



October 2022

Monthly Newsletter

2nd Wednesday of Month
9:30 A.M.
Broadmoor Community Church
315 Lake Avenue



Presidents' Letter

Hello Lovely Ladies,

Thank you to all who attended our first General Meeting. The energy in the room was palpable, and many new visitors and members were there to make it an exciting meeting. We missed you all summer and are happy to be reconnecting with you.

Our very own Carla Wink, was the guest speaker from the Better Business Bureau. We learned many, many very interesting facts about the operation of the BBB and the value to our community that it affords. Carla allowed plenty of time for our questions making the information even more personal. Thank you, Carla!

We were introduced to the new Executive Board, General Board, and an introduction of our Activity Chairwoman.

As we increase our membership Post-Covid be sure to pick up our CMNC business cards from the membership table to give to your friends and neighbors as you invite them to our club. The more, the merrier!

Many of you have signed up for the Fall Kick-Off, An Evening to Remember. You will have another opportunity to do so at the October 12th General Meeting. Food, Fun, Surprise Entertainment, and Fellowship await you at the Pinery on the Hill on October 18th at 6:30 pm. All are welcome, bring your friends!

The time is now to sign up for the Holiday Luncheon Committee. Be the ones to choose the caterer and menu. The church is the location and the entertainment is already arranged.

Website <http://cmnccos.org>

Executive Board

Co-Presidents

Cynthia Frank 719-439-9966
Jackie Whipple 619-994-9447

Vice Presidents

Membership
Susan Jones 719-963-5262

Activities

Lisa Knowles 303-514-5915

Treasurer

Lisa Lucke 719-306-3185

Secretary

Cathy Stamps 719-964-5324

Communication Director

Sharon Wallace 719-482-6298

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Webmaster

Linda Ewton 719-659-2342

Newsletter

Chris Clementi 2022cmnc@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

Gleaners Barb Coons

GLEANNING: ~Reclaiming Hope (formerly known as Restore Innocence)

RECLAIMING HOPE (formerly known as Restore Innocence) is our non-profit for October. This philanthropic agency cares for survivors of sex trafficking at the point of recovery, during restoration & reintegration by addressing their physical, emotional & spiritual needs. Many will be surprised to learn that this problem is in Colorado Springs. In 2020, our local law enforcement task force in COS Springs conducted 180 investigations. The faces of victims know no ethnic, religious or social-economic boundaries, & the average age of children trafficked is 11-14 years old. It's a tragedy that is taking place every day, regardless of race or material comfort. We can help with donations of the following items used in their "Hope Bags", which are given to victims at the time of their rescue. These include: deodorant (travel size), hand sanitizer (travel size*), shampoo & conditioner (travel size*), small stuffed animals, hair pick & brushes, blister bandages (hydrocolloid bandages), blank journals.

NOTE: we still collect empty pills bottles (minus labels) each meeting. These are utilized by West Side Cares as containers for personal hygiene products. Donations may be put in the open trunk of my car, directly next to our entrance @ the Broadmoor Community Church.



Program

On October 12, at our general meeting, The Cheyenne Mountain New Comer's Club will welcome Morgan Gray. She has lived in Colorado Springs her entire life and has loved every minute of it! After graduating college in a pandemic, and job-hopping a bit, she finally found her niche within the City of Colorado Springs working in communications. Even cooler, some of her position includes working close with Mayor Suthers! She can't wait to tell you all about it!



Lunch Bunch

Wednesday Oct 12th
Edelweiss Lodge

The Edelweiss Lodge is located at 34 Ramona Ave, just west of Nevada. They serve a wide variety of delicious meals besides incredible German fare! CALL GINI to get on the sign-up sheet BY 11am OCT. 10th!! The Edelweiss requires reservation confirmation 48 hours before our reservation! PLEASE BE SURE TO SIGN UP with GINI BY THE 10 TH !!! COME JOIN US!!

An Event to Remember

Tuesday, Oct 18

6:30-9:30 p.m.

RSVP by Oct 12

Let's "kick off" the year in style at The Pinery at the Hill. Please invite prospective members.

