

WEBPAGE
Cmncos.org.

NEWSLETTER
cmncnewsletter@gmail.com

Executive /Board

Co-Presidents

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

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Treasurer

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LitesOn7@aol.com

Secretary

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Past Presidents/Advisors

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Jtlevis1@gmail.com
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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.

March 2017



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

GREETINGS

To new Members and continued members who continue to grace this wild and wonderful organization. The experiences we bring, the stories we share, the smiles, the tears and the laughter of who we are continue to come together stronger, more powerful and loving as we form new friendships, create lasting memories, and make a difference.

To Springtime which is hopefully around the corner, as this newsletter reaches you. But don't hold your breath – as this is, after all, Colorado. We could have snow in May. In the meantime, we hope you are enjoying the quiet beauty of the cold winter months to snuggle in and enjoy the many ways to do that – from curling up in front of a fireplace, creating some beautiful/inspiring art, to reading a good book, drinking a delicious cup of tea, enjoying a home-made bowl of soup, and of course, sharing time with friends and family.

We hope you are also enjoying the many activities to choose from, and maybe even reaching out and discovering new ones. Thank you to all of our Activity Chairs who continue to keep us motivated and inspired.

Our **March program** will be learning about the history of the Fine Arts Center. The unforgettable founding ladies of the Fine Arts Center: Alice Bemis Taylor, Elizabeth Sage Hare and Julie Penrose, and the innovative architect they brought to the project, John Gaw Meem, all come to life in this light-hearted presentation. Thank you to our Program Chairman for putting this together. It should be a program not to miss.

Our Greeters make a huge difference as they greet and welcome us, whether a visitor or member. Our Hospitality team and members continue to give us an appetite and reward us with beautiful decorations. A continued THANKS to Rich Designs for providing exquisite flower arrangements.

The **Spring Luncheon** is just around the corner, May 10th, the second Wednesday of the month, and will be held at the Pinery. Reservations and payments of \$30 can be made beginning at the March meeting. And think about inviting a friend. This will be the last official program/social until September.

Also, as time continues to fly, begin thinking about who your Activity Chair would be for next season.

Have fun and continue to make beautiful memories.

Judith and Lynette



The Garden Party

At The Pinery
Wednesday, May 10th, 11 AM
Good Food, Fun, Prizes

\$30 per person
Tickets will be on sale at
March and April Meetings

General Meetings



Programs

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

A Formidable Force: How Three Fascinating Women and Their Favorite Architect Founded the Colorado Springs Fine Arts Center.

Step back in time and meet some of the Fine Arts Center's favorite personas. The unforgettable founding ladies: Alice Bemis Taylor, Elizabeth Sage Hare and Julie Penrose, and the innovative Architect they brought to the project, John Gaw Meem, come to life in this light-hearted 45 minute presentation of one of Colorado Springs most dynamic eras. This presentation is presented by the FAC Docent Program, a group of highly trained volunteers dedicated to enhancing the experience of visitors to the FAC.

After our meeting in the Fellowship Hall, we will move upstairs to the sanctuary for this presentation. Please sit as close to the front as possible per the presenters.

Gleaners - Day of the General Meeting

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

The March Gleaners nonprofit is the Women's Resource Agency. For more than 40 years, they have been supporting women of the Pikes Peak region by providing the tools necessary for them to succeed in the workplace and in their personal development.

They teach, empower and advocate women and girls to attain and maintain personal self-sufficiency and economic independence. Participants receive individualized coaching for personal and career development, job search skills, interview and resume assistance, computer training, workshops to alleviate stress and further their professional growth.

Our donations of career-appropriate, gently used clothing are utilized in their **Suited up for Success** program. Eight out of ten women who get **Suited up for Success** with the Women's Resource Agency get a job within a month!!

Please check your closets ladies! Anything you've grown tired of (OR grown out of) can be invaluable to women starting out in the workforce!!

Hospitality

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

In February, the lovey rosy décor by Betty Marshall on the food table was an elegant tribute to Valentine's Day. We also appreciated the art and spirit of the wonderful food volunteers--yummy stuff! We're always looking for new food-bringers, and there's room on the lists for both March and April – if you have ever sampled the goodies at the meetings, then we would encourage you to please be a food volunteer at least once a year. (And, in case you'd like dishpan hands, you could volunteer to help Anna Bradberry with the scullery maid clean-up duties!)

As announced at the last meeting, we had a challenge at the tuesday afternoon set-ups the day before the meeting when the church's set-up man unexpectedly was ill. But the women pitched in and made it happen, and in record time – many thanks to the strong muscles of Carol Collins, Ellen Lukasik, Sharon Crumpton, & Betty Marshall – we were told we weren't heroes, we were **she**roes, a fun new word.

