



February 2023



2nd Wednesday of Month
9:30 A.M.
Broadmoor Community Church
315 Lake Avenue

Presidents' Letter

Hello Beautiful Ladies.

February is one of the most misspelled words in the English Language! Lucky February babies have an amethyst birthstone and a Primrose flower. The odds of being young forever by having a Feb. 29th birthday is 1:1461!

Speaking of words; our presenter for the January General Meeting was a very knowledgeable speaker from the Pike's Peak Library District. She opened our eyes to all the many and unexpected services that the library offers to card holders. It is not just books anymore. To view these services go to <https://ppld.org> and read all about it. Thank you to our Program Committee for securing Katie for us.

Next month, at our General Meeting on February 8th at 9:30am at the Broadmoor Community Church you will have another opportunity to sign up for the March General Meeting **Creative Arts Program** which will feature the creative talents of our members. Of course, if you would like to sign up now please email a committee member: Jackie Whipple, Cynthia Frank or Karen Thomas.

For this program we are fortunate to have as background music The Youth Symphony Quartet which will play while we enjoy refreshments and admire the displayed talents of our members. We will be interested in knowing how you got started with your hobby/craft and anything else you would like to tell us. If you have created it then it qualifies for our program.

We will be giving you another opportunity to sign up for **New Activity Groups** at our February General Meeting. These were Activities suggested from the November Survey results. The groups that have an Activity Chair/Co-chair will move forward and be included in our Activity Roster. The Activity Chairs/Co-Chairs chose a date and place to meet. They also manage the sign ups and email list to inform or remind their group members of Activity information.

Website <http://cmnccos.org>

Executive Board

Co-Presidents

Cynthia Frank 719-439-9966
Jackie Whipple 619-994-9447

Vice Presidents

Membership
Susan Jones 719-963-5262

Activities

Lisa Knowles 303-514-5915

Treasurer

Lisa Lucke 719-306-3185

Secretary

Cathy Stamps 719-964-5324

Communication Director

Sharon Wallace 719-482-6298

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Webmaster

Linda Ewton 719-659-2342

Newsletter

Chris Clementi 2022cmnc@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

Presidents' Letter Continued

Your Executive Board nominated IsaBelle Rowsey as Chairwoman of the **Nominating Committee**. She graciously accepted this position. If you are curious about the club operations or interest in the opportunity to keep our club vital, get to know your club in depth, make new friends, and be a decision maker by serving in a board position check out the Board member descriptions listed on pages 39-41 in your directory. Then contact IsaBelle at isabellerowsey@gmail.com and let her know what position calls to you!

Our Spring Luncheon May 10th at The Pinery at the Hill seems a long way in the future but time flies when you're having fun! Our Committee; Karen Cacy, Marie Poyzer, Kathy Coombs and Angie Ferryman are already making wonderful plans for us. If you have never been there to know how special this venue is, look at their website: thepinery.com. You may sign up at the March and April General Meetings.

gleaners Barb Coons

GLEANNING: February 2023

FEBRUARY NONPROFIT: SILVER KEY

Vision: The value, worth & needs of all seniors are identified.

For over 50 years, Silver Key has served thousands of seniors in the Pikes Peak region. They offer a variety of resources to help them maintain their independence, safety & quality of life, and are a well-known source for the area's older citizens.

Notably, they provide Transportation, Nutrition and Senior Assistance programs in addition to providing an emergency food pantry and dispensing diet-specific food boxes for those with medical needs. Silver Key uses donated food to

add to commodity boxes, giving clients a more nutritious and varied diet, allowing them to stretch their food budgets even

further. They also stock dog & cat food (canned & dry) for pet companions of their clients. **CURRENT NEEDS:** shelf-stable protein sources (tuna, peanut butter, canned ham, salmon), fruit, soup/stew, jarred spaghetti sauce, rice and jelly. Low sugar items are also really appreciated. Please make sure none are beyond freshness date.



Program: "Thrifty Valentine's Day Ideas".

Tammy York will be our speaker this month. Here is what Tammy shared with us. "I moved to Colorado in 2002 due to my husband's job. Prior to that we lived in Texas where I was a substitute teacher, ran all the school book fairs in our small city and was our church women's leader for 3 years. In early 2004 my husband died after a 3-month battle with cancer. What really helped during that time was our neighborhood women's Bible group and a great group of neighbors and friends as I navigated being a widow with a 14-year old son.

In 2007 I met my now husband Paul. Paul is who encouraged me to start my website 719Woman, which focuses on living a great life on a budget. I have been on multiple local news programs (KKTV, KOAA, FOX21) sharing money-saving tips. I was also featured in the Colorado Springs Gazette for creating meals for families of four for \$10 or less (before prices soared!) and our house was featured in a New York Times Christmas piece about decorating.

