

WEBPAGE
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

Mary Kervick 649 - 3658

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.

September 2021



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

Presidents' Letter

Welcome Back Ladies! We are ready and enthusiastic for our CMNC 2021-2022 Season. We have a wonderful team with our E-Board and General Board members and they have already contributed a large body of work toward the success of our club. Several new ideas have been implemented and you will find some of them here and others throughout the newsletter.

At our first E-Board meeting in July we set out our goals. The first three are:

To Have Fun, Increase Membership, and Foster Friendships. We invite you to do the same.

Our Fall Kickoff should be a lot of fun this year. Please find the information flyer in this newsletter. Start thinking about how you can be creative with a Silver and/or Gold outfit. "Quiet Elegance" or "Going Bold", doesn't matter, just have fun with the color theme!

Our First General Meeting on September 8 will be packed with activity and information.

9:30 - 10:00 Check in, Social time, refreshments and Activity sign-ups

10:00 - 10:30 Olympic Museum Program

10:30 - 11:00 Meet our Activity Chairs and Club Business

11:00 - 11:30 Second opportunity for Activity sign-ups and socializing.

At this time the Broadmoor Community Church has "Recommended the use of a mask in the church Building". We all know policies such as this will change as conditions change. As a Member of CMNC you must decide what is best for you and others around you and respond accordingly. As a club we will always do our best to respond appropriately. On that note we are seeking a member who could use our tablet to Zoom our Program at the General Meetings. If you can help us provide this service, please contact IsaBelle directly at IsaBelleRowsey@gmail.com to be our Zoom Coordinator.

Our Membership Dues remain at \$30 for the season. We encourage you to mail in your dues early by check, to avoid the lines at the first meeting. You can copy a membership form from our website cmnccos.org which also has the mailing address. A new way to pay for dues will be offered at our General Meetings. You can pay by credit card with an added convenience fee of \$2, making the total \$32. Checks and cash are still accepted.

We have reprinted CMNC business cards to facilitate inviting new members to CMNC. The cards will be available to you at our general meetings. Please bring a friend to our September meeting and encourage them to join the fun enjoyed by our membership. There will be two drawings at our meeting associated with this activity. For first time New Members and past members who have been absent for two or more years, their membership applications will be used for the drawing of the Skyway Floral arrangement. Another drawing for a \$50 gift certificate for Joseph's Fine Dining is for current members who bring in a prospective member. For each guest you bring, you (the member) will receive a raffle ticket as you are signing in and getting the nametags. A third prize is drawn from filled out surveys concerning interest for new activities. Good luck to everyone!

We look forward to Welcoming you Back,
IsaBelle Rowsey and Karen Thomas
Co-Presidents

September



General Meeting September 8th

Program

We are excited to welcome Judy Cara to discuss the timely topic of the US Olympic & Paralympic museum in September! Please join us for an informative talk to kick off our program year.

About Judy Cara: Judy Cara joined the USOPM team as Group Sales Manager in July 2020. Having previously worked for organizations such as Kaiser Permanente, Western Union Foundation, and Intel Corporation, Cara most recently managed the planetarium at the U.S. Air Force Academy.

Cara's community involvement includes board positions with the YMCA, the Chamber of Commerce, Girl Scouts, the Women's Foundation, and Cheyenne Village. Nationally, she served on boards with Project Lead the Way, the Council on Foundations, and the Society of Manufacturing Engineers. Her accomplishments have received extensive recognition, including the prestigious Athena and Unique Woman of Colorado awards. Cara is the proud stepmother to Kelsey and Kim and lives in Colorado Springs with her husband, Jim, and Milo, an energetic rescue lab/border collie mix!

Programs Preview: Our April event will feature CMNC members modeling their thrift shop finds! Please email Michelle and Lesley, cuatrowatts@gmail.com and Exp.lesley@gmail.com if you are willing to model your find! Want a shopping buddy? Let us know and we can bargain hunt together!

Activities

All the Activity Chairs are ready to welcome you back! Please come at 9:30 to General Meetings so you can walk around the perimeter of the room and visit all the Activity tables. Find your favorites and maybe try something new this year.