A mere \$35/per person
cash bar, hors d'oeuvres,
entertainment and dancing

New Attire Guidance - Date Night Dressy -
Come single or escorted, just come to have fun!



Wine & Friends

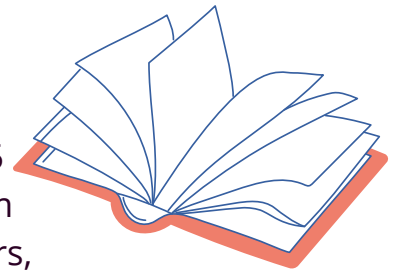


Wine and Friends 6-8:30 p.m.

Wine and Friends meets the third Friday of each month at a member's home. Singles and couples are welcome. Participants bring a bottle of their favorite wine and an Hors d'oeuvre, sweet or savory, to share with the group. Smaller homes have a restricted number of guest they can accommodate, in which case RSVP's and a cut-off number are needed. Co-Chairs Karen Cacy and Marie Poyzer send out a monthly notice to those who have signed up. The event takes place from 6 to 8:30 p.m. You may sign up to be on the list at a monthly meeting.

Reader's Choice

Reader's Choice is a small group of women that was formed in 2015 who enjoy reading. We meet the third Thursday of each month from 10:00am – 12:00. We tend to enjoy current historical fiction, memoirs, true-stories, and books that allow us to have a great discussion. Each member of the group selects a book and month to host the group, as well as doing research on the book or topic. Because we are a smaller group, we can gather at people's homes or coffee shops dependent on the need of the hostess for the month. We meet from September through May and take the summer off.



The October 20th meeting will be hosted by Daria McClung's, and the book will be *The Elephant Whisper* by Lawrence Anthony. Information will be emailed to members of the group. The meeting will be located at Black Bear Coffee and Tea on South Academy

We do have room for 1 new members to join us this year. If interested contact Daria McClung at the general meeting, or contact information is in the directory.

Open CMNC Positions

A Programs Lead Chairwoman is still urgently needed. Also, If you have a contact or idea for a Program Presentation, please share it with Michelle Watts (757-719-0990)

Drama Queens with Chelley Gardner-Smith needs a Co-Chair to help manage communications within the group. Please contact Lisa Knowles (303-514-5915) if you can help with Drama Queens.



Adopt a Family

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



We are partnering with UMB Bank and the Community Partnership for Childhood Development (CPCD) to provide holiday gifts for families in need. These families are living on or below the poverty level (\$27,750 annually for a family of 4) and have a child enrolled in Head Start. The following is a description we received from Head Start for one of the families we adopted: "Angel is a hard-working mother of four who works the graveyard shift to make sure she can provide for her children. Angel is making it on her own, doing all she can to ensure her children have a good life. Angel aspires to work during the day, to not only better provide for her family, but also to be able to do more with them. Angel would like to one day have a career where she can work with children and families. She loves being a parent and watching her children learn and play and grow. She wants her family to have a happy Christmas, but with the children's father displaced from the family, she just needs more support. The children are Roxanna, Reina, Adalberto, and Ernesto. Their gift requests are for clothes, books, and toys." Stop by the sign-up table for Adopt a Family at the October meeting and pick up information on how you can adopt a family for the holidays or make a cash donation.



Thank you for your support!

New Newcomers "Welcome Silver Tea"

Chair: Edna Clark (719)-527-1519 IsaBelle Rowsey (719) 651-9656

The Cheyenne Mountain Newcomers Club Executive Board would like to extend a special welcome to our brand-new members by hosting a special "Welcome Silver Tea". Interest group chairwomen with openings in their group will also be invited. It's an opportunity for our newest members to get acquainted with the ladies who chair our various groups and learn what each group offers. Invitations will be sent out soon.

The menu will feature some of your favorites served with traditional high teas. So, please save November 15 at 12:00 and enjoy a delicious, fun afternoon, and some fun facts about tea.

A little sample: Did you know that next to water, tea is the world's most popular drink?

Decorating Divas

The October Event for Decorating Divas is still in the works and an email will be sent directly to divas with the details of the next fun event.