Because We Care

Chair: Sharon Wallace 579-7529
sharon.m.wallace@comcast.net

"Friends are angels who lift us to our feet when our wings have trouble remembering how to fly".

That quote is part of the mission of our organization. If a member is ill, recuperating or coping with the illness of a close loved one please let me know. I will send an appropriate card and call the member to see if there is something that can be done to help her in this difficult situation. If food or transportation is needed, I will first call the chairpersons of the interest groups the member is most active in. Why? Because We Care.

Nominating Committee & CMNC Slate 2017-2018

The Nominating Committee is in the process of recruiting CMNC members to serve on the 2017-2018 Executive Board. Board positions include two Co-Presidents; two Co-Vice Presidents; one Treasurer; one Secretary; and one Communications Director. The Executive Committee meets once a month prior to the general meeting.

We are specifically recruiting for the **Communications Director Board position**. This position is a new one and involves managing and directing CMNC's internal and external communications in collaboration with the Activity Chairs and the Executive Board members. The Communications Director could enhance and improve our CMNC web site and our connections to the Colorado Springs community, and this position would add an innovative and exciting dimension to the Executive Board. This position **does not replace** the Newsletter Editor, Advertising Chair, Directory Chair or Webmaster, and requires nothing more than **basic computer skills!**

The Nominating Committee will present the 2017-2018 CMNC Slate of officers at the CMNC March general meeting. Members will vote on this slate at the April general meeting.

Please contact one of us if you are interested!

Susan Puryear	suebugrn@gmail.com
Janie Levis	jtlevis1@gmail.com
Nancy Price	np-interiors@comcast.net
Harriet Tuckman	inplace@comcast.net

Food & Wine



Ladies Gourmet/Culinary Cruising - 3rd Wednesday, March 15th, 11:30AM

Place: Home of Sharon Cotter

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

We will be meeting at the home of Sharon Cotter on March 15th for a delicious lunch of Greek inspired foods. Please stop by our table to sign up and pick up a recipe. If you cannot make the meeting but would like to attend, please email Evelyn by **March 7th**.

Since all our chair ladies will be stepping down after this year, Ladies Gourmet Lunch is in dire need of someone to take over the group. If you are even in the least bit interested please stop by our table at the general meeting or call Evelyn at 719-322-7587. We will be more than happy to answer any questions or concerns you might have. In order to keep this wonderful group of food, fun and friendship, we need someone to step up and chair.

Saturday Night Supper Club - 4th Saturday, March 25th, 6:00 PM

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net

Dottie Leib tdtc@aol.com

Marie Poyzer marieacp@yahoo.com

Thanks again to our members who welcome us into their homes as they host our dinners. We wouldn't be able to continue the Supper Club without you. This month please join us for Sherrie Denton's menu of Slow Baked Salmon with Oysters, Shrimp and Scallops and Mixed Berry Almond Cake for dessert. We look forward to an enjoyable evening of good food and conversation with you.

Please sign up at the CMNC meeting or contact Sue, Dottie or Marie before the March 17 deadline.

Out to Lunch Bunch - Day of the General Meeting

Place: Paravicini's Bistro, 2802 West Colorado Avenue, Old Colorado City

Chairs: Margaret Brettschneider 633-4661

ebrettmbour@aol.com

Judy Finkelstein 579-0734 mifine2@gmail.com

Thank you to the lovely folks who went out to lunch with us after February's meeting. The Out to Lunch Bunch is a chance to try out different restaurants and also get to know fellow members better that is possible in the large General Meeting. We are already dressed for the meeting, so why not add a great lunch into the bargain.

Wednesday, March 8th, we'll be going Italian at Paravicini's, a long time supporter of CMNC (You can see their full page color ad in your directory), and they've been Best Italian restaurant of the Springs for the last 10 years. Go straight up Nevada and go left on Colorado or over 21st or 8th streets to Colorado. We hope you'll join us. Sign up day of the meeting or call one of the chairs. Simply come prepared to spend an extra hour or to greeting new friends.

Wine & Friends - March 17th, 6:30 PM

Place: The Alberts, 53 Upland Road

Chairs: Nancy Allen 358-7899

NancyAllen6782@comcast.net

Linda Weber 717-725-4157

Springweber@gmail.com

Come join us as we celebrate **St. Patrick's Day!** Bring a bottle of wine and a food of your choice. Bobbie and DJ Alberts are graciously opening their home to us.

Please RSVP to me so I can have a number count for Bobbie. Looking forward to seeing everyone there!

Health & Wealth



Nurturing Yourself - 1st Thursday, March 2nd, 2-4PM ish. Place: Lower level conference room at Broadmoor Community Church

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, field trips, lively discussion, and of course laughter.