I work closely with Goodwill and typically film Halloween specials, back to school fashion savings, how to host get-togethers for less money and fuss. Prior to COVID I filmed with FOX21 from my kitchen usually every 6 weeks or so.

I really like to teach people how to save money in easy and simple ways like regrowing certain vegetable by propagating in water, saving scraps to make tasty soups, and how to shop seasonally for even more savings. Because we entertain quite often I also enjoy sharing tips and tricks to make it more fun and easy when hosting and how to look fabulous (on a budget) while doing so.

Lunch Bunch

FEBRUARY 8th, 2023

Miguel's Mexican Restaurant

Let's meet at an easy place to find, which loves to serve us good lunches! Call GINI to sign-up before the meeting to save time that morning! See You Soon!



Wine & Friends



Wine and Friends 6-8:30 p.m.

Wine and Friends meets the third Friday of each month at a member's home. Singles and couples are welcome. Participants bring a bottle of their favorite wine and an Hors d'oeuvre, sweet or savory, to share with the group. Smaller homes have a restricted number of guest they can accommodate, in which case RSVP's and a cut-off number are needed. Co-Chairs Karen Cacy and Marie Poyzer send out a monthly notice to those who have signed up. The event takes place from 6 to 8:30 p.m. You may sign up to be on the list at a monthly meeting. " Please visit us at our sign-up table at the general meeting and watch for e-mail communications about our upcoming February 17 event."

Reader's Choice

Chair Daria McClung

Reader's Choice is a small group of women that was formed in 2015 who enjoy reading. We meet the third Thursday of each month from 10:00am – 12:00. We tend to enjoy current historical fiction, memoirs, true-stories, and books that allow us to have a great discussion. Each member of the group selects a book and month to host the group, as well as doing research on the book or topic. Because we are a smaller group, we can gather at people's homes or coffee shops dependent on the need of the hostess for the month. We meet from September through May and take the summer off. There is room for one more member to join.

Open CMNC Positions

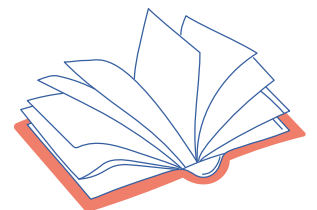
A Programs Lead Chairwoman is still urgently needed. Also, If you have a contact or idea for a Program Presentation, please share it with Michelle Watts (757-719-0990)

Drama Queens with Chelley Gardner-Smith needs a Co-Chair to help manage communications within the group. Please contact Lisa Knowles (303-514-5915) if you can help with Drama Queens.



We have one opening in our book club. Contact Daria to join.

Thursday, Feb 16th from 10-12
Hostess: Pat Seetin
Book: Stranger in the Woods
by Michael Finkel



Decorating Divas

February 14, 2023 from 1 pm- 3 pm

Where: The Home of Merrily Johnson

Chairs: Nancy Price-Weddle 719-332-2644

MB Shively 719-527-0612, 520-631-8522



The Divas will be meeting at Merrily's very artistic home. She retired from Hallmark and Current as an artist and designer where she created hundreds of greeting cards, gift wrap, books, and seasonal gifts. She enjoys teaching classes on miniature gardens, florals, and sketching. She will be teaching us step by step, how to make one of these creations using purchased flowers and items from nature, and illustrations that she will discuss. She will provide all materials, including flowers, greenery, and sm. containers. Everyone will be able to take 2 little bouquets home. Come and join us to learn how to construct these little gems and enjoy your own pretty creations of nature. Cost is \$25 per person. Class is limited to 14, so please rsvp MB to be included in this fun event.

Let's Get Lit!



Chair: Lisa Knowles

Let's Get Lit book club will be meeting Feb 28 at 6:30pm at the home of Robyn Hamilton. We are reading Infinite Country by Engel. The group is closed to new members at this time.

Walkie/Talkies

Walkie Talkies

Chair: Cheryl Eaton 719-331-5554

Hi, my name is Cheryl Eaton and I chaired a walk/hike group (Walkie/Talkies) last year. We meet every Friday for a moderate 40 to 1 hour adventure. I have a few locations to explore and enjoy the beautiful scenery of Colorado Springs. I will have a sign-up sheet at monthly meetings and I will send out an email on Sunday stating where and what time. Come join in the fun and fellowship.

Literary Ladies



Chairs: Mary Kervick and Barbara Monn

Literary Ladies will be meeting Wednesday, February 1st at 10AM at Carole Flint's home.

The book is: Ordinary Grace by William Kent Kreuger



Howdy CMNC Drama Queens!