At the September Meeting we will ask you to fill out a short 4 question survey that will help us see what new activities would interest our members...and there is a drawing for a prize from the completed surveys! We would love to add some new Activity Groups based on what you tell us.

Communications

In 1992, a member of CMNC reported that it does not matter whether you are new to the community or not, you are most cordially invited to join this highly spirited group of ladies! 29 years later, we are still a highly spirited group of ladies!

An article with a picture of the Executive and Board members 2021-22 will be featured in the September issue of *Life in the Broadmoor Magazine*. The Clubs General Meeting dates will be transmitted for publication during the fall months to create excitement and extend an invitation for prospective members to join. Those publications include the Cheyenne Edition for Calendar events, the Independent for Calendar events, Life After 50, an article and photo, and along with Pikes Peak Senior News for a free notice in their quarterly magazine. These publications are based purely on space availability - since there is no charge.


Gleaners

Chair: Barbara Coons 375-3231

CPCD (formerly known as Community Partnership for Child Development) is our non-profit for September. The motto for Colorado Preschool, Early Head Start & Head Start is "giving children a head start prepares young children for success in school & in life". Founded in 1987, they originally funded 300 kids in just one program. Now, they serve more than 1,800 children daily @ Early Connections Learning Centers, School District 11, and 10 family child care homes, bringing the total number of classrooms to 75.

Many families benefiting from CPCD have experienced job loss, homelessness, significant family stress & are considered high risk families. Requested donations include preschool books, age 0-5, kids toothbrushes, & crest toothpaste. They also mentioned needing infant and toddler coats & mittens. In general, we still collect empty pills bottles (minus labels) each meeting.

Donations may be put in the open trunk of my car, directly next to our entrance @ the Broadmoor Community Church.



*Friends become our chosen family!
The circle of friendship is a place of warmth and caring,
where people come together for listening and sharing.*

*A place of kindness and trust,
of tears and laughter, too.*

We, at CMNC are glad to share that circle with special friends like you!

Fun

Silver and Gold are
the colors for the
event.
There will be
prizes for
style!!



*Make new
friends but
keep the old
one is silver
the other
is gold*

**Be
Creative**

Come in your
casual or most
dazzling outfit
featuring silver
and/or gold.

Save the Date!

What: CMNC Fall Kickoff

When: Tuesday, October 19, 2021

Time: 6:30– 9:30 pm

Where: The Pinery at the Hill

Cost: \$10.00 per person

Guest(s): Yes, as long as space is available.



Food & Wine



Important Items

Lunch Bunch - Meeting Day 12:00 PM
Place: The Bonefish Grill, 5102 North Nevada



We are limited to 12! An alternate list will be created. Contact Gini to join us!

Chair: Gini Dugan 507-319-1700

Ladies Gourmet - 3rd Wednesday, 12:00 PM
Place:

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

Ladies Gourmet is Back!

We are so excited to whip up some fabulous recipes, eat wonderful food, and enjoy spending time together again. Our first luncheon will be held on September 22. The theme will be French Late Summer Harvest. We have some really fun recipes lined up for you and hope that we have a great turnout for our first one. You will be able to reserve a spot at our General Meeting in September. We will have all the recipes printed for you, so all you have to do is choose one and get cooking! Moving forward, we will be meeting the third Wednesday of the month, from 11:30 to 1:00. Thanks!
Lisa Lucke and Marie Ryan

Wine & Friends - 3rd Friday, 6:00 PM

Place: Home of Marie Poyzer,

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

Welcome back, everyone!

The first monthly Wine and Friends event will take place at Marie and John Poyzer's place, 541 Vista Grande Drive ** from 6:00 until 9:00 p.m., Friday, September 17th.

We are asking that you bring your personal favorite wine and an hors d'oeuvres.

YOU MUST R.S.V.P. TO KAREN SO THAT WE HAVE AN ACCURATE COUNT! C/YOU THERE!