This month we'll be creating "vision boards" to take a deeper look at items or issues we would like to have or have more of in our daily lives. For more information and to RSVP, please contact Ellen Lukasik **by Friday February 24th**. Be sure to send Ellen your contact information if you would like to be kept apprised of our activities this year.

Strong Women - Every Monday, 8AM

Place: Palisades at Broadmoor Park, 4547

Palisades Park View, Downstairs 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!

Women of Wealth-

Chair: Janis Cross 577-6322

janis.cross@raymondjames.com

Due to a change of company and Spring travel plans, Women of Wealth will not be meeting the rest of this year.

See you in September!

Hiking - 2nd & 4th Fridays

Chair: Pam Pappas-Jones 576-7609 kpippi@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.

Wholistic Nutrition - 1st Thursday, March 2nd, 10AM

Place: Home of Helen Barcay

Chairs: Helen Barcay 330-9724

HelenBarcay@gmail.com

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.

Being a vegetarian often gets a bad rep – the food is boring; options are limited; you cannot get enough protein; you cannot eat out. We will hear from a long-time vegetarian who is very creative in the kitchen and more than satisfied with her choice. Along with preparing two dishes for us to enjoy, she will share recipes, suggestions for ingredient swapping and ways to make being a vegetarian anything but boring or limiting.

Please RSVP to Helen. Thank you. Yours in health and wellness.

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 causal - 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's 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 March 10th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, March 12th. 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 10th. We are looking forward to seeing you on March 12th!

Linda and Audrey

Decorating Divas - Sunday, March 12th, 2-3:30pm ish, Cottonwood Center for the Arts

NOTE DAY CHANGE

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

The Cottonwood Center for the Arts has graciously offered to close their doors to the public and open the theater to us. We will be seeing a collection of 10 plays under 10 minutes each, mostly comedies, and 2 dramatic plays. It is called "Theatergasm".

Should be very entertaining and a lot of fun. They are also reducing the admission fee to \$10. **We also thought it would be fun to invite all Newcomers and spouses**, since the theater capacity is 70. Please RSVP to both Monica and Nancy. See you all there!

Welcome to Colorado - Friday, March 24th, 12 PM, Clyde's Gastro-Pub / UCCS GOCA 1420 Gallery

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

We're getting artsy this month, ladies, as we tour the current exhibit at UCCS's GOCA 1420 gallery. The exhibit is called, "These Things Are Tangible," by Claudia Mastrobuono, Jodi Stevens and Sonja Young James. It features large scale fiber art sculptures. "Fiber art has been seen as a low form of craft," says curator Daisy McGowan. "It's a hobby, something you don't take seriously. It's associated with women."

She's out to challenge those old assumptions and the fact that there is a concurrent exhibit featuring Mastrobuono and Stevens works at the FAC just might help. We have a docent to guide us through the GOCA1420 exhibit at 1pm, but prior to that, we will meet at Clyde's Gastro Pub for lunch on the campus at noon.

There is no charge for this outing and the lunch will be on separate tabs. Please RSVP to Judy **by the general meeting** and let her know if you want to carpool. We will send out info on parking and carpooling to those who have RSVP'd the week of the event.

UFOs - 1st Monday, March 6th, 1 PM, Place: Home of Sharon Wallace

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.

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 February 3rd & 17th

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, March 1st, 10AM,

Book: The Woman in Cabin 10 Place: PEO House

Chairs: Valerie Smith 213-8685 Valerieannsmith2003@yahoo.com

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

Novel Women-1st Wednesday, March 1st, 10AM

Book: Place: TBA

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

Everyone please bring at least one written question for discussion.

Reader's Choice - 3rd Wednesday, March 15th, 10AM

Chairs: Karen Halverson 715-340-1288 farleyhalverson@gmail.com

Randi Hammer 951-491-3051 hammerrandi@yahoo.com

Book: How the Irish Saved Civilization by 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, March 22nd, 2PM

Book: The Readers of Broken Wheel Recommend Place: Home of Donna Ayres

Chairs: Susan Jones 963-5262 SJSjones@aol.com

Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

Directory Additions

Gretchen Brewer, Dan, 1145 Bayfield Dr, 248-275-9189, gretchen.n.brewer@gmail.com

Linda Amos, Gary, 8540 Briar Brush La, 80927, , 828-729-2960, lamos@bellsouth.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				
Wednesday	10am literary ladies 10am novel women	10am general meeting 12pm lunch bunch	10am readers choice 11:30am ladies gourmet	2pm happy bookers
Thursday	10am wholistic nutrition 2pm nurturing yourself	10am canasta		10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg 6:30pm wine and friends	9am hiking 12pm welcome to Colorado
Saturday				6pm supper club
Sunday		2pm decorating divas 3pm 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: