

**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 719-922-9018

Webmaster  
Linda Ewton 719-659-2342

Newsletter  
Karen Thomas  
[2021cmnc@gmail.com](mailto: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.



May 2022

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

### *Presidents' Letter*

Wow,

The CMNC Season for 2021-22 is rapidly ending. We would like to say thank you to all, for helping us make this year special! We were able to hold every General Meeting as planned without interference from weather or the dreaded COVID (although we did have rules for a bit, masks, and even packaged food). It meant the world to so many of us to finally get to have true social time with dear friends.

This year's Friends and Flowers Spring Luncheon on May 11<sup>th</sup> at the Cliff House promises to be Fabulous! Thanks to our creative Spring Luncheon Chairs, Lisa Heath, Wendy Wolfswinkle and Shelley Gardner-Smith.

We do not want to take away time from all the fun we will be having at our Spring Luncheon, so we want to take some time here to give appreciation and share accomplishments.

We want to thank our amazing Executive Board, who as a team, we have accomplished so many tasks, allowing our entire membership to enjoy an exciting and productive year. Here is a recap of our year of business and fun:

\*We were able to add and implement the capability to accept charge card payments (with a small convenience fee of \$2 per transaction).

\*We organized and hosted the well-attended Silver and Gold Fall Kick-Off, with the celebration of friendships old and new at its core.

\*With membership participation of sending in monthly nominations, we were able to honor well deserving members with years of contributions, our prestigious Outstanding Member Award!

\*At our lovely Holiday Luncheon, we debuted the club's new, white, 90" round tablecloths. This is also when Janis incorporated our cozy fireplace and continued this nice TV feature with appropriate seasonal background settings for the rest of the year.

\*With enthusiasm and excellent attendance, we had a lovely (and possibly first) February Evening General Meeting with spouses and invited friends. We also enjoyed A Cappella music by talented CMHS students in the church sanctuary.

\*Administratively, through Executive Board actions we changed the job description for Communication Director position to the simplified job description of Publicity and added the new Zoom Coordinator job to the General Board.

\*Due to COVID our membership numbers had dropped but we were able increase our numbers with new memberships by 35%. We have continued to see our numbers grow, even just before our luncheon. Direct recruiting and regular publications won the day on this achievement.

\*We were happy to bring back Hiking and Mah Jongg Activities and introduce Theater Drama Queens and Snowshoeing.

Ending on that note, a huge THANK YOU goes out to all of our Wonderful Activity Chairs who truly make our club outstanding! Also, our General Board Members do work we could not live without. Advertising, Directory, Facebook, Hospitality, Newsletter, Publicity, Webmaster, and Zoom, we give a heartfelt thank you to all!

A special shout out goes to Michelle Watts, Lesley Johnson, and Cathy Stamps for bringing us quality programs throughout the entire year.

Lastly, thank you for joining us on this journey and we hope you enjoyed this CMNC year as much as we did! Maybe you even met a new friend! We did! Can't wait to see you in your "Floral Best" at the beautiful Cliff House to share our last big event in celebration of Friendship!

There is Valet Parking at the Cliff House and carpooling is encouraged. Gini Dugan has graciously volunteered to be point of contact for carpooling. Please contact Gini Dugan at [Vrdugan49@gmail.com](mailto:Vrdugan49@gmail.com) if you would like to meet at the Broadmoor Community Church parking lot for the purpose of a carpooling caravan to the Spring Luncheon. Thank you, Gini!

We are truly blooming where we are planted,  
IsaBelle and Karen



## 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!



## Updates



Our April Program provided by Shaunda Sims on Decluttering & Downsizing was informative and given with a kind heart and included a great deal of audience participation.

