

WEBSITE
<http://cmnccos.org>

Executive Board

Co-Presidents

IsaBelle Rowsey 719-651-9656

Karen Thomas 757-272-2517

Vice Presidents

Membership
Linda Ewton 719-659-2342

Activities
Lisa Knowles 303-514-5915

Treasurer

Mary Kervick 719-649-3658

Secretary

Cathy Stamps 719-964-5324

Communication Director

Gale Laubach 719-644-1070

Webmaster
Linda Ewton 719-659-2342

Newsletter
Karen Thomas
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.

January 2022



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

Presidents' Letter

Happy New Year to our Wonderful CMNC Members,

We are filled with joy, as we look back over the programs and events that have been enjoyed by all in 2021!!! We could not be prouder of our incredibly hard-working Board, both our Executive and General, and our Activity Chairs who organize and hold their event for us each month. Ladies, when you see any of these hard-working volunteer members, please say THANK YOU! Without these ladies who step up and give of their time, our club would not be the Fun and Exciting club that everyone wants to be a part of!

On this note, we send our best wishes and heartfelt goodbye to our remarkable Vice-President of Activities and friend, who is headed for her next adventure in Detroit, to be with her son and daughter-in-law who have been transferred there from Colorado. We will sincerely miss our organized and talented Gretchen Brewer, who joined the club just 5 years ago and immediately got involved in many of CMNC's activities, and became the Co-Activity Chair for Ladies Gourmet for several years. We are happy to announce that Gretchen has hand selected Lisa Knowles, with E- Board approval, to become our new VP - Activities. Thank you for stepping up Lisa, and accepting the nomination as Gretchen's replacement. We look forward to working with you in the New Year!

Next, we want to thank all 90 CMNC members who were able to get away from the hustle and bustle of their busy lives at this time of year to enjoy the fabulous Holiday Luncheon and program that included; lovely harp performances by 11th grade Kaiya Apricio and the very entertaining Musicians; Joe and Katie Uveges with traditional holiday songs and a couple originals that had us all chuckling!!!! As always, the center pieces created by our Activity Chairs for each table did not disappoint, well done Ladies!!! We also want to mention that the Summit Catering certainly out did themselves with delicious food, and great service.

It was our great honor to announce and present, **Margaret Brettschneider**, with our OUTSTANDING MEMBER AWARD!!!

As you fill in your new Calendar for 2022, don't forget to "save the date for the second Wednesday of each month" to attend our General meetings. Each meeting you will have an opportunity to socialize, grab a snack, sign up for activities, and enjoy a great program that is informative and /or entertaining.

Our Spring Luncheon Chairs; Chelley Gardner-Smith, Lisa Heath, and Wendy Wolfswinkel, are busy creating an event you will not want to miss!!! More details will follow as we get closer to this Special Event date, of May 11th. If you have not yet had the opportunity to join a special activity group, it is NOT TO LATE! Please take a look at the calendar provided at the end of this newsletter and sign up... you will be welcomed with open arms!

Our coveted CMNC directory will be available to pick up at our upcoming General Meetings. If you are unable to make it and have not received yours, please reach out to IsaBelle Rowsey (text 719-651-9656) and we will find a way to get your directory to you!

If you have not joined our CMNC Facebook group yet and would like to, please go to Cheyenne Newcomers FB group and request to join. Barb Coons, our FB chair, will verify membership and you will be in!

It is that time of year to start thinking if you would like to join the upcoming board for 2022-23. The Nominating Committee will be announced soon and you can let them or us know you would like to help and they will find you a great opportunity to do so.

We are looking forward to finding out about safe travel tips and more from our very own travel expert, Phoenix Sagen, at our January General Meeting.

For February, the General Meeting will be held in the **evening**. You are invited to bring a guest or Valentine to enjoy an "Evening Concert" in the Sanctuary featuring the award-winning Cheyenne Mountain High School A Cappella Choir "Crimson and Slate".

Wishing you all a very Safe & Happy New Year,
IsaBelle and Karen

2021 CMNC Holiday Luncheon



A few of our radiant CMNC Ladies after they have enjoyed entertainment, socializing and a lovely lunch.



Merrily wins the Skyway Flowers



Thank you Activity Ladies for the beautiful table settings year after year!



Joe Uveges & daughter Katie sing for us in the Sanctuary.



Kaiya Apricio and her Harp



Presentation of Red Roses for Kaiya

Gretchen, your smiling face will be missed at CMNC!



Gretchen & Lisa Knowles, our new VP - Activities



The feeling of Friendship - Gretchen and Jeanne at Ladies Gourmet



Mexican Train and Canasta at Cliff House



Attending a CMNC Fashion show at Cheyenne Mountain Country Club



Gretchen's December Birthday with fellow E-Board Members



Decorating Divas at the Swiss Chalet



General Meeting - January 12th

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

In January, CMNC will welcome CMNC New Member Phoenix Sagen, an expert in world travel!

