

WEBPAGE
Cmncos.org

NEWSLETTER
cmncnewsletter@gmail.com

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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.

September 2016



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

Presidents Message

We are looking forward to beginning an exciting new season on September 14th of the Cheyenne Mountain Newcomers Club.

The Activity Chairs are excited and ready to begin involving you again with a diverse group of activities. There will be sign-up sheets for each activity as well as someone to answer any questions. Thanks for all you do.

Our first major social event of the year is the **OCTOBERFEST** to be held **Friday, October 21st** at the **Edelweiss Restaurant**, beginning at 6:00 pm. Margaret Brettschneider has graciously accepted to be the Chairperson for this event. A full dinner will be provided along with entertainment. We look forward to seeing you there to enjoy an evening of delicious food, fun and celebrating the **OCTOBERFEST**. Be sure to invite your spouse and friends. We will be selling tickets at the September and October meeting. Thanks, Margaret.

A great big THANKS to Carolyn Spillane and her assistants in coordinating our monthly meetings where our members generously provide us with delicious treats that continue to pleasantly surprise and delight us. Thanks everyone.

To be in the **CMNC Directory**, payment of \$30 with the membership form must be received **no later than September 14th**. Payment can also be made at the September 14th meeting. Thank you.

Enjoy the new season of promise and enjoyment of learning, laughing and having fun as you continue to explore, reach out and share old friendships and just maybe make a new one.

We look forward to seeing you soon. **HAPPY FALL!!!**

Judith

Lynette

Our first big event of the year will be an Oktoberfest

Don't miss this one. Meet new friends and celebrate with old ones.

Everyone is welcome at Oktoberfest

Music, prizes, fun, and good fellowship

Edelweiss Restaurant

34 E Ramona Ave. 633-2220

Friday, October 21st at 6 pm.

Get your tickets at the September General meeting. **\$30 per person is ALL included.** An entree from our menu with its side dishes, salad, rolls and butter, dessert, coffee, tea, or soft drink, AND the taxes and gratuity are all included. A cash bar will be available should you wish beer or wine.

Let's start the year off right, with a festive evening, Bavarian style!! You can even wear a dirndl or lederhosen, if you wish. Strolling minstrels will serenade periodically with traditional Fest music, and you may want to sing along. You're going to enjoy this evening of good times, good people, good food.

Choose from the following menu of Fest foods when you get your ticket to reserve your seats.

- 1) Bratwurst (grilled veal sausages, rolls and mustard, with sauerkraut and fried potatoes)
- 2) Weinerschnitzel (Breaded boneless pork cutlet sauteed, with fried potatoes and fresh veggies)
- 3) Sauerbraten (Marinated beef in sweet-sour sauce with bacon potato dumpling and red cabbage)
- 4) Chicken Cordon Bleu (boneless breast, sauteed with ham and Swiss cheese, veggies and wild rice)
- 5) If you are vegetarian or have food allergies, we'll accommodate your choice as well.
See Margaret at the September meeting at the Fest table up front, or call 633-4661.

A Bavarian Gruss Gott and Frohes Fest to you all

General Meetings



Programs

We are happy to announce that the 2016-2017 programs will include a selection that will inform, entertain and provide food for thought; maybe even amuse you.

Our first speaker for this month is Steve Brown from Westside Cares, a great non profit organization that services our west side neighborhoods.

Gleaners – Day of the General Meeting

Chair: Barbara Coons 375-3231
lites0n7@aol.com

Community Partnership for Child Development is a charity which, in El Paso County alone, touches the lives of some 2,000 children under the age of 6 daily. 90% of these children live under the federal poverty level and lack the normal pre-school experiences that are essential for successful learning and interaction in kindergarten and beyond.

CPCD makes an all-out effort to fill this gap by working with both child and parent to promote the realization that as a result of hard work, determination and commitment, a higher level of confidence and self-fulfillment will develop. In turn, these attitudes lead to improved success and happiness for the whole family. You will rarely meet a more dedicated group of volunteers.

WISH LIST: new books ages 0-5, child floss/toothbrushes, kleenex.

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

Hospitality

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

We're looking forward to the beginning of a fun new year for the club with great programs & activities and, for us especially, the tasty foods & creative decors we hope many members will be providing for each meeting. We'll be asking for lots of fine volunteers to create those pleasures throughout this 2016-17 season.