At our April General Meeting, we successfully held our Executive Board Elections for the upcoming year! Please, welcome and congratulate the incoming 2022-23 Executive Board members: Co-President Cynthia Frank, Co-President Jackie Whipple, Co-VP Activities Lisa Knowles, Co-VP Membership Susan Jones, Secretary Cathy Stamps, and Treasurer Lisa Lucke. The Communication Director position was unfilled at the time. However, after the meeting, new member Pamela Prohoroff volunteered to accept this important responsibility. Her Bio will be sent in an E-Blast prior to our Spring Luncheon. We will vote her into office at the luncheon. This will allow our complete Executive Board to be inducted together at our Spring Luncheon.

**We have a few tickets left** for our incredible Spring Luncheon that will be held on our regularly scheduled 2nd Wednesday of the month, on May 11th \*with a time change of 11:30am to 1:30pm at the beautiful, historic, Cliff House. 306 Canon Ave, Manitou Springs, CO 80829. Valet Parking. Carpooling is encouraged. \*Reservations will be taken on a first come, first serve basis - so please do not delay!



Check out these clever award categories to go with our fun **Friends and Flowers** theme.

**Build me Up Buttercup:** Awarded to the brightest flower at the ball - Yellow galore! Always ready with a smile and cheerful laugh. (Wears the most yellow)

**Le Fleur du Fête:** (The Flower of the Party) : Elle est magnifique, et aussi éblouissante qu'elle peut l'être. (She is magnificent, and as dazzling as she can be.) The French would say, "Oh là là" (wow.)

**Little Miss Tulip:** She is just so perfect - lovely, neat, prim and proper, as she displays her flowers with such class. (Classy - think Sunday Best - maybe a pill hat and gloves.)

**Fresh as a Daisy:** Talk about FRESH - and it is a good thing. Okay, maybe she is a little fresh and spicy too. She is our brave and a bit outlandish flowery friend, who went all out! (Extravagant and kind of silly too.)

**The Bees Knees:** Why didn't we think of that? She completes the idea of Friends and Flowers in such a creative way! (Most creative.)

*Many thanks to Chelly for her clever description of these awards!*



Have you figured out what you will be wearing?

If you would like to join the FUN, please send your check to:  
CMNC "Attention Spring Luncheon"  
PO Box 60001

Colorado Springs, CO 80960 (yes 60)

\*Payable to CMNC for \$35. Please include chicken or vegetarian on the memo line.

Your reservation must be **received** in the mail by May 4. Postmarks will be recorded.

If you are able to attend this special Friends and Flowers Event on May 11th, PLEASE plan on renewing your membership and bring your \$30 membership dues. (\*check-preferred, \*cash-exact amount needed, \*charge card- a \$2 convenience charge will be added.) Your membership is valid from June 1st through May 31st, 2023.



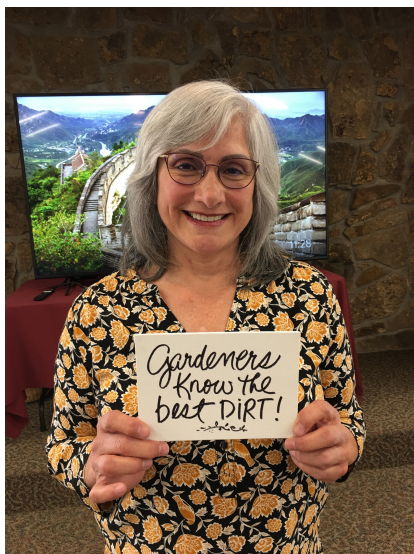
## Volunteers Needed

*These General Board positions are open. To inquire, contact a current President.*

*Advertising      Directory      Hospitality      Newsletter      Flower Pickup*



May



**Cynthia wins a raffle prize!**



**Susan Rae wins the flowers!**



**Wendy is also a winner!**



**Merrily & Nurturing Ladies, nurture us!**



**Painting Pottery with the Decorating Divas is fun!**



**Wine and Friends raises a glass to CMNC!**



**Theatre Club (Drama Queens) pause for a photo after the show.**



## Food & Wine



## Member News

### Lunch Bunch

#### Place:

Chair: Gini Dugan 507-319-1700



Because the May meeting will occur during the Spring Luncheon, the Lunch Bunch will resume next September!

HAVE A WONDERFUL SUMMER!!

### Ladies Gourmet - 3<sup>rd</sup> Wednesday, 11:30

#### Place: No Ladies Gourmet for May

Chairs: Lisa Lucke 719-306-3185

Marie Ryan 719-310-7810



You don't have to  
do everything  
from scratch.

Nobody wants to  
make puff pastry!

-Ina Garten

Hello Lovely Gourmet Ladies! We have had a fabulous year with all the delicious recipes that we cooked and baked our way though. We started with a late harvest menu and finished up with a spring inspired feast. Thank you all for your adventurous spirit and inspired taste buds. So much food, wine, and fun! With all the activities coming up in May and a lack of a hostess, **we have decided to make April our last hurrah.** We are still looking for a couple of intrepid women to continue to organize this wonderful activity this fall. If you are interested, please let us know and we will make sure we have a smooth transition. Bon Appetit!

### Wine & Friends - 3<sup>rd</sup> Friday, 6:00 PM

#### Place: Home of Donna Sterns

Chairs: Karen Cacy 503-246-4286

Marie Poyzer 719-659-3075

Our May hostess will be Donna Sterns. Karen and Alex will host in June. There is interest in a July party. Watch for the emails.

### Outstanding Member Awards

It is a pleasure to acknowledge Valerie Smith as an Outstanding Member of CMNC. Valerie has been a member for 16 years. In her early years, she developed and Co-Chaired a Creative Crafts Class. When she was a Co-President, the membership was 296! Other Executive Board positions she has held include VP-Membership and Public Relations, now called Communications Director. As a Co-Chair, she has served Ladies Gourmet, Literary Ladies, Nurturing Yourself, and Adopt-A-Family. She has had a 10-year relationship with Adopt-A-Family, with the last 5 years as a Co-Chair. Valerie has been on Spring Luncheon Committees and has regularly decorated a Christmas Luncheon table. Her Nominator wrote that "she is always ready to help out. She does so many things behind the scenes and never talks about it. She is and has been the 'Go To Girl' for a multitude of activities in CNMC." Valerie, Thank you for being our Go To Girl!

Valerie



Edna



Outstanding Member Edna Clark was recognized at our April General Meeting for her many years of contributions. Twenty-eight years, in fact! Edna joined in September of 1994 and one of her first regular volunteer jobs was setting up the chairs for the General Meetings. In her early years, she started the popular "Special Happenings". This was an activity for couples, which could be anything from dinner out, a concert or an exhibit debut. She was a Co-President for TWO consecutive terms. (1997-1999) Edna has held the position of Programs and contributed to many Special Events such as the Galas and Luncheons. Her contributions of decorating a Christmas Luncheon Table are quite numerous. Not to forget opening her home for other activities. Edna enjoys playing Mexican Train. Currently she is a Canasta Co-Chair and has been for many years. Her nominator said "Truly, she's a GEM!" To that, Edna said "Well, CMNC has added to my life". We say, "Edna, you have added to CMNC!"

There is one more chance to submit nominations in time for the May presentation. The deadline for submission is May 3<sup>rd</sup>. Please send your nominations to [2021cmnc@gmail.com](mailto:2021cmnc@gmail.com)

## Fun Things To Do



**Decorating Divas - 2<sup>nd</sup> Tuesday,  
Time Change 12:00 Noon, May, 10**

**Place:** The British Pantry and Tea Room

Chairs: Nancy Price-Weddle  
719-332-2644

Mary Beth Shively  
520-631-8522

The Divas will be going to this lovely Tea Room in Old Colorado City where we will be treated to an authentic British Tea time and a variety of delicious tea sandwiches, scones, unlimited teas, and a variety of just baked desserts.

We can also browse The British Pantry for groceries and gifts, including Cadbury chocolate, digestives, clotted cream, and much more. So, if you miss the UK, or have never been, join us for another wonderful experience by sending an rsvp to MB. The Tea Room is only open on Saturday and Sunday but they are going to open on Tuesday at noon, just for the Divas!! We are limited to 25.

