

WEBPAGE
Cmncos.org.

NEWSLETTER
cmncnewsletter@gmail.com

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.

November 2016



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

Presidents Message

GREETINGS and HAPPY NOVEMBER,

I hope that you have all enjoyed the beautiful Fall season. It's hard to believe it's November, with Thanksgiving and Christmas just around the corner. Where did the year go?

As we continue to move on, there are so many opportunities available in this Club to learn, to play, to reach out and support others while nurturing friendships and making new ones through many of our activities. So step up and step out, become a member, invite a guest, and be pleasantly surprised.

With that thought, we are inviting you and maybe a friend to step up and honor us with taking the lead in chairing our **May luncheon on May 10, 2017**. This is our last grand official get-together to celebrate until we come together again in September.

The **Octoberfest** chaired by our Fall Chairwoman, Margaret Brettschneider, was a smashing success. Everyone enjoyed the delicious food and festivities we shared at the Edelweiss Restaurant. Thank you Margaret and the Edelweiss staff for your wonderful support. You all went over the top to let this Octoberfest be very special.

Our November program will delve into the Olympics. Ever wonder the inside scoop and what really goes on behind the scenes of the Olympics. Want to see and maybe even touch a real medal. Be ready to hear from those directly involved with the Olympics and the diligent efforts and elite training it takes. Thanks to our Co-President Lynette Bickley for putting this exciting program together.

The **Christmas luncheon** will be December 14th at the Church with entertainment in the Sanctuary and luncheon following in the Fellowship Hall. **It will be imperative that you RSVP. There is no cost to members**. An E-Blast will be forthcoming.

Our annual **Adopt A Family** will be gearing up this month - a very important and happy service. You can sign up with Ginny Biggie at her table. See more information inside the newsletter.

There is so much to be thankful for in our daily lives that we so often take for granted. Now and then take a moment to look around and be grateful. Thank you to Carolyn Spillane and her assistants and to all of you who continue to share your delicious goodies at our monthly programs. We are very grateful for our Activity Chairs who are always there to support us, Mary Kervick for doing the newsletter, and to so many others, and to the Church for their invaluable support. And we are very grateful for all of you.

Don't forget to wear RED, WHITE AND BLUE to the November 9th meeting.

A VERY HAPPY THANKSGIVING to each and everyone from our CMNC Executive Board.

Judith and Lynette



Adopt-A-Family

Chair: Ginny Biggie 576-4216 ginnybig@gmail.com

HEAD START HAS DEDICATED THE 2016 PROGRAM TO TED BIGGIE

WHAT IS ADOPT A FAMILY?

FOR THE PAST 14 YEARS, CMNC HAS PARTICIPATED IN THIS HOLIDAY PROGRAM. THANKS TO ALL OF YOU WE HAVE ADOPTED 33 FAMILIES EACH YEAR. THESE FAMILIES ARE WELL VETTED, ELIGIBLE ONLY ONCE, HAVE A CHILD ENROLLED IN THE HEAD START PROGRAM, AND ARE LIVING ON OR BELOW THE POVERTY LEVEL (\$24,500 A YEAR FOR A FAMILY OF 4). MANY OF OUR FAMILIES ARE MILITARY!

HOW TO PARTICIPATE

FAMILY NAMES, AGES, NEEDS AND SIZES WILL BE AVAILABLE BY THE FIRST OF NOVEMBER YOU

CAN CHOOSE A FAMILY, A CHILD, MILITARY ...YOUR CHOICE. NEEDS ARE SIMPLE :UNDERWEAR JACKET, SNEAKERS, ETC. ALL OF THE GIFTS ARE TO BE GIFT WRAPPED AND DELIVERED TO SANTA'S WORKSHOP (240 CHILDE DR) **BY November 30th**. LAST YEAR WE FILLED THREE HEAD START BUSES. IF YOU PREFER NOT TO SHOP, WE ACCEPT CASH OR A CHECKOUR SHOPPING

ELVES WILL DO IT FOR YOU. WRAPPING ELVES ARE ALSO AVAILABLE.

WHY ADOPT?

EACH CHILD DESERVES A HEAD START! CAN YOU IMAGINE A CHILD WAKING UP ON CHRISTMAS WITH NOTHING UNDER THE TREE OR NO TREE AT ALL? CAN YOU IMAGINE THE HEARTBREAK OF A PARENT UNABLE TO PROVIDE A HOLIDAY? SOME OF OUR PAST DONORS TELL US THIS PROJECT IS THE HIGHLIGHT OF THEIR HOLIDAY SEASON.

General Meetings



Programs

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

The Olympics – Behind the scenes

Gleaners - Day of the General Meeting

Chair: Barbara Coons 375-3231

lites0n7@aol.com

Gleaners project for November is **One Nation Walking Together** whose mission is to make a positive difference in the lives of Native Americans living in poverty. This nonprofit was started in 1997 by a Manitou Springs couple and is located at 3150 North Nevada.

