunday after General Meeting**

Chairs: Audrey McGuire 719-661-3087  
Sharon Cotter 915-740-5010

January was a strange time to go to the movies and be together due to the spike in COVID cases. We did not go.

However, we will try to get together again on February 20. That is a week after the busy Valentine's day crowds.

We can always add you to our mailing list that will go out 2 days before our event. Just sign up at the meeting or contact one of the chair ladies. Then, you will be notified of the theater and restaurant plans.

**UFOs - 1<sup>st</sup> Monday, 1 PM**

**Place: TBA**

Chair: Barbara Nisar 719-217-7396

UFOs is cancelled for February and March.

## Theatre (& Live Performance) Club!

Chair: Chelley Gardner-Smith 719-640-0069

**Prefer a text of name and phone # for communication**



HOWDY DO DRAMA QUEENS!

By the Way, Meet Vera Stark

Now, let's see about MARCH! After doing a lot of scouting around, and going to our friends at PEAK RADAR, (December's CMCN guest speaker) I think I found just the thing for us! Shall we MARCH FOURTH, Ladies... I mean, Friday, March 4<sup>th</sup>, at 7:30 PM. We can all remember that! Buy your tickets now. They are reasonably priced, from 20-50 bucks.

Buy your tickets now,  
at: <https://fac.coloradocollege.edu/theatre-events/by-the-way-meet-vera-stark/>

A new comedy from Pulitzer Prize-winning playwright Lynn Nottage (*Intimate Apparel*) draws on the screwball films of the 1930s to take a funny and irreverent look at racial stereotypes in Hollywood. *By the Way, Meet Vera Stark* is a seventy-year journey through the life of Vera Stark, a headstrong black maid and budding actress, and her tangled relationship with her boss, a white Hollywood star desperately trying to hold on to her career. When circumstances collide and both women land roles in the same Southern epic, the story behind the cameras leaves Vera with a surprising and controversial legacy, scholars will debate for years to come.

Prior to the show, let's head to **Epiphany's** 32 S. Tejon for a cocktail, or dinner, at 6PM. I will need to make reservations, so you MUST text me and let me know you plan to attend either Epiphany's or the show, or both. Chelley at 719-640-0069.

April's Venue: **Seven Brides for Seven Brothers** Performed by the Sunrise Players: Friday, April 1, at 7PM. April Fool's Day, but I'm not joking! This is community theatre at its best. If you ever thought about becoming part of an acting troupe, this is it! This would be a great one to bring the kids to, if you want. Kids are \$8, senior and military \$12, and adults \$15. Now you can't beat that with a stick! They have a full orchestra and wonderful sets! Located at 2655 Briargate Blvd. Prior to the show let's go to **Lazy Dog's** Restaurant and Bar, at 7605 Academy Blvd. N. Let's get there about 5:45 to make sure we get good seats (Open seating) at the play. I'm trying to get a discount for multiple attendees, but you can go to their website at [sunriseplayers.com](http://sunriseplayers.com), tickets are not available at this writing. I will need to make reservations, so you MUST text me and let me know you plan to attend either Lazy Dog's or the show, or both. Chelley at 719-640-0069.

**COMMUNICATION:** Texting is always a little better for me, as I can see your information, comments and questions ASAP. Chelley Gardner-Smith at 719-640-0069. (If you simply email, it might take a while for me to see your message.)

**JOIN THE EMAIL LIST TODAY:** If you want to get onto the email mailing list, send me your information via text.

## Health



## Games We Play

### *Nurturing Yourself -1<sup>st</sup> Thursday, 2 to 4 PM*

Chairs: Merrily Johnson 719-633-4679  
Jamie Rogers 505-507-6967

2021/2022 NURTURING YOURSELF

Enrollment for this CMNC activity has been closed as of the November 10th meeting as we are now at capacity. All members will receive an email invitation for the next meeting, to be held February 3rd, 2022. This invitation will be sent in late January. You will need to RSVP to hold your spot.

This year's focus will be a continuation of navigating life's currents and flourishing with gratitude and grace as we age. Join us for thought-provoking topics, conversations, inspiration, camaraderie, fun and support as we share this journey from wherever we are on this path.

Thank you to all who have participated, Merrily Johnson and Jamie Rogers

### *Because We Care*

Chair: Lynda DeAngelis 719-576-5070

***"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!

### *Mexican Train Dominoes*

*3<sup>rd</sup> Monday, 10 AM*

**Place:** Cheyenne Mountain Golf Club

Chairs: Karen Vlasak 719-635-2852  
Maria Polelli 719-649-4896



Our Mexican Train Dominoes new game sets are called Double Twelve Dominoes. The Grill has a lunch menu and will provide complimentary coffee and water. We play from 10 am to about 2 pm in the lower level fireplace room adjacent to the grillroom.

### *Canasta/Hand & Foot*

*2<sup>nd</sup> & 4<sup>th</sup> Thursdays, 10AM-2/3PM,*

**Place:** Country Club of Colorado Gates Grill, below Cheyenne Mountain Resort  
Chairs: Edna Clark 719-527-1519  
Lu McCoy 719-540-8681

We'll teach you if you're a little rusty or if you've never played before. So, come and join us for a few fun hours, get away from your daily routine and make friends!