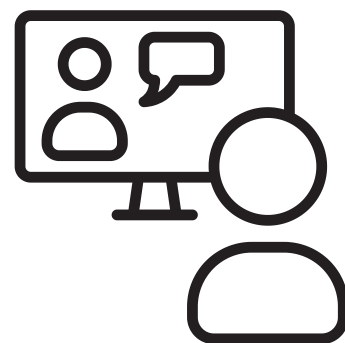
Zoom for General Meeting Program

If you are unable to attend our CMNC October General Meeting due to illness or travel and would like to join our October Program please; Text IsaBelle Rowsey at 719-651-9656 by Tuesday October 11th with your email address. You will be sent a zoom invite to join the meeting as the program begins on October 12th around 10 am.

*If you are planning on enjoying our Programs this year I am looking for a co-chair to share this position with me.

Please let me know if you are interested, thank you in advance.

IsaBelle Rowsey
Zoom Coordinator
719-651-9656



Let's Get Lit!



Chair: Lisa Knowles

Let's Get Lit! book club meets on the 4th Tuesday of each month from 6:30-8:30 pm. We are closed to new members at this time.

Next meeting is October 25th at the home of Lisa Knowles. We will be discussing "Last Bus to Wisdom" by Ivan Doig.

Literary Ladies



Chairs: Mary Kervick and Barbara Monn

Literary Ladies meets at 10 AM on the first Wednesday of the month. We are closed to new members at this time.

Next meeting is Wednesday, October 5th at the home of Fran Williams. The book is: The Lincoln Highway by Amor Towles

Howdy CMNC Drama Queens!

Howdy There, CMNC Drama Queens! We have our lineup for the season so add these dates to your calendars and buy your tickets now. It will always be your responsibly to buy your own tickets. When possible, we will sit together, but that cannot be promised, as I am sure you understand. That is why we try to go to a place to eat afterwards or before we go to the show. (I will need a head count to insure our reservation numbers as soon as you decide to go- sorry I can't promise the restaurant can accommodate us.) As always, sign up, AND text me if you plan to go:

Chelley 719-640-0069. All events are open to CMNC folks and their guests, partners, spouses, or friends.

Zepparella-

OCTOBER 1, 2022, 6:00 PM
STARGAZERS THEATRE AND EVENT CENTER
10 S. PARKSIDE DRIVE
COLORADO SPRINGS, CO 80910

<https://stargazerstheatre.com/>

Powerful Women playing Zeppelin: We will not meet anywhere prior, as there is food and drink on site.

Get there at 6 so we can all sit together, if not we'll see ya on the dance floor!



Drama News

WEDNESDAY, NOVEMBER 9, 2-4
(SAME DAY AS CMNC MEETING AFTER LUNCH BUNCH)

CHELLEY'S HOUSE, 545 THAMES DRIVE, 80906
Let's meet and just brainstorm and have some theatre fun! I will have some theatre games we can do, and also, we can look into presenting a small skit at one of the upcoming CMNC meetings. I know ya'll have been hankering to be theatrical. Have you always wanted to perform? Let us do it.

Radio Play

IT'S A WONDERFUL LIFE: RADIO PLAY
SUNDAY, DECEMBER 4 AT 2PM COLORADO SPRINGS FINE ARTS CENTER
FAC.COLORADOCOLLEGE.EDU, 30 W DALE ST, COLORADO SPRINGS, CO 80903, (719) 634-5581

Based on the story The Greatest Gift by Philip Van Doren Stern, Adapted by Joe Landry
Directed by Marisa D. Hebert

See this beloved American holiday classic come to life on stage as a captivating 1940s radio broadcast. With the help of a virtuosic, tight-knit ensemble that embodies a few dozen characters and live foley artistry, the story of idealistic George Bailey unfolds as he considers ending his life one fateful Christmas Eve. This holiday season, join us for a story of hope, faith, and the power of community.



More Drama News!

