

WEBPAGE
Cmncos.org.

NEWSLETTER
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Executive /Board

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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.

May 2017



HAPPY SPRING!

This President's message will wrap up the 2016-2017 year of your Executive Board for CMNC. It has been a pleasure to serve as a member of the Board as you continued to delight us and keep us focused on doing our very best for this organization. And our membership continues to grow.

In some ways it seems like I was just writing the September Newsletter and here I am writing the last one. There were days I almost thought about counting them, and other days, like now, when I sit in reflection and wonder where the time has gone. Is it here already?

Our Annual Spring Luncheon will be a delightful experience as we gather to enjoy a festive and colorful Garden Party at The Pinery on May 10th. Be "comfortable and colorful".

Thank you Activity Chairs and your assistants for all that you have done this year, and that you continue to do. There of course will be some activities that will continue throughout the summer which is always fun when we have the opportunity to keep doing what we enjoy.

Thank you Carolyn Spillane and your assistants for your diligence in the Hospitality Department. Thank you Sharon Wallace for picking up the flowers from Rich Designs each month so that someone will have a pleasant and beautiful surprise. A big thanks to RICH DESIGNS for your loyal and beautiful support.

Thank you Ellen Lukasik, our Program Chairman, for bringing amazing programs to us this year.

AND a Grateful thanks continues to go to the Church for their gracious commitment to Cheyenne Mountain Newcomers.

If there is anyone we forgot it is only with remiss and a big thanks.

We hope that you all enjoy your summer and that it will bring you great joy, blessings and many memories with friends and family.

Be safe, happy and compassionate as we stroll, and sometimes run, together on this journey sometimes with the wind in our face and sometimes, with the wind at our back. Keep moving forward in joy and love, and **HAVE FUN!**

Until we meet again this Fall, with a very sincere thank you,
JUDITH & LYNETTE (Co-Presidents)

For those of you who are new, we do not do any activity signups at the spring luncheon. If you want to sign up for a May activity, please be sure to contact the chairpersons before the luncheon.

CMNC Spring Luncheon

Meet friends, Renew memberships and Welcome Spring



*At The Pinery
Wednesday, May 10th
Good Food, Fun, Prizes
11 AM - Membership Renewal
11:45 AM Lunch Served*

General Meetings



The following activities do not have anything scheduled for May. Have a great summer. See you in September!

Programs

Gleaners

Ladies Gourmet

Out to Lunch Bunch

Women of Wealth

Wine and Friends

Activities continuing during the summer:

Canasta

Pokeeno

Mah Jongg

Mexican Train

Book Clubs – please check with your chairs

Because We Care

Chair: Sharon Wallace 579-7529

sharon.m.wallace@comcast.net

“Expect trouble as an inevitable part of life and repeat to yourself, the most comforting words of all; this, too, shall pass.” Ann Landers

CMNC friends are here to support each other in tough situations and encourage each other when going through challenges.

Even though most interest groups don't meet during the summer months illness, surgeries and loss of loved ones still happen.

If you know of a member going through a difficult time please let me know. I will send an appropriate card on behalf of our membership and call to learn if there is anything that can be done to help.

Hospitality

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

The fire that was set outside the church kitchen and meeting room area, though thankfully relatively short-lived, certainly did a great deal of damage to that part of the building – full repairs won't be finished there until sometime in May. How ironic that the long-scheduled (and excellent) April meeting program was on fire mitigation! Since the church allowed us to meet upstairs in the sanctuary (on their most important week of the calendar), that meant having no food or drink or décor, so our hospitality duties were minimal. (NOTE to the member who brought, and forgot, her coffee mug – you can either contact us now or can wait until the May luncheon when we'll bring the mug with us.)

We're always looking for volunteers in the food department, hoping to achieve the goal of seeing every member bring an offering of good food just once per season (please note that we only have seven food-bringing meetings per year) – **maybe the nine volunteers who had been on the list for April will be able to change over to September. Please email me (Carolyn) if you are able to do this.**

We'll also be seriously searching for some scullery maids next season, since Anna Bradberry won't be able to continue being our dishpan hands. And we'll also be looking for table décor volunteers starting with the September meeting – it's always fun to see what different minds come up with.

Please see me at the luncheon to volunteer for the September meeting décor & food.

Food & Wine



Books We Read

**Saturday Night Supper Club - 4th Saturday,
May 27th, 6:00 PM (Memorial weekend)**

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net
Dottie Leib tdtc@aol.com
Marie Poyzer marieacp@yahoo.com

Thanks to our April hostesses for generously welcoming us into their homes to enjoy an evening of great food and conversation. This month, please join us for Diana Mikkelsen's fun menu of Gazpacho Shooters, Asparagus Bruschetta, Pulled Pork with Broccoli Stem, Jicama and Apple Coleslaw and yummy Creamy Lemon and Blueberry Pie. This will be our last Supper Club until our new year starts in September.

Because we won't have sign-ups at the May meeting, please check your calendar, then email Sue before the **May 19 deadline**. Please offer to hostess too, as this is the only way we can include everyone in these evenings. Thanks for a fun year filled with wonderful dinners and great times together. We're looking forward to more enjoyable evenings next year.

Wine & Friends - 3rd Friday, No Meeting

Chairs: Nancy Allen 358-7899
NancyAllen6782@comcast.net
Linda Weber 717-725-4157 Springweber@gmail.com

Our host for May has had to cancel due to health reasons so there will be no Wine and Friends unless someone wants to host it. If things should change, I will send out an email immediately.