The goal of ONWT is to rehabilitate & teach communities by improving shelter to ensure people are warm, safe, & dry; and by providing medical aid, educational programs, & food supplies for a more sustainable living.

Requested donations include gently used winter coats, blankets, canned or dried foods. Let this need be an impetus to clean out our closets to find items that no longer fit/you no longer wear. Please bring those to our November meeting for a “pass it on” blessing to someone else. Larger sizes are always needed. Clean is a MUST.

We always take donations of empty prescription pill bottles & hotel-size toiletries.

Hospitality

Chair: Carolyn Spillane 579-0771

Carol Collins 578-0620

What a great October meeting! We had wonderful & adorable table decor by Edna Clark -- and surrounding her arrangement we had superbly tasty & beautifully presented goodies brought by generous volunteers -- and then we also had a fantastic program by Donna Vessey. Wow!

The only thing we lacked was some scullery-maid assistance in the second half of the morning. We sure would appreciate the help -- doesn't anybody else want to have dishpan hands?

And we're also looking for volunteers to provide the table decor for several of the months starting with January. Sign-ups will be appreciated at the November meeting!

Because We Care

Chair: Sharon Wallace 579-7529

sharon.m.wallace@comcast.net

Like many of Colorado Springs' streets, our lives are not always smooth. Isolation, illness, surgery or death of a loved one can be both physically and emotionally difficult. Please call or email me if you know of a member who might appreciate a thoughtful card, a ride to therapy or perhaps help with meals during these unsettling times. I will send a card on behalf of CMNC membership. When appropriate I will contact the chairperson or persons of the groups that the member is most involved in and probably closest to. They in turn will be responsible for arranging what will benefit the member in need.

At the September General Meeting I was approached by a new member and asked what can be done if the member isn't yet involved in Special Interest groups and really hasn't formed a support system of friends. If this is the case, please contact me and together we will try to figure out what can be done to help this new member. Why? Because we care.

Food & Wine



*Ladies Gourmet/Culinary Cruising -
Change to 5th Wednesday this month
November 30th, 11:30am
Place: Home of Cheryl Strang*

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

Get ready for our Annual Cookie Exchange! Please note date change due to scheduling conflicts. Our hostess, Cheryl Strang along with the chairs will prepare a light lunch. After lunch, you will be able to take home a collection of assorted, homemade cookies. Directions will be given out at the general meeting when you sign up. If you can't make the meeting but would still like to attend, email Evelyn by November 15th.

*Wine & Friends - 3rd Friday, November 18th,
6:30 PM
Place: Home of Leslie & John Herzog,
3525 Club Heights Drive*

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

Our theme is wine from the South Part of France so please bring a nice French wine to share and a great dish to munch on!

There is a limit of **30 participants** so be looking for an email to respond in early November!

*Saturday Night Supper Club -
Change to 2nd Saturday this month,
November 12th, 6:00 PM
Place: TBD*

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

Thanks to our October hostesses, Jeanne Hayes and Dottie Leib, for opening their homes for our dinners. Our November supper is the 2nd Saturday, due to the Thanksgiving holiday. The sign up deadline for the November dinner is **Friday, November 4, before the CMNC meeting.**

Because of the Christmas holidays, our December dinner will also be on the **second Saturday**. Please join us as we get in the Christmas spirit with Jeanne's stuffed crown roast of pork, sautéed apple salad with Roquefort and walnuts, roasted vegetables and ending with a delicious Cinnamon Raisin Semifreddo.

Sign up at the November meeting or by contacting Sue, Dottie or Marie **before the December 2 deadline.** We look forward to seeing you.

Health & Wealth



Nurturing Yourself - Permanent Day change

1st Thursday, November 3rd, 2-4 PM,

Place: Home of Jean Klein

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, lively discussion, and of course laughter.

This month we'll take a deeper look at .Gratitude. We will be viewing several TEDtalk and YouTube videos. Please RSVP directly to Jean Klein by Friday, October 28th if you plan to attend. Be sure to send Ellen your contact information if you would like to be kept apprised of our doings this year

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.

Strong Women - Every Monday, 8AM

Place: Palisades at Broadmoor Park, 4547

Palisades Park View, Dnstairs 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 - Change to 5th Tuesday this month, November 29th, 9:30 - 10:30 AM

Place: Ski Barista, 124 East Cheyenne Mountain Blvd

Chair: Janis Cross 577-6322

janis.cross@morganstanley.com

It is a new year for our Cheyenne Mountain Newcomers. Why not do something new and join our group? 7 out of 10 women will outlive their husbands (source: marketwatch.com) and be forced to take over managing their assets. Even if you hire a money manager, you will need to be able to read a financial statement and understand your performance. BE PROACTIVE and join us in a non-threatening environment for a course in managing your money. We'll cover stock selection, mutual fund analysis, long term care insurance, hiring a money manager, asset allocation, bond analysis, and other timely subjects.