We're also always looking for helpful ladies to join us in setting up, taking down, and scullery duties in-between -- as we always say, come work with us because we're the ones closest to the food!

Because We Care

Chair: Sharon Wallace 579-7529
sharon.m.wallace@comcast.net

As the great philosopher John Lennon said, "Life is what happens while you are busy making other plans." I now chair "Because We Care" and it exists to support our members when the road of life is difficult. If a member has experienced serious illness, injury, death of a close family loved one and is in need of meals or rides to therapy, please let me know. I will send a card on behalf of CMNC and, when appropriate, contact the chairpersons of the activity groups the member is active in. They in turn will contact their group members and coordinate food or transportation as requested.

Food & Wine



*Ladies Gourmet/Culinary Cruising –
3rd Wednesday, Sept. 21, 11:30 AM*

Place: Susan Jones' Home

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

Welcome back! Some changes are in store for Ladies Gourmet Lunch and Culinary Cruising with new chairs, Jane Emerson-Brown and Anita Livingston-Pirraglia joining the team. Jane and Evelyn will be taking care of Ladies Gourmet Lunch and Anita will be in charge of Culinary Cruising events. Following on the heels of the Olympic Games this year's lunch recipes will be taking on an international flair. We'll start off with a visit to Italy. So make sure to stop by our table at the general meeting to sign up and pick a recipe!

Wine & Friends – Sept 16, 6:30 PM

Home of Sharon & John Wallace, 155

Ravenglass Way

Chairs: Nancy Allen 358-7899

NancyAllen6782@comcast.net

Linda Weber 717-725-4157

Springweber@gmail.com

Members who sign up for Wine and Friends will receive an email each month detailing the location and wine type suggested. Members are then asked to RSVP as sometimes space is limited. Sign ups are taken at the monthly meeting or by calling one of the chairpersons. Members bring a food to share, a bottle of wine, and good cheer to share at the home of the host. Husbands and significant others are always invited. Yearly dues are \$5. Time is 6:30 to 9:00 PM. Members who would like to host one of the monthly events should contact a chairperson to sign up.

Saturday Night Supper Club –

4th Saturday, September 24, 6:00 PM

Place: TBD

Chairs: Sue Bux sebux1060@comcast.net

Dottie Leib tdtc@aol.com

Marie Poyzer marieacp@yahoo.com

This group's focus is on lighter, easily prepared menus that we will enjoy while visiting with "old" and new friends. We meet on the 4th Saturday of each month except November and December. Those dinners will be held on the 2nd Saturday of the month due to conflict with holidays. Host homes will be decided upon by how many attendees there will be each month and as in the past, we welcome you to volunteer to host during the year if you are able.

Sign up at the monthly CMNC meetings or by emailing Sue, Dottie or Marie. The sign up deadline for the September dinner is September 17. We look forward to seeing you.

Mountain Men – 2nd Thursday, 8:00 AM,

Village Inn, Harrison & S.Circle

Chair: John Wallace 579-7529

The mountain Men is an informal group that meets monthly for breakfast, good fellowship and to plan outdoor activities which normally consist of monthly hikes in the mountains. If interested in joining this group, please contact John Wallace. All contacts are made by email so please be sure he has your correct email address.

Health & Wealth



Nurturing Yourself – 1st Tuesday, 2-4 PM, Place: TBA

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.

Please be sure to send Ellen your contact information if you would like to be kept apprised of our doings this year.

Wholistic Nutrition – 1st Thursday, 10 AM, Place: email for details

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.

Hiking – 2nd & 4th Fridays

Chair: Pam Pappas-Jones 576-7609
kpjppj@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.

Women of Wealth – 4th Tuesday, 9:30 – 10:30 AM, Place: Ski Barista

Chair: Janis Cross 577-6322
janiscross2010@yahoo.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: www.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. We will meet at the Ski Barista coffee shop, 124 East Cheyenne Mountain Blvd, on September 27, 2016. For questions call Janis at 577- 6322.

Strong Women – Every Monday, 8AM Place: The 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!

Fun Things To Do



Decorating Divas-2nd Tuesday, Sept. 13th

1pm-3pm, Flying Horse of Colorado

Chairs: Nancy Price Weddle 332-2644

np-interiors@comcast.net

Monica Shea 659-2613

monica@coloradospringshousehunters.com

The Divas will be meeting at Flying Horse this September to start the season out great! We will be touring 3 beautiful huge homes with the Parade of Homes builders of each. They will give us details on specific techniques or high lights of each home. We will have more information soon and Monica will be sending out instructions on where to meet to car pool.

