

WEBSITE
<http://cmnccos.org>

Executive Board

Co-Presidents

IsaBelle Rowsey 651-9656

Karen Thomas 757-272-2517

Vice Presidents

Linda Ewton 659-2342

Gretchen Brewer 248-275-9189

Treasurer

Mary Kervick 649-3658

Secretary

Cathy Stamps 964-5324

Communication Director

Gale Laubach 644-1070

Webmaster

Linda Ewton 659-2342

Newsletter

Karen Thomas 757-272-2517

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.



November 2021

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

Presidents' Letter

Let's face it, friends make life a lot more fun!

A huge shout out to all those who could join us and make our Silver & Gold Fall Kickoff a huge success, with 87 tickets sold! The theme was inspired by the lyrics of a song so many of us sang as young girls! "Make new friends and keep the old, one is Silver and the other is Gold!" *What made this event a huge success?

Your enthusiasm, great music for dancing, delicious appetizers, the stunning Silver & Gold outfits, a trip down "Memory Lane" with a table full of CMNC Photos Albums starting from 1984 to our recent publication in the "Life in Broadmoor" magazine. The Pinery At The Hill glowed with flickering candles, elegant silver and gold ribbon roses, and meaningful friendship quotes, and most of all, your smiling faces! What an incredible way to KICKOFF our CMNC year!

Thank you, Karen Cacy, for providing us with the interesting October presentation; "10 Funny Stories from the Nation's Capital!". Please join us on **November 10th** for our Program presented by Jonathan Toman. We can't wait to learn about our local events being offered for our Pikes Peak Region and how to keep posted on these happenings!

On the 10th you will be able to pick up your beautiful spiral bound CMNC Membership Directory and sign up for the wonderful monthly Activities.

It is with great pleasure we share, The October "OUTSTANDING MEMBER AWARD," was presented to **Nancy Price-Weddle!** Congratulations Nancy! Read more about her in the Member News column. Please send your nominations to 2021CMNC@gmail.com by the first Wednesday of the month!

A Huge Thank you to Michelle Watts who will chair our December Holiday Luncheon! We would like to add a CO-Chair to help Michelle with this event.

Ladies, our Spring Luncheon held in May is always a favorite event. We are looking for two Co-Chairs to head this up. We are available to help you brainstorm, if you like!

Bloom Where You're Planted,
IsaBelle and Karen

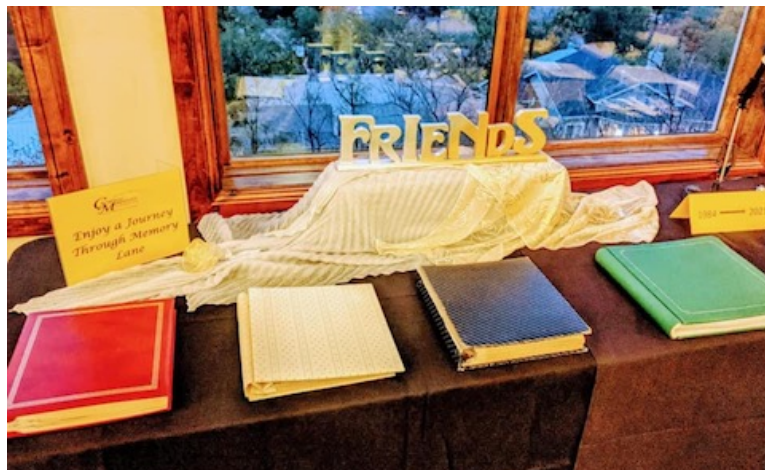
Kindly bring your mask in case the "strongly recommended" guidance is still in place.



Photo Memories - Silver & Gold Fall Kickoff



Ballots were counted for 5 winners (L-R): Most Creative - Karen Thomas, The Showstopper of the Evening - Chelley Gardner-Smith, Favorite Gold Outfit - Barb Coons, Most Elegant - IsaBelle Rowsey, Favorite Silver Outfit - Lisa Heath





November

General Meeting November 10

Programs

Chairs: Michelle Watts 757-719-0990 Lesley Johnson 290-8573

We are excited to welcome Jonathan Toman, Peak Radar Manager of the Cultural Office of the Pikes Peak Region! He will fill us in about local events, and how to stay “in the know!”