We hope to see you there!  
Nancy and MB

**Movie Mavens - Sunday after the General Meeting**

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

Here is your invitation for a fun outing with the Movie Mavens group. Singles and/or couples can join. All those that sign up at the general meeting or respond to this invitation will be included in the email that will be sent after the general meeting. That email will let you know which theater and restaurant we will be gathering on that Sunday. The upcoming event will take place on May 15, 2022.

We look forward to seeing you at the movies!!

**UFOs - 1<sup>st</sup> Monday, 1 PM**

**Place:** Carolyn's home

Chair: Barbara Nisar 719-217-7396

UFOs will meet May 2, at 1pm at the home of Carolyn Wheeler.

**Theatre (& Live Performance) Club!**

Chair: Chelley Gardner-Smith 719-640-0069

**Prefer a text of name and phone # for communication**



**HOWDY THERE DRAMA QUEENS!**

Happy summer! We will resume the Theatre Club in the fall with a host of new shows and venues.

To re-cap this year, we had so many amazing experiences. We saw "Nun-Sense," "Fiddler on the Roof," "Seven Brides for Seven Brothers," "Meet Vera Stark," "Guadalupe in the Guest Room," "Elliott," and "Don't Yell Fire." We realized it did not take a major production to have fun and enjoy theatre. Most of our group preferred community theatre to high-ticketed theatre. It was cozier and more comfortable.

On another note: How many of you would like to grow into theatre a bit by performing ourselves? We can do theatre games, performances, talent shows, reader's theatre, impromptu, and even small skits.

I am a Shakespeare Buff. Would any of you be interested in learning more about some of Shakespeare's Plays? (We would watch and respond, not read the plays.)

Below are Some Summer Sensations Suggestions: (You are on your own to get your tickets and decide time and day.)

**The Wolves: FINE ARTS CENTER**, by Sarah DeLappe | Nine Girls. Six Games. One Dream. June 1, 2022 - June 26, 2022



"The Taming of the Shrew" by William Shakespeare

**Taming  
of the Shrew**  
BY WILLIAM SHAKESPEARE

July 6 - July 30

"I see a woman may be made a fool/If she had not a spirit to resist." Come see a gender swapped take on Will's original battle of wills. Kate and Petruchio, equals in intellect, impudence, and perhaps even infatuation learn to balance identity and belonging, with plenty of sniping, head-butting, and comedic interludes along the way.



JUNE 11, 2022, SHOW TIMES, DOORS @ 6:00 PM, SHOW @ 7:00 PM, Collective Groove, a 9-piece funk/soul horn band, formed in 2016 from a collection of some of the top players in Colorado Springs. They've steadily built a fan base and continue to grow to be the in-demand band for Southern Colorado with a contagious mix of dance tunes from the 60s to modern day, including Bruno Mars, The Temptations, Chicago, Earth, Wind & Fire, Daft Punk, Michael Jackson, Prince, and much more.

Our final performance for the Cheyenne Mountain New Comer's season will be at our cherished, neighborhood high school, Cheyenne Mountain. The series of plays, 'Don't Yell Fire', 30 plays in 60 minutes should be a real hoot! According to the director, the one and only, and fabulously talented, Jodi Papproth, it will be held on Friday, May 13, at 7PM. According to Papproth, "We set up a bunch of categories on a website and you can choose how much you want to pay. Check this website to get your tickets. <http://our.show/.cmhsdramaboxoffice/dontyellfire2022>. Let's go support our neighbors!



Please let me know if you are interested in attending by texting me, at 719-640-0069. I will need to know your interest in order to make reservations at the restaurant. You must get your tickets online, yourselves.

What is your interest? Text me. Tell me what you want to do. Make suggestions. Also, an apology: I am sorry for those of you who received unwanted group texts this last year. I am trying to figure out a better way to let folks know what is happening. I just do not want to forget anyone.



## Health



## Games We Play

### *Nurturing Yourself -1<sup>st</sup> 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. 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,

### *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!

*Gleaners* Barb Coons Thank you ladies, for all your donations!