The Half Life of Marie Curie

**Saturday, March 18 2PM ENT Center for the Arts, 5225 N Nevada Ave, 80918
719-255-3232 Box Office Phone: 719-255-8181, tickets@uccs.edu**

Directed by Sarah Sheppard Shaver, by Lauren Gunderson When two Nobel prizes prove inadequate armor against scandal, Marie Curie turns to fellow scientist and trusted confidant Hertha Ayrton to weather the storm of heartbreak, public opinion, and self-doubt. At its core a tale of women's friendship, this play explores the hidden costs of progress, and the relationships that hold us up when we can't stand on our own. The Half Life of Marie Curie performs in the Osborne Studio Theater to reduced audiences. Get tickets soon to guarantee seating!

Aubergine

**SATURDAY, FEBRUARY 18 2PM ENT
CENTER FOR THE ARTS, 5225 N NEVADA
AVE COLORADO SPRINGS, CO 80918, 719-
255-3232, BOX OFFICE PHONE: 719-255-
8181**

Korean-American chef, Ray, cares for his dying father but struggles to connect with the man who never understood his life's calling in the kitchen. When his uncle arrives unannounced to cook an unexpected last meal, they share more in food than they ever could in words. This poignant play explores food as nourishment, not only to the body, but also to our individual heritage and shared humanity. Aubergine features both Korean and English dialogue, and will be subtitled accordingly, such that the show can be enjoyed by English or Korean speaking audience members.

In the Heights

**Sunday, April 2, 2PM Colorado Springs Fine Arts Center, fac.coloradocollege.edu,
30 W Dale St, (719) 634-5581, fac@coloradocollege.edu**

Music and Lyrics by Lin-Manuel Miranda | Book by Quiara Alegría Hudes | Conceived by Lin-Manuel Miranda, Directed by Pirronne Yousefzadeh From the creator and star of Hamilton comes Lin-Manuel

Miranda's first Tony Award-winning musical, a love-letter to the community in upper Manhattan where he still lives. In The Heights tells the universal story of a vibrant community in New York's Washington Heights neighborhood – a place where the coffee from the corner bodega is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. It's a community on the brink of change, full of hopes, dreams, and pressures, where the biggest struggles can be deciding which traditions you take with you, and which ones you leave behind. A Hip Hop musical with a Salsa beat. In The Heights is the winner of the 2008 Tony Awards for Best Musical, Best Score, Best Choreography and Best Orchestrations.

UFOs

Monday, 1st Monday of the month @1:00

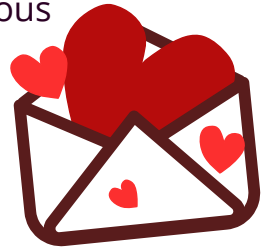
October 3 meeting will be at the home of Barbara Nisar

UFOs is a low key group of women who meet to chat and if wanted, bring an unfinished project to work on while chatting.



Because We Care

My name is Lynda DeAngelis and I am the chairwoman of Because We Care and ALL of you are members in Because We Care because I rely on you to contact me when one of our members is experiencing a health issue, surgery or sadly a death in the family or any other life changing situation. After hearing from you about someone in need, I will then send a card on behalf of all the members and sometimes follow up with a phone call to see if help is needed. It's because of you and many previous members that we are such a caring group to include this activity in our organization!



Welcome New Members

Judith(Judy) Huger
Penny Loving
Kathy Coombs
Annette Steele
Kathy Love
Tariro Chibodo

Marcia Dillahunty
Theresa Eck
Ann Ries
Ella Ragan
Cindy Stein



Birthdays

October

Wendy Wolfswinkel 10/1
Karen Vlasak 10/7
Dee Simon 10/8
Karen Thomas 10/10
Gisela Hemphill 10/13
Laurie Zickefoose 13-Oct
Susan Rae Jensen 10/15
Cheryl Murphy 10/15
Ingrid Hullman 21-Oct
Kay Hosie 31-Oct



Nurturing Yourself

A continuation of navigating and flourishing, with grace, as we age.

First Thursday 2-4pm

We cover thought-provoking topics and the sharing of ideas while supporting each other from wherever we are on our path.

PAST TOPICS: Being Fearless, Female Friendships, The Joy of Imperfection, to mention a few.

