

WEBPAGE
Cmncos.org.

NEWSLETTER
cmncnewsletter@gmail.com

Executive /Board

Co-Presidents

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

Judith McKay 799-6449
jimmckay@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.

January 2017



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

Presidents Message

Greetings for the New Year!

We hope that you all had a wonderful holiday and are looking forward to the New Year with renewed energy and excitement.

Thank you to all of you who attended our annual Christmas Program and Luncheon. We sang and were entertained with beautiful holiday music by members of the Colorado Springs Conservatory. Thank you to our Program Chairman, Ellen Lukasik, for putting this together.

Thank you to the 155 of you who signed up for our Annual Christmas Luncheon catered by the staff of Nikki's Catering who provided and served a delicious luncheon. A big thank you to the Activity Chairs who made our tables look so beautiful with the white tablecloths and holiday decorations. Thank you to Rich Design for providing the beautiful flower arrangement. Thank you to Carolyn Spillane and her Hospitality team for all of the things they did, the Church and everyone that stepped up to make this a beautiful event. It does take a village. I know that we look forward to this lovely event.

Thank you for continuing to be active in the variety of activities that are being offered. There are so many ways to learn and have fun while making new friends and enjoying each other's company. That is what this organization is about – fostering friendships and having fun.

The Adopt-A-Family Program would not be so successful without the support and generosity given by Ginny Biggie and all of you who participated to make this meaningful to so many families. Thank you.

It's also that time of year to begin thinking about who you would like to be a Board Member for the next season.

The January program is being presented by Mary Kelly who will show us how to be legally and financially organized by taking the stress out of being prepared -- what one needs to think about in an emergency and to take care of loved ones. Her program is entitled "In Case of Emergency, Break Glass". Don't miss this program!

**We Wish You A VERY HAPPY, HEALTHY AND PEACEFUL NEW YEAR!
Stay Warm, Safe, Enjoy and Have FUN!**

Judith and Lynette

Adopt A Family

WE DID IT! Thanks to a group effort we adopted 27 families for the Head Start/Adopt a Family project. Think of all the happy faces on Christmas Morning!

Mary Kervick was an incredible help stuffing bags and shopping on the side, keeping me calm. Could not have done it without her help. Eric Brettschneider was searching for a bike the Saturday before pickup! Gary and Harriet Tuckman shopping like mad. I could go on and on with names of helpers and elves!

The wrapping elves: Sharon Wallace, Valerie Smith, Joyce Cassidy, Kathy Downs, Lynda DeAngelis, Linda Steckel, Ellen Lukasik and Ron Hosie.. .spent a full day wrapping.

In addition to all of your very generous donations,we thank: UMB BANK on Cheyenne Blvd. (great chili cook off fund raiser!), The Woman's Club of Colorado Springs, Genesis Health Spa., Schriever Air Force Base.

We could go on and on. Ted I am sure is smiling down on us. God bless all of you and I wish for a healthy new year for all.

Ginny B

General Meetings



Programs

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

In Case of Emergency, Break Glass!

Our January program is going to help us start the new year off right and answer these question with practicality and humor!

- Are you taking a big risk by not being legally organized?
- Would someone know who to call in case something happened to you?
- Did you know you make a tragedy much worse by not being prepared now?

Someone you care about deeply is going to lose AT LEAST a year of their life taking care of the mess you left behind, including countless legal fees if your paperwork is not in order. Mary Kelly, PHD, CDR U.S. Navy (ret.) will show us how to simply and easily organize our most important paperwork; take the stress out of being prepared; and understand what we need to think about in an emergency. For your own peace of mind, don't miss the program! (She's very funny, too!)

Gleaners - Day of the General Meeting

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

Our January nonprofit is Springs Rescue Mission. Their mission for the past 20 years has been: **To see lives transformed and filled with hope as our community works together to fight homelessness, poverty and addiction.** In fact, this year alone, they'll serve more than 150,000 meals, support more than 700 struggling families a week, and help dozens of homeless men and women find housing. At this time, we can help by our donations of the following: socks, gloves, hats, small hand sanitizers & tissues, chapstick, and feminine hygiene products (tampons, in particular).

Hospitality

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

What a lovely and tasty holiday luncheon!! We had a record number of attendees to enjoy the food and decor -- each table was different and creative and beautiful -- what a pleasure! The excellent food was prepared by Nikki McDonald (of Catering by Nikki) and her team of hard-working, and very congenial, helpers. All in all, a great success!

Our Hospitality team worked hard, aided very much in the clean-up phase by Prezzes Lynette and Judith -- many, many thanks (and we were very grateful that the dangerously heavy kitchen cabinet door didn't fall off until we were almost finished with our work)!

At the January meeting we will ask for food volunteers for the meetings in February, March, & April, and decor volunteers for food-table beauty in March & April -- don't be shy!

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, January 18th, 11:30 AM

Place: Home of Harriet Tuckman

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

Happy New Year! Ladies Gourmet Lunch will kick off 2017 with a taste of Spain. Recipes will include tapas style food. Please stop by our table to sign up and pick a recipe. If you cannot make the meeting but would like to attend, please email Evelyn by January 10th.

Saturday Night Supper Club - 4th Saturday, January 28th, (Chinese New Year), 6:00 PM

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net

Dottie Leib tdtc@aol.com

Marie Poyzer marieacp@yahoo.com

"Thank you" to our December hostesses for generously opening your homes for our dinner. In January we'll celebrate Chinese New Year with Marie Poyzer's menu of Butterfly Shrimp with Sweet and Sour Sauce and Chicken Lettuce Wraps.

Please sign up at the CMNC meeting or contact Sue, Dottie or Marie before the January 20 deadline. We look forward to seeing you.

OUT TO LUNCH BUNCH revisited

Many of us have missed the Out to Lunch Bunch, and would like to start it up again if there is enough interest. We will always go out to lunch after the general meeting...to different places each time, so you'll get to try out several restaurants in the area. It is also a chance to get better acquainted with new and old members of CMNC in a more relaxed and personal setting than the big general meeting. Sometimes you can almost feel overwhelmed by the number of new names at the meeting, but you can visit with a few at a time afterward at lunch. If you don't know the area, we can always carpool.

So if you are interested in joining in the fun, please plan on being out a little longer after the meeting each month and try something new with us.

There will be a sign-up sheet near the Welcome to Colorado table, so please sign up. Should you forget, and you still want to go, one of the presidents will ask at some point in the program if anyone else wants to be included. Just raise your hand, we'll count, and call the restaurant with the number coming. If you need a ride, mention it when you sign up and we'll arrange it.

For this first January group, we'll go someplace you may know, but perhaps have not tried out their great luncheon menu...the Outback, over near Tinseltown. Please plan now to join us.

Margaret Brettschneider 633-4661 or Judy Finkelstein 579-0734 if you have questions.

Wine & Friends - No January Meeting

Chairs: Nancy Allen 358-7899

NancyAllen6782@comcast.net

Linda Weber 717-725-4157

Springweber@gmail.com

There will be no Wine and Friends for January, but we are looking for hosts for the new year of 2017. If you would be gracious enough to open your home to our group, please email me as soon as possible or stop by our table in January at the monthly meeting of CMNC. Remember you can always limit the number of participants.

Health & Wealth



*Nurturing Yourself - 1st Thursday, January 5th,
11AM - 1PM,*

*Place: Broadmoor Community Church
Conference Room*

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 have a joint meeting with the Wholistic Nutrition group to view the film *Food, Inc.* This film addresses our food supply and how we can form more healthy eating habits. We will be meeting at the Broadmoor Community Church in the conference room. The movie will start at 11:00 AM. **Please RSVP directly to Ingrid Hullman ,goldenlover@mac.com, by Friday, December 30th 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, January
5th, 11 AM (PLEASE NOTE TIME CHANGE)*

*Place: Broadmoor Community Church
Conference Room*

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 we will be partnering with the Nurturing Yourself activity group and viewing the movie *Food, Inc.* by documentary filmmaker Robert Kenner. Did you know "the way we eat has changed more in the last 50 years than in the previous 10,000?" Global food production is controlled by a handful of multinational corporations. From farm to table, the health and safety of our food supply often falls victim to the financial bottom line regardless of the consequences. How can we as consumers affect the food chain? Please join us to find out the answer.

Deadline to RSVP is **Friday, December 30th**. Please contact Helen. Thank you. Yours in health and wellness.

*Women of Wealth- 4th Tuesday,
January 24th, 9:30 - 10:30 AM,
Place: Ski Barista, 124 East Cheyenne
Mountain Blvd*

Chair: Janis Cross 577-6322

Janis.cross@mssb.com

<http://www.morganstanley.com/fa/janis.cross>

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 kpjppi@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 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 January 13th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, January 15th. 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 13th. We are looking forward to seeing you on January 15th!

Linda and Audrey

UFOs - 1st Monday, January 2nd, 1 PM, Place: Home of Merle Ellis

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 January 27th, 11AM The Pioneer Museum

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

In January, we will stay closer to home as we visit the Pioneer Museum, located at 215 S. Tejon. This wonderful museum located in the old courthouse collects, researches and interprets the history and culture of Colorado Springs and the Pikes Peak region. In addition to several revolving art collections and exhibits about "Little London" as Colorado Springs was once called; the museum is opening a new exhibit on January 14 called "The Story of Us", an interactive experience. We will have a guided tour of the museum beginning at 11am so please **RSVP by the general meeting** and let Judy know if you plan to carpool from Country Club Corners or if you will meet us there. Afterwards, we will head across the street to McKenzie's Chop House for lunch. The tour is free and the lunch will be on separate checks.

Decorating Divas - 2nd Tuesday, January 10th, 1 PM - 3 PM Place: Home of Harriet Tuckman

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

The Divas will be meeting at Harriet's lovely home again to be treated to a watercolor class by famed local artist, Eric Fetsch. He will be leading us in the art of watercolors and we will be able to paint 2 or 3 valentine cards for loved ones.

Please join us in this fun and learning experience, whether you are a beginner or an artist yourself. Please rsvp Monica at the above email address if you wish to participate. We hope to see you there!

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 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, January 4th, 10AM, Home of Barbara Nisar

Book: The Nest

Chairs: Valerie Smith 213-8685

Valerieannsmith2003@yahoo.com

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

Novel Women-1st Wednesday, January 4th, 11:30AM

La Baquette Old Colorado City, 2417 W. Colorado Ave. (577-4818)

Book; The House of Mirth by Edith Wharton

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

We shall be meeting for a post-holiday LUNCH. Everyone please bring at least one written question for discussion.

Reader's Choice-3rd Wednesday, January 18th, 10AM

Book/Location TBA

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, January 25th, 2PM

Book: Red Sparrow

Location: TBA

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*

	Week 1	Week 2	Week 3	Week 4
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 11:30am novel women	10am general meeting	10am readers choice 11:30am ladies gourmet	2pm happy bookers
Thursday	11am wholistic nutrition 11am nurturing yourself	10am canasta		10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg	9am hiking 11am 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.

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