Although Phoenix was born in Los Angeles, CA, she has moved 29 times and lived in 4 countries. She and her husband are avid hikers and outdoor enthusiasts, making Colorado the perfect home. Phoenix is also an artist, creating all kinds of art based on her travels and the love of animals...elephants being one of her favorites :)

Phoenix is an adventure seeker, who started her own travel agency so she could share her love of travel with her friends and family. She plans travel for individuals and families as well as taking groups around the world. She will talk about how to travel and create wonderful memories that will last a lifetime, whether you plan your own trip, go on a trip planned by her, or join her on an adventure!

Join us in January for Phoenix's "Be Prepared not Scared to Travel" talk and learn how to navigate traveling with all the COVID changes.

***Special note:** * Volunteer needed! If you are willing to participate in a brief skit during the March program (March 9th), please contact Chelley at Chelleyisgs@gmail.com

BTW - At our December Meeting, there were inquiries about possible CD's by our entertainer, Joe Uveges. He does have CDs for sale. To purchase, you can text him at 719-440-5624.

November Gleaners Chair: Barb Coons

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

GLEANNERS is beginning 2022 with Silver Key as our January 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

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



Lunch Bunch - Wednesday, Jan 12, 2022

Place: Cheyenne MTN. Resort Grill

Chair: Gini Dugan 507-319-1700



Start your New 2022 Year off with a friendly relaxing lunch with very good lunches at an easy-to-find, well-known location! Save time and Email Gini ASAP to get on the sign-up list! A reservation for 11:30 will be confirmed during the meeting, so sign up by 10:30!

Ladies Gourmet - 4th Wednesday, 11:30 PM

Place: Home of Sharon Cotter

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

"Food brings people together on so many different levels. It's nourishment of the soul and body; it's truly love."
Giada De Laurentiis

Happy New Year to our Lovely Gourmet Ladies! We have a fun menu for January. Our theme will be the healthy and wonderful foods of the sunny Mediterranean. One of our favorite categories of food will feature some of the world's most loved and iconic dishes. Prepare for tingling taste buds as we make recipes for some of its most delicious foods. Our menu will feature Spanakopita, Greek Style Shrimp with Tomatoes, Moussaka, Orange and Pomegranate Salad, and Baklava. Due to scheduling conflicts, we will be holding this event a week later than usual, on **Wednesday, January 26**. Our hostess with the mostest, Sharon Cotter, will be hosting at her beautiful home on Star Ranch. Please be sure to sign up at our next general meeting in January. We look forward to seeing everyone soon.

Wine & Friends - 3rd Friday, 6:00 PM

Place: Sharon Cotter's home

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

Friday, January 21, 2022

Watch for an email with details on the January 21, Wine and Friends event.

Outstanding Member Award

CMNC is truly made better with this Exceptional Club Member!

It is with great honor that Margaret Brettschneider, one of our very own published authors (Yes, 10 amazing Novels, all based on true stories) was nominated and won the title of Outstanding CMNC Member Award. This bright, talented, knowledgeable woman has spent impossible to count hours serving our CMNC Club. Margaret, is the very definition of stalwart. She is loyal, hardworking, and reliable. Throughout her many years of her membership she has been both a leader and active participant. Margaret has not only held the title of President of our organization she has also been the club's VP, Secretary, Past President Advisor and has been the Activity Chair of Movie Mavens and Literary Ladies book group for years!



CONGRATULATIONS, Margaret Brettschneider, so deserving!!! It is always wonderful to see Margaret at the monthly General meetings and all of the Special Events the club has to offer.

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

*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 - 2nd Tuesday, 10AM to 2PM

Place: Teddi's Morrison's home

Chairs: Nancy Price-Weddle
719-332-2644

Mary Beth Shively
520-631-8522

The Divas will be meeting at Teddi's lovely home for a Wine Tasting presentation from Dirk, the owner of the Wine Seller in Monument. He will showcase eclectic and authentic wines from around the world, which will include, Israel, Africa, France, Germany, Italy, Spain, and of course, America! He will provide notes about each wine, while giving us interesting information about each one. We will also have delicious Hors d'oeuvres for you to enjoy. Yum!!! The cost for all will be \$22, so please RSVP MB, if you would like to be included in this delightful and informative event.

Movie Mavens - January 16th, Sunday after General Meeting

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

If you would like to be added to the email list, sign up at the general meeting or contact one of the chair women above.

An invitation by email goes out on the Friday after the general meeting requesting you choose a movie and let us know if you will join us for dinner after.

UFOs - 1st Monday, 1 PM

Place: TBA

Chair: Barbara Nisar 719-217-7396

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.

Theatre (& Live Performance) Club!