We also need a Chairperson and a Co-Chair for next year beginning in June. If no one steps up to the plate, this group will cease to exist and it really has been very popular. Please let me know if you wish to assume this role so I may notify the new Vice-President.

Thanks for a great year!

Literary Ladies-1st Wednesday, May 3rd, 10AM,

Book: Underground Railroad

Place: Home of Christine Putnam

Chairs: Valerie Smith 213-8685
Valerieannsmith2003@yahoo.com
Harriet Tuckman 650-796-7595 inplace@comcast.net

Novel Women-1st Wednesday, May 3rd, 10AM

Book: Where the Bluebird Sings to the Lemonade Springs by Wallace Stegner

Place: Banning Lewis Ranch House, 6885 Vista Del Pico Blvd

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

Everyone please bring at least one written question for discussion.

Reader's Choice - 3rd Wednesday, May 17th, 10AM

Chairs: Karen Halverson 715-340-1288

farleyhalverson@gmail.com

Randi Hammer 951-491-3051

hammerrandi@yahoo.com

Book & Place: TBA

Happy Bookers-4th Wednesday, May 24th, 2PM

Book: The Persian Pickle Club

Place: Home of Ann Montgomery

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

Barbara Rogers 540-9424

Barbara@BarbaraRogers.net

Health & Wealth



*Nurturing Yourself - 1st Thursday, May 4th,
2-4PM*

Place: Home of Kathy Davidson

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 take a look at Setting Goals. If you have trouble setting goals or meeting goals you do set, join us. You will learn easy, guilt-free ways to deal with goals....setting and meeting! Please RSVP directly to Kathy Davidson by **Friday, April 28th** 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.

We will be having a one day retreat on Friday, August 4th. Details to follow during the summer. Stay tuned!

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!

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,
May 4th, 10AM*

Place: Ahavah Farm, Peyton, Co

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.

Get out your wellies to find out what sustainability really means when we visit Ahavah Farm in Peyton – “a beyond-organic, sustainable and biodynamic farm that utilizes regenerative agriculture to create the purest food and environment possible.” They specialize in heirloom vegetables, chicken and duck eggs, alpacas and honey. This family farm participates in our local family farmers markets and community supported agriculture (CSA) programs and utilizes “pure” methods for growing food and raising animals that illustrate the ideal in “farm to table” living. Good for our planet – good for all of us.

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

Fun Things To Do



Movie Mavens - Sunday after Spring Luncheon, May 14th

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's fun when we do☺☺). There are several movies coming out that look interesting, at least according to the previews.

There will be no General Meeting in May (due to the spring luncheon) but if you are on the Movie Mavens mailing list you will be emailed on May 12th. In the message we will tell you what theater, show times, restaurant and time we are meeting on Sunday, May 14th. 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 12th. We are looking forward to seeing you on May 14th. This will be the last outing, we don't meet during the summer months.

Linda and Audrey

UFOs - 1st Monday, May 1st, 1 PM,

Place: TBA

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, May 26th, 9:30AM

Place: Wild Hair Alpacas, 5815 Mountain Shadow View, 80908, Rosie's Diner

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

We are going out with a bang in May (because we don't meet in the summer) as we visit the Wild Hair Alpacas ranch out in Black Forest. Owned by Peter and Barbara Ziek, Wild Hair Alpacas has 35 acres and raises 16 color variations of alpacas. Barbara's hand felted creations are artworks of the first order and, yes, you will be able to buy them! The baby alpacas will have been weaned by the time we arrive and we will be able to see the process of shearing taking place.

Please wear appropriate foot wear for walking around out in a meadow – no sidewalks here! After our tour, we will go to lunch at Rosie's Diner in Monument.

RSVP to Judy before the Spring Luncheon in May (no sign up sheets next month) and be sure to let her know if you want to carpool. There is a \$5 per person charge for the tour, so Judy will collect that with your RSVP. Lunch will be on separate tabs.

Decorating Divas - 2nd Tuesday, May 9th, 9Am to 2PM, Denver Design District

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

The Divas will be car-pooling up to Denver to the Design District. I will make arrangements to meet with various reps from many different showrooms, including CAI, Century Furniture, and others, including fabric showrooms, area rugs, and artworks. We will be having lunch at a great restaurant called The White Whale Room, which is just around the corner. Please RSVP Nancy* and Monica* at both email addresses above.

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

Canasta will continue to meet during the summer

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 will continue to meet during the summer

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 May 5th & 19th, Village at Skyline, Bldg 4

Chairs: Judy Finkelstein 579-0734
mjfine2@gmail.com
Judy Whitley 358-9238 JLKITT@aol.com

Mah Jongg will continue to meet during the summer

The Mah Jongg group continues to play through the summer so if you are looking for an interesting and fun game to fill your leisure time please join us.

Mah Jongg is such a fun game that we want everyone to enjoy it. We are happy to teach anyone interested in learning. 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

Mexican Train will continue to meet during the summer

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.

*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		9am decorating divas		
Wednesday	10am literary ladies 10am novel women	11am Spring Luncheon	10am readers choice	2pm happy bookers
Thursday	10am wholistic nutrition 2pm nurturing yourself	10am canasta		10am canasta
Friday	10am mah jongg	9am hiking	10am mah jongg	9am hiking 9:30am welcome to colorado
Saturday				6pm supper club
Sunday		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:	