Don't miss this, it should be fabulous! Please rsvp Monica!!

Movie Mavens – Every 2nd Sunday

Chairs: Audrey McGuire 540-5613

Audre811@gmail.com

Linda Steckel 659-2342 lhall7311@comcast.net

This is our second year as chairs to the Movie Maven group. We hope to see a lot more of you this year! We always enjoy the movie 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 September 16th. In the message we will tell you which theater, show times, restaurant and time we are meeting on Sunday, September 18th. 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 all of you on September 18th!
Linda and Audrey

Welcome to Colorado

September 10

Chair: Judy Finkelstein 579-0734

Mjfine2@gmail.com

Debbie Nelson 473-4925 debbin@pcisys.net

This month Welcome to Colorado will be attending the Van Briggie Pottery fest on **Saturday, Sept. 10**. Since this is prior to the general meeting, we have sent out an email to the W to C list about this event already. We are limited to 20 ladies for the tour; the **\$12 fee must be paid to Judy by Sept 1st**. Contact Judy to see if we still have room if you haven't done so already. We'll have a tour of this historic old building, a pro on hand to date and authenticate up to two Van Briggie pieces per person, demos of pottery throwing, a bulb sale by the Horticultural Society and more. Afterward, we will be having lunch at the Rastall Center Cafe at CC. If you haven't been there, you will be surprised at the variety of great food available to these students! Next month, we will be visiting the Winery in Canon City so we will keep you posted about that one.

UFOs – 1st Monday, 1 PM,

Place: TBA

Chair: Barbara Nisar 439-4698

Barbara80906@hotmail.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

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

We would like to start a book exchange at the monthly meetings. Bring your used books and trade them in for something new to read! There are still openings in two of the bookgroups. Below is what we are all reading this month.

Happy Bookers- 4th Wednesday, September 21st, 2 PM. Judy Whitley's Home

Book: In The Kingdom of Ice by Hampton Sides

Chairs: Susan Jones 963-5262 SJSjones@aol.com Barbara Rogers 540-9424 Barbara@BarbaraRogers.net

The *Happy Bookers* book club will be meeting September 21st at the home of Judy Whitley to select the books for next year. 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, 10 AM. Book: Bold Spirit by Linda Lawrence Hunt.

Chairs: Karen Halverson 715-340-1288 farleyhalverson@gmail.com
Randi Hammer 951-491-3051 hammerrandi@yahoo.com

Hello Readers! The *Reader's Choice* book club gets going again in September with the book "Bold Spirit" about a Norwegian immigrant who walks across America in the late 1800s. We enjoy a variety of genres in our club with the host for each month making the choice. Our meetings are monthly on the third Wednesday at 10:00 a.m. We have a couple of spaces so come see Randi or me at the next meeting if you are interested in reading and meeting with a great group of gals!

Literary Ladies-1st Wednesday, 10 AM. Book: Being Mortal by Atul Gawande

Chairs: Valerie Smith 213-8685 valerieannsmith2003@yahoo.com
Harriet Tuckman 650-796-7595 inplace@comcast.net

Novel Women- 1st Wednesday, September 7th, 10 AM. The Agia Sophia Book Shop

2902 W. Colorado Avenue. Book: The Invention of Wings by Sue Monk Kidd

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

Everyone please bring at least one written question for discussion.

Monthly Activities

Week 1

Week 2

Week 3

Week 4

Monday	8 am strong women 1pm ufos	8am strong women 1pm pokeeno	8am strong women 10am Mexican train	8am strong women
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Tuesday	2pm nurturing yourself	11:30am decorating divas		9:30am women of wealth
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Wednesday	10am literary ladies 10am novel women	10am general meeting	10am readers choice 11:30am ladies gourmet	2pm happy bookers
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Thursday	10am wholistic nutrition	10am canasta		10am canasta
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Friday	9am hiking 10am mah jongg		10am mah jongg 6:30pm wine & friends	9am hiking
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Saturday		10am welcome to colorado		6pm supper club
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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.

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City:	Cell Phone:
Zip Code:	Hometown:
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Birth Month: Day:	