Mark your Calendar

Howdy There, CMNC Drama Queens! We have our lineup for the season so add these dates to your calendars and buy your tickets now. It will always be your responsibly to buy your own tickets. When possible, we will sit together, but that cannot be promised, as I am sure you understand. That is why we try to go to a place to eat afterwards or before we go to the show. (I will need a head count to insure our reservation numbers as soon as you decide to go- sorry I can't promise the restaurant can accommodate us.)

As always, sign up, AND text me if you plan to go: Chelley 719-640-0069.

All events are open to CMNC folks and their guests, partners, spouses, or friends.

Aubergine

**SATURDAY, FEBRUARY 18 2PM ENT
CENTER FOR THE ARTS, 5225 N NEVADA
AVE COLORADO SPRINGS, CO 80918, 719-
255-3232, BOX OFFICE PHONE: 719-255-
8181**

Korean-American chef, Ray, cares for his dying father but struggles to connect with the man who never understood his life's calling in the kitchen. When his uncle arrives unannounced to cook an unexpected last meal, they share more in food than they ever could in words. This poignant play explores food as nourishment, not only to the body, but also to our individual heritage and shared humanity. Aubergine features both Korean and English dialogue, and will be subtitled accordingly, such that the show can be enjoyed by English or Korean speaking audience members.

The Half Life of Marie Curie

**Saturday, March 18 2PM ENT Center for
the Arts, 5225 N Nevada Ave, 80918
719-255-3232 Box Office Phone: 719-255-
8181, tickets@uccs.edu**

Directed by Sarah Sheppard Shaver, by Lauren Gunderson When two Nobel prizes prove inadequate armor against scandal, Marie Curie turns to fellow scientist and trusted confidant Hertha Ayrton to weather the storm of heartbreak, public opinion, and self-doubt. At its core a tale of women's friendship, this play explores the hidden costs of progress, and the relationships that hold us up when we can't stand on our own. The Half Life of Marie Curie performs in the Osborne Studio Theater to reduced audiences. Get tickets soon to guarantee seating!





More Drama News!

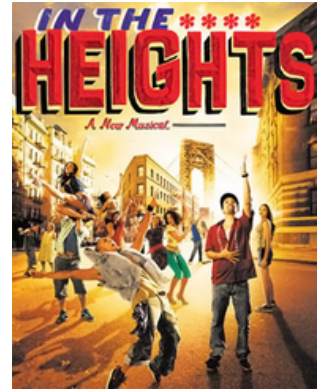
In the Heights

Sunday, April 2, 2PM

Colorado Springs Fine Arts Center

fac.coloradocollege.edu

30 W Dale St, (719) 634-5581



Music and Lyrics by Lin-Manuel Miranda | Book by Quiara Alegría Hudes | Conceived by Lin-Manuel Miranda, Directed by Pirronne Yousefzadeh From the creator and star of Hamilton comes Lin-Manuel

Miranda's first Tony Award-winning musical, a love-letter to the community in upper Manhattan where he still lives. In The Heights tells the universal story of a vibrant community in New York's Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. It's a community on the brink of change, full of hopes, dreams, and pressures, where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind. A Hip Hop musical with a Salsa beat. In The Heights is the winner of the 2008 Tony Awards for Best Musical, Best Score, Best Choreography and Best Orchestrations.

Steel Magnolias

Saturday, February 25th 2PM

Colorado Springs

This just in!!!! Go online, www.funkylittletheater.org and get tickets for Steel Magnolias, Feb 25, at 2PM. \$21.

We can have lunch and a brewsky at 12:30 at Bristol Brewery. I met with director, owner Christ Medina today, and he remembers our bunch from NUNSENSE last year. Support Local Theatre.



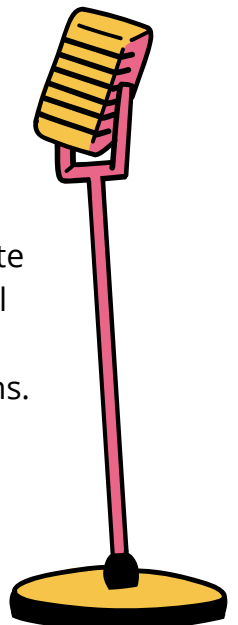
Sing Along

Sunday, April 2nd from 5-7

182 E. Cheyenne Mountain Rd.

Colorado Springs, CO 80906.

An old fashioned sing along at our favorite little neighborhood pub! The first one will be on Sunday, April 2, 2023, from 5-7. Interest will determine future celebrations. If you are part of CMNC you will get a discount on drinks. Chelley and Peter (owner) are setting this up for CMNC and other neighborhood affiliations, but discounts will go to CMNC.