Chair: Chelley Gardner-Smith 719-640-0069

Prefer a text of name and phone # for communication



HOWDY DO DRAMA QUEENS!

Elliot: A Soldier's Fugue: TICKETS ON SALE DECEMBER 20TH

Friends, as you know, Colorado Springs a community of many veterans. Come to the play and develop insights about what it is like to serve. Spouses are invited. The tickets will go on sale after the printing of this newsletter. Since it starts Jan 27, and the month is nearly over, I think we should aim for **Friday Night, Jan 28**. It will be about 30 bucks. We can go for snacks or dinner beforehand, at Bonefish Grill at 5PM. **If you are interested in Elliot/Bonefish, TEXT ME by Jan 12, please! Chelley 719-640-0069.**

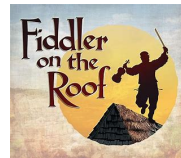
Synopsis:

"When I get home.... you gonna tell me your stories."

In this poetic and inventive Pulitzer-Prize nominated play about family legacy and service, Quiara Alegria Hudes (book writer of In The Heights) draws from interviews with her own military family to explore the influence of military service and proud Puerto Rican heritage across three generations of the Ortiz family. At the crux of the play, Elliot, a young veteran, weighs inheritance, duty, love, and legacy, as he debates whether to re-enlist for a second tour in Iraq. Tracking the family member's deployments in three separate conflicts, the play explores the history of service, and the bonds forged across generations, through the stories they share, and the ones they can't.

For February:

Our Pricey Show of the Year- About \$100 per ticket, is: **FIDDLER ON THE ROOF** (If I were a rich man....., I'd go to more expensive shows!) Can you sing that?



Fiddler On The Roof, Pikes Peak Center - Colorado Springs, CO., **Wednesday, Feb 16, 2022 7:30 PM**

Tickets are limited. Get your tickets NOW! I am going to be in the balcony in row K but sit where you can. Please invite whoever you'd like to join us. Let's go to The Melting Pot around 5PM. After I get a count of participants, I will make reservations. **Let me know by Feb 2, Ground Hog's Day!** This is close to Valentine's Day, so the Melting Pot may be full. But it's a Wednesday, so we can cross our fingers.

TEXT ME by Feb 2, if you are planning on going to Fiddler/ Melting Pot Chelley: 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 & Wealth



Nurturing Yourself -1st 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 January 6th, 2022. This invitation will be sent December 20th. 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!

Women of Wealth and Tech Ninjas

A special "Thank You" goes out to Janis Cross for chairing Women of Wealth for many years and introducing Tech Ninjas to us more recently. These two activities have come to their end, but we are appreciative for the learning opportunities they have provided to our membership. Janis remains in our service as a Past President Advisor and Hospitality Chair. Thank you, Janis for sharing your wealth of knowledge with us!

Games We Play

Canasta/Hand & Foot

2nd & 4th 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- 2nd 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

Mexican Train Dominoes

3rd Monday, 10 AM

Place: Cheyenne Mountain Golf Club

Chairs: Karen Vlasak 719-375-4692
Maria Polelli 719-649-4896

Mexican Train Dominoes has started up again. The new game sets are now 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.

Mah Jongg

Hurray, It looks like Mah Jongg is "Returning Soon"!!! Jackie Whipple has volunteered, and we need a CO-Chair/Gamemaster who is able teach this fun game.



Books

These bookclubs are currently not taking new members.

Literary Ladies, 1st Wednesday, 10AM

Book: Lillian Boxfish Takes a Walk by Kathleen Rooney

Place: Home of Lynda DeAngelis

Chairs: Sharon Wallace 719-579-7529
Lynda DeAngelis 719-576-5070

Readers Choice, 3rd Thursday, 10AM

Book: The Paris Library by Janet Skeslien Charles

Place: TBA and Mary Kervick is our hostess

Chair: Daria McClung 719-339-4860

Birthdays & New Members

Happy Birthday

January

Teddi Morrison	1/1
Sharon Cotter	1/5
Janet Fitzgerald	1/8
Barbara Nisar	1/12
Maria Polelli	1/12
Charlene Champion	1/13
Dorothy Grewe	1/17
Diane Passno	1/18
Linda Weber	1/23
Debbie LaBarre	1/24

Welcome New Members

Kathy Achenback, Patricia Baltzer, Marta Benson, 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, 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

Monday

1pm UFOs

1pm Pokeeno

10am Mexican Train
Dominoes

Tuesday

10am Decorating Divas

Wednesday 10am Literary Ladies

10am General Meeting

11:30pm Ladies Gourmet

11:40 pm Lunch Bunch

Thursday

2pm Nurturing Yourself

10am Canasta

10am Readers Choice

10am Canasta

Friday

Drama Queens: A Soldier's Fugue

6:00pm Wine & Friends

Saturday