Bring paper, pencil and questions. Questions? Call Janis at 577-6322

Wholistic Nutrition - 1st Thursday, November 3rd, 10 AM

Place: The Till Kitchen

Chairs: Helen Barcay 330-9724

helenbarcay@comcast.net

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.

The concept of "farm to table" supports local communities and offers diners fresh, healthy ingredients in the menu selections. This month we will be visiting The Till Kitchen which brings this model to Colorado Springs. The executive chef will speak with us and then we will enjoy a delicious lunch. We will be accepting reservations only until Sunday, October 30th – after this date we will not be able to accommodate additional parties so please respond as soon as you can.

Please RSVP to Helen. Thanks and see you soon.

Fun Things To Do



*Decorating Divas - 2nd Tuesday, November 8th,
11am-1:30pm*

Place: Tagawa Gardens, Centennial, Co

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

The Divas will car pool and head on up to Centennial Colo. to the beautiful Tagawa Gardens. We will be able to enjoy a wonderful holiday boutique event, featuring juried artisans and crafters. Peruse over 100 booths for all the people on your Christmas list, and enjoy a warm cinnamon roll, or the lunch special. We will need to know if you would like to have lunch so we can make arrangements to include you. Please rsvp to Monica.

*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 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:)) 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 November 11th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, November 13th. 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. We are looking forward to seeing you on November 13th!

Linda and Audrey

*Welcome to Colorado - Thursday,
November 17th, 11am at museum*

Chairs: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

This month we will be staying closer to home as we visit the World Figure Skating Museum and Hall of Fame near the Broadmoor. Although the Broadmoor Ice Arena is long gone, this little gem of a museum has been operating since 1976 and has lots of history, costumes and info on the fabulous world of professional ice skating. Even better, we will have a guided tour of the museum by Karen Cover, who's a treasure trove of inside info on the skaters. The tour costs a whopping \$2 which you can give Judy when we arrive, but please **RSVP by the meeting** if you plan to join us. After the tour, we will head over to the Tavern at the Broadmoor for lunch. If you haven't experienced lunch in the Garden Terrace, you won't want to miss this—it's like dining in a greenhouse—in November! We all pay separately for lunch and then you may want to visit the shops or walk around the lake with your friends from CNMC.

*UFOs - 1st Monday, Nov 7th, 1 PM,
Place: Home of Judy Finkelstein*

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*

No Canasta 4th Thursday this month

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 or 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 - 2:30 PM, The Village at Skyline, Bldg 4

Chairs: Judy Finkelstein 579-0734

mjfine2@gmail.com

Judy Whitley 358-9238 JLKITT@aol.com

Mah Jongg is an ancient Chinese game that is played with tiles. If you like to play cards you will like this game. We welcome any ladies who would like to learn a new, and sometimes addictive game. We hope to sign up some new players at the General Meeting who we will be happy to have join us. If you have been hesitating about learning now is the time. We love to teach new players and make new friends so think about joining us. Please bring your lunch. We will provide coffee and tea. The hostess of the week always provides a wonderful 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!

Happy Bookers- 3rd Wednesday, November 16th, 2 PM.

Home of Ronnie Shilkitus, 465 Paisley Drive

Book: The Atomic Weight of Love by Elizabeth J. Church

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

Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

The group has attempted to keep their group small enough to facilitate input and participation by all members. Due to normal attrition, there are currently a few openings for new members. Those interested should call Susan Jones (963-5262) or Barbara Rogers (540-9424).

Reader's Choice- 3rd Wednesday, Nov. 16th, 10 AM.

Book: Galileo's Daughter by Dava Sobel

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

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

Contact Randi or Karen at the book club table at the November meeting of CMNC for more information.

Literary Ladies- 1st Wednesday, November 2nd, 10 AM,

Home of Carole Flint.

Book: The Richest Woman in America by Janet Wallach

Chairs: Valerie Smith 213-8685 valerieannsmith2003@yahoo.com

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

Novel Women- 1st Wednesday, November 2nd, 10 AM,

Home of Kate Hall

Book: The Story of a New Name by Elana Ferrante

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

NovelWomen meets the 1st Wednesday of the month for book discussion and review. Everyone please bring at least one **written** (preferably typed) question for discussion.

Monthly Activities *note changes in red due to holiday*

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		11am decorating divas		9:30am women of wealth, meeting week 5 November 29th
Wednesday	10am literary ladies 10am novel women	10am general meeting	10am readers choice 2pm happy bookers	11:30am ladies gourmet meeting week 5, November 30th
Thursday	10am wholistic nutrition 2pm nurturing yourself	10am canasta	11am welcome to colorado	no canasta
Friday	10am mah jongg	9am hiking	10am mah jongg 6:30pm wine & friends	9am hiking
Saturday		6pm supper club		
Sunday		1pm 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:	