

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.



March 2022

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

Presidents' Letter

Hello Beautiful CMNC ladies,

How lovely our meeting room looked, enjoyed by 65 members, guest and husbands, for our evening February Social. The glow of the fireplace and soft music playing in the background set the mood. Valentine colors of pink, red, and white, on the tables set with lit candles in brass holders, chocolate kisses on heart doilies and the elegant touch of a red rose with baby's breath and ribbons were absolutely beautiful. Thank you, Karen Thomas, Janis Cross. Thanks also to Joan Pierce who had arrived early and spontaneously helped set it all up on the spot!

The Classy Decorating Divas did not disappoint with a gorgeous blown glass centerpiece embellished with flowers with Valentine's bags filled with cheese, crackers and sweets ~ yum! Thank you, Nancy Price and MB Shively. Sharon Wallace was our lucky winner of the Skyway Creations flower arrangement, along with one winner at each table to take home the beautiful long stem rose. We were excited to honor one of our truly deserving members, Janis Cross with the Outstanding Member Award for February.

Next, we were off to the Sanctuary to enjoy the Award Winning CMHS Acapella Group, Crimson & Slate! Lesley Johnson, presented this group with true heart and pride, as her son Haydon, had been part of this elite group for years. I know we all felt privileged to enjoy such a wonderful performance by these talented high school students.

Marie Ryan and her dedicated nominating committee will be proud to announce the proposed slate of officers for the 2022-23 Executive Board at our March General Meeting. Nominations will also be accepted from the general membership at our March meeting. All nominee names will be published in the April Newsletter along with their Bio's, so all members can be prepared to make it official with their vote at the April General Meeting.

For our upcoming meeting, we will all enjoy a fun skit for our March Program. Please bring your \$35 check or cash to our meeting on March 9th to hold your spot for our Spring Luncheon held on May 11th, 2022.

"May luck be your friend in whatever you do, and may trouble be always a stranger to you."

IsaBelle and Karen
CMNC Co-Presidents



CMNC Spring Luncheon 2022

You are cordially invited to join us in celebrating

“Friends and Flowers and the Importance of Growing Both”

When – Wednesday, May 11, 2022 11:30 - 1:30 pm

Where - The Cliff House, in the beautiful Cathedral Spires Pavilion,
306 Canon Ave., Manitou Springs, 80829.

Valet parking available. Carpooling is highly encouraged.

\$35.00 per person, limit of 80 ladies.

(First 80 ladies secure a spot with payment. Otherwise, you can be placed on the cancellation/waitlist with full payment. Cancellations must be received 72 hours prior, for full refund.)

Meal includes your choice of plated chicken or vegetarian entrée.

Cash Bar

Sign up - 3/9/22, & 4/13/22 cash or check only

Let's grow our CMNC friendships
with fellowship and laughter.

Attire- “Anything Floral” goes! Get creative by wearing floral jewelry or clothing, artificial or fresh flowers, quiet elegance or outrageous fun.
Just show your style with flowers!



General Meeting - March 9th
11:30 am

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

For March, we are very excited to have CMNC's own Chelly Gardner, along with polymath Colin Gregory. They will perform "Come 'Play with Us" on March 9th and have some opportunities for the audience to get involved!



Decorating Divas feed us in beautiful heartfelt style!



February Evening General Meeting



Cheyenne Mountain High School "Crimson & Slate" A Cappella Ensemble Performance



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. ~

I am pleased to introduce all of you to our March Gleaners nonprofit, TESSA of Colorado Springs. TESSA was established in May 1977 in response to a high rate of calls to local law enforcement from women threatened/assaulted by their partners. At that time, Domestic Violence was considered a private matter, & resources were difficult to locate, if they existed at all. With assistance from within the legal & philanthropic communities TESSA emerged as an information provider & resource referral service. Since that initial effort, they provide these fundamental things: 1. Immediate safety at their confidential Safehouse for women, children, & other victims escaping abuse; 2. Empower survivors through programs & support such as Advocacy & Counseling; 3. Create a safer future through Education and Outreach to schools, businesses, & other organizations.

Their in-kind donation requests include the following: NEW & FULL-SIZED hygiene products, e.g., deodorant, shampoo, conditioner, body wash, razors, shaving cream, lotion, hair ties, combs. Gift cards for fast food/groceries (\$10 increments)- Walmart, King Soopers, 7/11.

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

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Ladies Gourmet



Wine & Friends

Food & Wine



Member News

Lunch Bunch - after the General Meeting

Place: Cheyenne Mountain Resort Grill

Chair: Gini Dugan 507-319-1700



Wednesday, March 9, 2022 @ 11:30

Join us for a friendly relaxing lunch with very good food at a well-known location! The Grill is located inside the Resort's Country Club. Save time and Email Gini ASAP to get on the sign-up list! A reservation for 1130 will be confirmed during the meeting, so sign up before the 9th or before 1030 at the meeting!

Ladies Gourmet - 3rd Wednesday, 11:30 PM

Place: TBA

Chairs: Lisa Lucke 719-306-3185

Marie Ryan 719-310-7810



Thank you for your participation in our previous luncheons. We have shared wonderful food and learned so many new things from all the recipes that have been cooked and baked. Our next luncheon will be on March 16 and the menu will feature recipes from the Emerald Isle! We will provide additional details, including all recipes, and the hostess at our next general meeting. Please sign up for our St. Patrick's Day inspired menu and get ready to celebrate a whole lot of green!