A little bit about Jonathan

Jonathan leads the Cultural Office’s flagship audience development program, Peak Radar, and its multifaceted presence across digital, print, and in-person platforms. In addition to helping to steer Peak Radar into one of the largest platforms of its kind in the country, he's also orchestrated programs such as the free First Friday Shuttle Bus and Arts Month Community Conversations. A Pikes Peak region native, he enjoys "the usual" Colorado activities in addition to helping to tell the story of the local creative community.

Olympic museum visit update: while we did not have enough sign-ups for a group rate, please contact us if you would like to be connected with others to visit the museum together. There are several people interested in a visit.

Adopt A Family

Chairs: Lynda DeAngelis 576-5070 Valerie Smith 213-8685

We want to thank the members who signed up for Adopt a Family this year. In early November, you will receive an email with your family’s information. Shop, wrap, and label the gifts and deliver to UMB Bank, 290 East Cheyenne Mountain Blvd. by December 1, 2021. If you want to make a cash donation, you can do that at the bank. The holidays will be here before we know it, and your gift means so much to the families in CPCD's programs.

If you are interested in signing up to Adopt-A-Family and couldn’t sign up at the general meeting, please call Lynda or Valerie.



The Lunch Bunch

Wednesday November 10th at 11:40AM
at Brakeman's Burgers, located behind the
Antlers Hotel at 10 South Sierra Madre St.

Email or call Gini to on the sign-up list
Vrdugan49@gmail.com // 507-319-1700. Note: halfway
 thur the meeting will need to confirm group size. Sign-
 ups must be done before the meetings.

Ladies Gourmet - 3rd Wednesday, 11:30AM
Place: Home of Gretchen Brewer

Chairs: Lisa Lucke 306-3185 Marie Ryan 310-7810

"Cooking is all about people. Food is maybe the only universal
 thing that really has the power to bring everyone together. No
 matter what culture, everywhere around the world, people eat
 together." **Guy Fieri**

Please join Gourmet Ladies in November for an
 extravagant meal featuring autumn favorites. Beef
 Bourguignon, White Bean and Tomato Soup, Potatoes
 Dauphines, and Chocolate Cheesecake are on the menu
 along with some other yummy appetizers and salads. Our
 hostess will be the fabulous Gretchen Brewer. We will
 provide all the recipes. Sign up at our November General
 Meeting for this festive meal that will be held on
 November 17. We can guarantee wonderful food, lively
 conversation, and lots of laughter!

Wine & Friends - 3rd Friday, 6:30PM
Place: TBA

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

Watch for an email with details on the November 19th Wine &
 Friends event.

Outstanding Member Award

CMNC is truly made better with this remarkable Club member!
CONGRATULATIONS to Nancy Price-Weddle

Here are a few reasons Nancy was given this honor:

- *Nancy has been the Decorating Divas Chair for 17 years.
- *Nancy is always there to help make CMNC a better Club.
- *Nancy is professional at every turn in her relationships with the club.
- *Nancy cares about CMNC members and is always building others up.

~Nancy Price-Weddle

- ~Has been a CMNC President
 - ~Has been a Past President Advisor
 - ~She had held the Programs chair position
 - ~Has led so many CMNC Special Events
 - ~Has been the lead on the Nominations committee
 - ~Nancy has helped with Hospitality
 - ~She is almost always part of the Special Events Decorations Committee, if not the lead for the event!
- Thank you, Nancy!

Who's Next? You know this member for their....

- *generosity of their time
- *share their leadership skills
- *behind the scenes, always helping
- *shows kindness to other members
- *willingness to always pitch in

Please send your nominations in to 2021CMNC@gmail.com

- *Just include why this Special Member is being nominated!
- *All E-Board and General Board are exempt for the 2021-2022 CMNC Season.