### *Mexican Train Dominoes*

*3<sup>rd</sup> 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. Mexican Train Dominos has survived one more year, and **we will continue to meet during June, July and August.**

### *Canasta / Hand & Foot*

*2<sup>nd</sup> & 4<sup>th</sup> 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

**Canasta / Hand & Foot will continue all Summer.**

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- 2<sup>nd</sup> 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.

**Pokeeno is planned for summer continuation.**

### *Mah Jongg*

*1<sup>st</sup> & 3<sup>rd</sup> 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?*

**We will discuss Summer continuation interest.**

We meet at Colorado Country Club, 125 Clubhouse Drive, next to the Gates Grill. We play from 10 am to 2pm with a break for lunch there.

Learners and pros are both welcome. We play American league rules and we have a table of Chinese rule players as well.

Please join us!



## Books & Outdoor Life

## Birthdays & New Members

*These bookclubs are currently not taking new members.*

*Literary Ladies, 1<sup>st</sup> Wednesday, 10AM*

**Book:** Anxious People by Fredrik Backman

**Place:** Home of Valerie Smith

Chairs: Sharon Wallace 719-579-7529

Lynda DeAngelis 719-576-5070

*Reader's Choice, 3<sup>rd</sup> Thursday, 10AM*

**Book:** My Remarkable Journey by Katherine Johnson

**Place:** TBA Watch for an email.

Chair: Daria McClung 719-339-4860

May 19, 10:00 -12:00

## Outdoor Life (new)

### Snowshoeing

Chair: Melissa Leftwich

Thanks for the fun snowshoeing adventure!



IsaBelle, Wendy, Melissa and Cheryl, behind the camera, snowshoeing at Muller State Park.

### Happy Birthday - May

Sharon LeRoy	5/2
Suzanne Keel	5/3
Jenifer Karber	5/9
Sharon Wallace	5/11
Leslie Herzog	5/17
Marie Poyzer	5/18
Daria McClung	5/20
Fran Williams	5/25
Cynthia Crater	5/26
Lynette Bickley	5/28

### 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, Sharon LeRoy, Carol Lory, Cyndy McBee, Ginny Montgomery-Rose, Marian Phelps, Judy Porter, \* **Pamela Prohoroff**, Phoenix Sagen, Marie Shahani, Diane Sibole, Cathy Stamps, Debbie Turk, Jackie Whipple, Rebecca Whittaker, Wendy Wolfswinkel, Gaye Woullard.

\* Indicates new member since last newsletter

### Walkie Talkies

**Time:** Every Friday

**Place:** TBA

Chair: Cheryl Eaton 719-331-5554

Come join in the fun and be a Walkie Talkie! We are exploring trails around the Springs. So far, we've hiked Bear Creek Park and the Siamese Twins trail in Garden of the Gods. I really appreciate that everyone shares favorite hikes and I want to do them all. Our hikes are usually a couple of miles and moderate. **I want to continue to hike every Friday throughout the year.** I send out an email on the Sunday before with information (where and when) and a follow-up Thursday evening. Questions, suggestions or want to sign up? You can text or find my email in the directory. Let's hit the trails and have some fun!



*Calendar is always available on webpage newsletter link*

**Week 1**

**Week 2**

**Week 3**

**Week 4**

**Sunday**

Movie Mavens

**Monday**

1pm UFO's

1pm Pokeeno

10am Mexican Train  
Dominoes

**Tuesday**

10am Mah Jongg

12 noon Decorating Divas

10am Mah Jongg

**Wednesday**

10am Literary Ladies

11:30am Spring Luncheon

~~no~~ Ladies Gourmet

**Thursday**

2pm Nurturing Yourself

10am Canasta

10am Reader's Choice

10am Canasta

**Friday**

Walkie Talkies

Walkie Talkies

Walkie Talkies

Walkie Talkies

Drama Queens  
7pm - Don't Yell Fire

6:00pm Wine & Friends

**Saturday**