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

Place: Home of Jackie Whipple

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

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

Outstanding Member Award

With delight we announced Janice Cross as a recipient of our Outstanding Member Award at our February Evening General Meeting. Janice has been a CMNC Member since 2001. By her second year she introduced "Women of Wealth" as a new activity and chaired it for 20 years. She also started and chaired "Golf" and "Tech Ninjas". For a time, CO-Chairing "Hiking" also kept her busy and fit. Between all that, she was a chair for two Spring Luncheons. Janice was a Co-President during the difficult first year of COVID. There was a lot of reinventing of the wheel that year! Today, she is a past President Advisor and the Hospitality Chair. For our recent Holiday Luncheon and Evening Meeting, she is the one who put a burning fireplace scene on the TV, added easy background music and dimmed the lights "so it wouldn't feel like a school cafeteria". Her nominator mentioned "She is always willing to help whenever and wherever she is needed and she is generous to a fault."

Janice, You have a "Heart of Gold"!



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, 1PM to 3:30PM, March 8th

Place: Home of Marie Ryan

Chairs: Nancy Price-Weddle
719-332-2644

Mary Beth Shively
520-631-8522

The Divas will be meeting at Marie's beautiful home in the Broadmoor Resort, to give her ideas on window treatments, upholstery, and pillow re-coverings for the living room, dining room, master bedroom, and tile for the master bath. Nancy will be bringing many fabric books for you to choose from, as well as a variety of tile samples for the bath. Come and join us for this fun event! Please RSVP to MB at mary.shively@comcast.com and MB will send out more specific information.



Two Decorating Divas making Stained Glass Hearts

Movie Mavens - March 13th, The Sunday after the General Meeting

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

We will go to the movies and dinner on Sunday, March 13th. Hope you can join us. We will send an email to everyone that has signed up to inform of the theater as well as dinner time and place. Just contact one of the chair ladies, or sign up at the General Meeting.

UFOs - 1st Monday, 1 PM

Place: TBA

Chair: Barbara Nisar 719-217-7396

UFOs is cancelled for 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 4th, 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, 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. Text Chelley at 719-640-0069.

I am still looking into May's venue. My hope is to visit one of the fantastic High School plays, as they are usually just wonderful. Keep your eyes open!

JOIN THE EMAIL LIST by text.

Health



Games We Play

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 March 3rd, 2022. This invitation will be sent in late February. You will need to RSVP to hold your spot.

This year's focus is a continuation of navigating life's currents and flourishing with gratitude and grace as we age. With thought-provoking topics, conversations, inspiration, camaraderie, fun and support we will share a 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

3rd 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

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: Sharon Wallace 719-579-7529

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 Sharon Wallace.

Mah Jongg

1st & 3rd Tuesdays, 10AM-2:00PM

Place: Country Club of Colorado, in the room behind Gates Grill. 125 Clubhouse Drive

Chair: Jackie Whipple 619-994-9447
CO-Chair needed... *How about you?*

mahjonggirls@gmail.com

The Mah Jongg group meeting for the first time had 12 people playing and learning. We have a group that plays Chinese rules, a group that is learning National MahJongg rules, and a group that has not played for a while and is brushing up. We are so fortunate to have Judy Finkelstein as our wonderful, patient, experienced teacher. We have room for more players and we consider this a learning experience for us all. So, feel free to join us. To buy your 2022 MahJongg large-size card bring \$10.00. LuAnn McKenzie is ordering them for us in March. Alternatively, you can order your own at Nationalmahjonggleague.org. Also, the club owns cards from past years that we can use. We will break for lunch in Gates Grill at 11:30am. We look forward to seeing you!



Books & Outdoor Life

These bookclubs are currently not taking new members.

Literary Ladies, 1st Wednesday, 10AM

Book: The Indigo Girl by Natasha Boyd

Place: Home of Joyce Cassidy

Chairs: Sharon Wallace 719-579-7529

Lynda DeAngelis 719-576-5070

Readers Choice, 3rd 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 upcoming General Meeting for more information and sign-up.

Walkie Talkie

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 the Walkie Talkie activity table to see what is planned next and to put your name on the sign-up sheet.

See Photo →

Birthdays & New Members

Happy Birthday - March

Shively Mary Beth	3/2
Carla Wink	3/3
Pam Holnback	3/4
Denise Lynch	3/6
Donna Sterns	3/6
Christine Putnam	3/8
Patty Kramer	3/8
Janie Levis	3/17
Jean Bishop	3/19
Cyndy McBee	3/24
Cathy Stamps	3/26

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.



Walkie-Talkie First Outing

Calendar is always available on webpage newsletter link

Week 1

Week 2

Week 3

Week 4

Sunday

Movie Mavens
March 13

Monday

no UFO's for March

1pm Pokeeno

10am Mexican Train
Dominoes

Tuesday

10am Mah Jongg

1pm Decorating Divas

10am Mah Jongg

Wednesday

10am Literary Ladies

9:30am General Meeting

11:30pm Ladies Gourmet

Thursday

2pm Nurturing Yourself

10am Canasta

10am Readers Choice

10am Canasta

Friday

Drama Queens-

6pm Epiphany's and/or

7:30pm By the Way, Meet Vera Stark

6:00pm Wine & Friends

Saturday