UFOs

Chair: Barbara Nisar

1st Monday of the month @1:00 Will notify members by email as to place and time

UFOs is a low key group of women who meet to chat and if wanted, bring an unfinished project to work on while chatting.



Because We Care

Lynda DeAngelis

719-579-5070

"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 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!

Welcome New Members New Members since December 8

Joyce Cassidy
Debera Jensen
Lisa DiVasco



Birthdays

February

Chris Clementi Feb 1
Barbara Monn Feb 2
Kwang Amacher Feb 6
Lu McCoy Feb 6
Janis Cross Feb 7
Marie Ryan Feb 10
Liz Burnett Feb 11
Pamela Street Feb 11
Lisa Lucke Feb 12
Cindy Stein Feb 14
Sue Bruchy Feb 17
Robin Schloemann Feb 17
Mamie Duffendack Feb 17

Gale Laubach Feb 18
Ginny Eicholz Feb 19
Carol Lory Feb 19
Kay Dickson Feb 21
Eleanor Gentilini Feb 25
Marcia Dillahunty Feb 28
Becky Kluck Feb 28
Rebecca Whittaker Feb 28



Nurturing Yourself

A continuation of navigating and flourishing, with grace, as we age.

First Thursday 2-4pm

We cover thought-provoking topics and the sharing of ideas while supporting each other from wherever we are on our path.

PAST TOPICS: Being Fearless, Female Friendships, The Joy of Imperfection, to mention a few.

NOTE: Group participation is currently at full capacity. Participants will receive an email invitation for each meeting. You must RSVP to hold your spot.

Merrily Johnson/ Chair



"You can't really be present for the people in your life if you aren't taking care of yourself." ~Anonymous

Galentine's Day with Ladies Gourmet

Dear Lovely Gourmet Ladies,

At our next Gourmet Luncheon, we will be celebrating "Galentines Day with Ladies Gourmet". The female friendships we so heavily rely on are celebrated each year on Galentine's Day on February 15. Originating from the popular TV show 'Parks and Recreation,' the holiday is all about declaring love and affection to the girls who make up our support system. Go Girl Power! This fun event will be held on February 15 at the home of Lisa Knowles. The recipes featured will be fun appetizers and beautiful bites. Get ready for lots of fabulous food, laughter, and ladies celebrating ladies.

Please sign up at our next general meeting.

Sharon LeRoy and Marie Ryan



Canasta Hand & Foot

2nd & 4th Thursdays 10am-2/3pm

Country Club of Colorado, Gates Grille, below Cheyenne Mountain Resort (downstairs)

Chairs: Edna Clark 719-527-1519 and Lu McCoy 719-540-8681



We'll teach you if you are a little rusty or have never played before. So, come join us for a few hours, get away from your daily routine and make friends! We break for lunch around noon.

Pokeeno

2nd Monday, 1pm

Chair: Diane Passno 719-660-0712

Pokeeno is a game very similar to Bingo. It is fun and very easy to learn. We meet in the homes of individual members, and after playing several games, enjoy a time of refreshment together. Each player brings a \$5.00 unsigned gift bag to contribute to the prize stash, and also adds \$1 to our cash pot for the "grand prize". If you are interested in playing, please contact Diane.

Mah Jongg

1st Tuesday

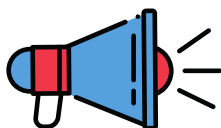
Mah Jongg continues, thanks to Maria Polelli who will host 2 tables in her home the first Tuesday of each month. Play will begin at 1 pm and continue until about 4 pm. She will provide drinks, or you may BYO. Please sign up at the meeting for this exciting and challenging Chinese tile game. Everyone on the sign-up list will be sent an email with date and time for the next month's play date. Reservations will be accepted on a first-come, first-serve basis.

Chair: Maria Polelli, 719-649-4896

Contact: Lu McCoy, 719-201-6348

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 am Literary Ladies	2 2-4 pm Nurturing Yourself	3 Walkie Talkie	4
5	6 1:00 pm UFOs	7 1:00 pm Mah Jongg	8 9:30 General Meeting Lunch Bunch	9 10-2ish Canasta Hand and Foot	10 Walkie Talkie	11
12	13 1:00 pm Pokeno	14 1-3 Decorating Divas	15 Galentine's Day with Ladies Gourmet	16 10-12 Reader's Choice	17 Walkie Talkie 6-8:30 Wine and Friends	18
19	20	21	22	23 10-2ish Canasta Hand and Foot	24 Walkie Talkie	25
26	27	28 6:30-8:30 Let's Get Lit				



- Remember to bring donations for Gleaners at each meeting