Welcome New Members

Kathy Achenback	Denise Lynch*
Kya Bryant	Cyndy McBee
Kay Dickson	Judy Porter
Chelley Gardner-Smith	Phoenix Sagen*
Judy Gibson	Diane Sibole
Kathi Giddens	Marie Shahani
Marcia Hall*	Cathy Stamps
Lisa Heath*	Jackie Whipple
Anne Katrosh	Rebecca Whittaker*
Christina Klement*	Gaye Woullard

*indicates new member since last newsletter

Fun Things To Do



Decorating Divas - 2nd Tuesday, 11:30AM to 2:30PM

Place: Mary Beth Shively's home 366 Irvington Court, Colorado Springs, CO 80906

Chairs: Nancy Price-Weddle
332-2644

Mary Beth Shively
520-631-8522



Divas' Delightful Brunch

In November, we'd like to offer an easy way to share thankfulness with family and friends: A Delightful Brunch the Divas' Way. We are going to create Fall-themed table decorations, and sample brunch dishes that are purchased from local establishments. At the end of the brunch, we will provide you with a list of the food, an approximate cost and where the dishes can be purchased. The cost of the brunch is \$14.00; please pay in advance. Please RSVP to MB by Monday November 1st so that we can be sure that we have enough food and seating. If your plans change, please let MB know so that we can adjust accordingly.

Movie Mavens - Sunday after Meeting

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

This is your invitation for a fun outing with the Movies 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 just after the general meeting. That email will let you know at which theater and restaurant we will be gathering on that Sunday. Our next event will be on November 14.

We look forward to seeing you at the movies!!

UFOs - 1st Monday, 1PM

Place: TBA

Chair: Barbara Nisar 217-7396

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.

Theatre (& Live Performance) Club!

Chair: Chelley Gardner-Smith 640-0069

Attendees - Please text name and phone #



THREE OPPORTUNITIES in NOVEMBER FOR OUR DRAMA QUEENS!

Theatre Club (and dancing sometimes too)

The Shows: We are choosing shows from your interests and are planning to accommodate non-extravagant budgets. Oh, we might take in a pricey show every so often, but for now, let us have fun and not break the bank.

Two events at Stargazers: Crosby, Stills, Nash and Young Tribute Band, November Friday, arrive at 5:45.

\$15 Purchase your own tickets, as it is open seating. Let me know if you plan to attend so I can look for you!

The LONG RUN, (Not an Eagles tribute band.) **Saturday, November 13, arrive at 5:45, (so we can get good seats and sit together.) \$20.** Purchase your own tickets, as it is open seating. Let me know if you plan to attend so I can look for you!



You will not want to miss the hysterical **"Nunsense"** on **Thursday, November 18, at 7:30.**

Thursday shows are discounted to \$19. Buy your tickets on line at Funky Little Theater Company Presents: Nunsense - Events (onthestage.tickets) Depending on interest, we can go to dinner prior to the show. When you call, just ask to sit close to Chelley, with a C. December is often very busy for our club members, so we will resume in January with one monthly event

As always, text me if you plan to attend or if you have questions. Chelley at 719-640-0069.

Health & Wealth



Games We Play

Nurturing Yourself -1st Thursday, 1:45PM

Place: Location to be determined.

Chairs: Merrily Johnson 633-4679
Jamie Rogers 505-507-6967

November's Topic: **CRAFTFULNESS**

The life changing magic of making things with our hands. It's not just about crafting, rather it is about "making things" as a vital means of self-expression and self-realization that sparks the mind, touches the soul and rejuvenates the spirit. A growing body of research shows that hands on activities - from knitting to cooking, from writing to drawing, from sewing to quilting, can boost your mental and emotional well-being for life! Final opportunity to sign up for this group will be the November meeting.

Women of Wealth - 4th Tuesday, 10:30/11:30

Place: N/A. We will not be holding a meeting in the month of November. Thanks Janis

Chair: Janis Cross 577-2501
Janis.cross@raymondjames.com

Because We Care

Chair: Lynda DeAngelis 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!