You'll find us downstairs in the Gates Grill. We break for lunch around noon. If you haven't had your Covid-19 shots, you'll be asked to wear a mask but if you have had the shots you can take it off once we're in the room where we play.

### *Pokeeno- 2<sup>nd</sup> Monday, 1 PM-3 PM*

**Place:** TBD, look for the email

Chairs: Diane Passno 719-488-0656

Pokeeno is a card game that is very similar to bingo. Every participant contributes a dollar to the pot and also brings a \$5 gift in an anonymous gift bag. There is always a lot of laughter and dessert to satisfy your sweet tooth. The hostess for the event changes each month, so if you would like to try this fun game, please call Diane Passno.

### *Mahjong*

*1<sup>st</sup> & 3<sup>rd</sup> Tuesdays, 10AM-2:30PM*

Chair: Jackie Whipple 619-994-9447

CO-Chair: How about you?

Hello to mahjong players, new and old. We will have an organizational meeting (February 1) to discuss and decide on how our group will work, as well as an introductory lesson. We will decide on using the National Mahjong League or Chinese rules or have tables of each. We could meet and share hosting in homes or at the Country Club of Colorado which would include buying lunch at the Grill. We need a co-chair for this group!! I have reserved the Country Club of Colorado game room on the 1st and 3rd Tuesdays of each month from 10 am to 2:30pm. If we want to play during the summer months we would meet in homes. Our first meeting will be at my house (4668 Stone Manor Heights, 80906) on February 1st at 10am. For this first meeting, you DO NOT have to be signed up for mahjong! Come and see if you'd like to learn and play. Because of COVID, if you are not vaccinated, please wear your mask. Thank you for your participation.





## Books & Outdoor Life

*These bookclubs are currently not taking new members.*

*Literary Ladies, 1<sup>st</sup> Wednesday, 10AM*

**Book:** The Huntress by Kate Quinn

**Place:** Home of Leslie Herzog

Chairs: Sharon Wallace 719-579-7529

Lynda DeAngelis 719-576-5070

*Readers Choice, 3<sup>rd</sup> Thursday, 10AM*

**Book:** The Gentleman from Moscow by

Amor Towles

**Place:** TBA Watch for an email.

Chair: Daria McClung 719-339-4860

## Outdoor Life (new)

*Snowshoeing*

**Place and Time:** TBA

Chair: Melissa Leftwich 719-510-9100

With the lack of snow in our region, Hoosier Pass is being considered for the first snowshoeing event. Please check out the Snowshoeing Activity table at the February Evening Meeting for more information and sign-up.

*A Walk in the Park*

**Time:** Planning on two Fridays a month

**Place:** TBA

Chair: Cheryl Eaton 719-331-5554

This walking and hiking activity will start out easy and breezy and will get settled into a routine as various ideas are decided upon. Visit "A Walk in the Park" at the Activity tables to see what is planned next and to put your name on the sign-up sheet.

## Birthdays & New Members

### Happy Birthday

#### February

Barbara Monn	2/2
Kwang Amacher	2/6
Luella (Lu) McCoy	2/6
Janis Cross	2/7
Rebecca Whittaker	2/8
Marie Ryan	2/10
Pamela Street	2/11
Lisa Lucke	2/12
Jana Torres	2/12
Kathy Achenback	2/15
Sue Bruchy	2/17
Mamie Duffendack	2/17
Gale Laubach	2/18
Carol Lory	2/19
Kay Dickson	2/21
Eleanor Gentilini	2/25
Laura Hitch	2/26
Becky Kluck	2/28
Elizabeth (Liz) Burnett	February

### Welcome New Members

Kathy Achenback, Patricia Baltzer, Jean Bishop, Kya Bryant, Tami Dickinson, Kay Dickson, Anika d'Hubert, Cheryl Eaton, Shelley Elam, Yvette Fuller, Chelley Gardner-Smith, Judy Gibson, Kathi Giddens, Marcia Hall, Lisa Heath, Laura Hitch, Sheri Hoaglund, Pam Holnback, Junia Imel, Lisa Johnson, Anne Katrosh, Michelle King, Christina Klement, Melissa Leftwich, Carol Lory, Cyndy McBee, Ginny Montgomery-Rose, **Marian Phelps \***, Judy Porter, Phoenix Sagen, Marie Shahani, Diane Sibole, Cathy Stamps, Debbie Turk, Jackie Whipple, Rebecca Whittaker, Wendy Wolfswinkel, Gaye Woullard.

Asterisk \* indicates new member since last Newsletter.



*Calendar is always available on webpage newsletter link*

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Sunday**

Movie Mavens  
(3<sup>rd</sup> week this month)

**Monday**

no UFO's for February

1pm Pokeeno

10am Mexican Train  
Dominoes

**Tuesday**

10am Mahjong

Decorating Divas  
Day and Time-TBA  
with reservation e-mail

10am Mahjong

**Wednesday**

10am Literary Ladies

**5:30pm** General Meeting

11:30pm Ladies Gourmet

Drama Queens - Melting Pot & Fiddler On The Roof

**Thursday**

2pm Nurturing Yourself

10am Canasta

10am Readers Choice

10am Canasta

**Friday**

6:00pm Wine & Friends

**Saturday**