NOTE: Group participation is currently at full capacity. Participants will receive an email invitation for each meeting. You must RSVP to hold your spot.

Merrily Johnson/ Chair



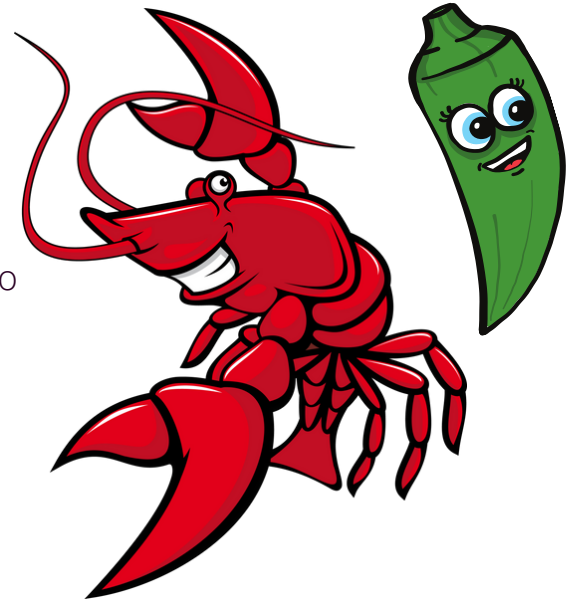
"You can't really be present for the people in your life if you aren't taking care of yourself." ~Anonymous

Ladies Gourmet

3rd Wednesday

Thanks to all that attended our September Gourmet Ladies Luncheon. We had a wonderful time with our Paris inspired menu. In October, get ready to experience the glorious food of Louisiana. Our menu would not be complete without gumbo and bourbon bread pudding. We will have the full menu and more details for you at our next General Meeting. The next luncheon will be held on October 19. Be sure to stop by and sign-up, Cher!

Sharon LeRoy and Marie Ryan



"New Orleans food is as delicious as the less criminal forms of sin." ~ Mark Twain

Canasta Hand & Foot

2nd & 4th Thursdays 10am-2/3pm

Country Club of Colorado, Gates Grille, below Cheyenne Mountain Resort (downstairs)

Chairs: Edna Clark 719-527-1519 and Lu McCoy 719-540-8681



We'll teach you if you are a little rusty or have never played before. So, come join us for a few hours, get away from your daily routine and make friends! We break for lunch around noon.

Pokeeno

2nd Monday, 1pm

Chair: Diane Passno 719-660-0712

Pokeeno is a game very similar to Bingo. It is fun and very easy to learn. We meet in the homes of individual members, and after playing several games, enjoy a time of refreshment together. Each player brings a \$5.00 unsigned gift bag to contribute to the prize stash, and also adds \$1 to our cash pot for the "grand prize". If you are interested in playing, please contact Diane.

Mah Jongg

1st Tuesday

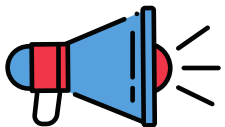
Mah Jongg will be returning in November, thanks to Maria Polelli who will host 2 tables in her home the first Tuesday of each month. Play will begin at 1 pm and continue until about 4 pm. She will provide drinks, or you may BYO. Please sign up at the meeting for this exciting and challenging Chinese tile game. Everyone on the sign-up list will be sent an email with date and time for the next month's play date. Reservations will be accepted on a first-come, first-serve basis.

Chair: Maria Polelli, 719-649-4896

Contact: Lu McCoy, 719-201-6348

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 6:00 pm Play Zepparella-
2	3 1:00 pm UFOs	4	5 10:00 am Literary Ladies	6 2-4 pm Nurturing Yourself	7	8
9	10 1:00 pm Pokeno	11	12 9:30 General Meeting *Lunch Bunch	13 10-2ish Canasta Hand and Foot	14	15
16	17	18 Fall Kickoff 6:30-9:30	19 Ladies Gourmet	20 10-12 Reader's Choice	21 6-8:30 Wine & Friend's	22
23	24	25 Let's Get Lit 6:30-8:30	26	27 10-2ish Canasta Hand and Foot	28	29



- Remember to bring donations for Gleaners at each meeting