November Gleaners

~GLEANNING: Harvesting for free distribution to the needy, or for donation to a non-profit organization for ultimate distribution to the needy.~

November is National Native American Heritage month, and our Gleaners non-profit is **One Nation Walking Together**. Started in 1997 by a Manitou Springs couple, ONWT addresses the specific needs of each community they serve, delivering basic necessities of life while uplifting the most impoverished people in our country. Assistance helps low-income-to-no-income Native American families & individuals in the Pikes Peak region. They provide hope & services to between 30,000 to 40,000 people in Colorado and surrounding states. At this time, highly requested needs are: nonperishable food including all canned foods, meat, spam, and tuna; also personal products including adult diapers and feminine hygiene items. As the upcoming winter months are the most challenging, they also request warm coats, blankets & socks (larger sizes always desired). Also, we still collect empty prescription bottles (labels removed) for Westside Cares.

Canasta/Hand & Foot

2nd & 4th Thursdays, 10AM-2/3PM,

Place: Country Club of Colorado Gates Grill, below Cheyenne Mountain Resort

Chairs: Edna Clark 527-1519
Lu McCoy 540-8681

Yippee! We can start playing again!!!
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, 1PM-3PM

Place: TBD, look for the email

Chairs: Diane Passno 488-0656

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 Diane Passno

Mexican Train Dominoes

3rd Monday, 10AM

Place: Cheyenne Mountain Golf Club

Chairs: Karen Vlasak 375-4692
Maria Polelli 649-4896

Mexican Train Dominoes has started up again. The new game sets are now 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.

November



Birthdays

Tech Ninjas- 4th Tuesday, 9:30-10:30AM

Place: N/A. We will not be holding a meeting in the month of November.

Chair: Janis Cross 930-4445

janiscross2017@gmail.com

Tech Ninjas is a new group designed to help us learn how to use the iPhone and iPad. This is introduction or 101 class. Bring your devices for an interactive hands-on class.

LIMITED TO 5 MEMBERS Must sign up for this class. RSVP to Janis Cross

These bookclubs are currently not taking new members.

Literary Ladies, 1st Wednesday, 10AM

Book: Having Our Say by Delany Sisters

Place: Home of Barbara Nisar

Chairs: Sharon Wallace 579-7529

Lynda DeAngelis 576-5070

Novel Women, 1st Wednesday, 10AM

Place: N/A

No meeting for November

Readers' Choice, 3rd Thursday, 10AM

Book: American Dirt by Jeannie Cummins

Place: Home of Dee Simons

Chair: Daria McClung 339-4860

Happy Birthday

November

11 Lynda DeAngelis

11 Linda Ewton

12 Phoenix Sagen

13 Janis Miranda

15 Lisa Heath

18 Susa Jones

19 Gini Dugan

20 Shirlee Kelley-Doughty

21 Joyce Cassidy

22 Sadi Wagner

26 Nancy Price-Weddle

28 Grace Kalay

28 LouAnn McKenzie

In honor of Sarah Albright Healy
a friend and member of CMNC.

Do Not Stand at My Grave and Weep
By Mary Elizabeth Frye

I am in a thousand winds that blow,
I am the softly falling snow.
I am the gentle showers of rain,
I am the fields of ripening grain.

Sarah Albright Healy, was born on November 14th, 1957 and left us too soon on October 8th, 2021. Sarah endured the effects of multiple myeloma for 5 years with such strength and grace. Forever in our hearts!

Calendar is always available on webpage newsletter link

Week 1

Week 2

Week3

Week 4

Monday

1:00pm UFOs

1:00pm Pokeeno

10:00am Mexican Train
Dominoes

Tuesday

11:30am Decorating Divas

Wednesday

10:00am Literary Ladies

9:30am General Meeting

11:30am Ladies Gourmet

11:40pm Lunch Bunch

Thursday

2:00pm Nurturing Yourself

10:00am Canasta

10:00am Reader's Choice

10:00am Canasta

Drama Queens
7:30pm "Nunsense"

Friday

Drama Queens
5:45pm CSNY Tribute Band

6:30pm Wine & Friends

Saturday

Drama Queens
5:45pm The Long Run

Sunday

2:00pm Movie Mavens