****541 Vista Grande Drive, 6th mailbox on left, look for balloons. A flag lot with 300' driveway, easy walk. From north, I-25 south to exit 141, Cimarron/rte 24. Right on Cimarron to 21st st, left on 21st, right from 4th light on to Argus. From south, north on 21st st, left on Argus at Bear Creek park. At end of Argus, right on Orion, go up hill over 2 speed bumps, Vista Grande 4th left after speed bumps. Go left on Vista Grande. Lost? Call 576-2664**

EXCITING NEWS!!! Brand New for the 2021-2022 CMNC Year!

Our Entire Board wants to let you know we appreciate each and everyone of you! Without you, we would not have this wonderful club where friendships bloom!

Each month we will award an Outstanding Member for their.....(here are a few ideas)

*generosity of time

*great leadership

*kindness

*willingness to always pitch in

*taking on that extra challenge to get what is needed done!

***Yes, you have known this Outstanding Member for Years as she has dedicated much time and energy for the club. If she is still an active member you may nominate her, just say why you have nominated her.**

~Anything that has stood out to you, that this member has done to help make our club better.

-Please note if your nominee did not get voted as the winner that month her nominee submission will carry over each monthshe will continue to have a chance to be voted the winner. Our May Newsletter will include ALL Nominees as Honorable Mentions so they can still be recognized even if they were not voted as the winner this CMNC Season.

All E-Board and General Board Members are exempt from this nomination during the 2021-2022 CMNC Season!

Get your nomination in NOW! Our first Nominations will be taken through **September 1st** for our September nominee for **Outstanding Member!**

*Each month, nominations must be in no later than 8:00 am the First Wednesday of the month. (September through May)

*Send your nomination into 2020CMNC@gmail.com

*Each E-Board member will cast a secret ballot. The winner will be announced at the next General Meeting. They will also be announced in the Newsletter and will receive a small recognition award.

We hope this will be a Special Way to say Thank You to our Outstanding Members!

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 and have a child enrolled in the Head Start program. You can sign up to adopt a family and shop for gifts or contribute money. **Stop by our sign-up table at the September meeting** and we will have an information sheet with all the details for you. Your gift will make it a wonderful holiday for the little ones in CPCD's programs.

Fun Things To Do



Decorating Divas- Dahlias at Sunset

NOTE DATE /TIME CHANGE

Thursday, September 9th, 6:00 PM - 7:30 PM

Place: The Famous Venetucci Farms, 5210 S. US Hwy 85,
Colorado Springs 80911

Chairs: Nancy Price-Weddle
332-2644

Mary Beth Shively
520-631-8522



The Divas will all meet at the Farm to select up to 10 stems of the most beautiful blooms from rows and rows of dahlias in every color of the rainbow, and all in the golden hours of the sunset. This is a peaceful, joyful, and relaxing time to be in flower fields taking photos of your dahlias or as landscape photography. You will take home your dahlias wrapped in craft paper and the memories of a beautiful experience.

The cost is \$45 and we must pay in advance. Please RSVP to MB to get instructions on how to get your tickets. **We'd love to have your RSVP by September 1st.** Looking forward to seeing everyone.



UFOs - 1st Monday, 1 PM Place: Home of Merle Ellis

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.

Movie Mavens - Sunday after Meeting

Chair: Audrey McGuire 661-3087

This is your invitation for a fun outing with the movies mavens group; it's very casual for singles, couples or friends. There are usually several movies coming out each month to pick from – we all don't have to go to the same one but it's more fun when we do. Particularly in conversation at dinner afterwards. All those that signed up at the general meeting or who are on the movie mavens' mailing list will receive an email the Friday after the meeting with information on theater, show time, restaurant and meeting time for Sunday. Please RSVP to email message indicating number of people attending in order for us to make dinner reservations. We will try to meet in the theater lobby prior to the show. We look forward to seeing you.

Books & Technology

Only Readers Choice is accepting new members at this time.

Literary Ladies ,1st Wednesday,10AM

Book: The Alice Network by Kate Quinn

Place: Penrose Library, Downtown

Chairs: Sharon Wallace 579-7529

Lynda DeAngelis 576-5070

Novel Women ,1st Wednesday,10AM

Book: The Buddha in the Attic by Julie Otsuka

Place: Home of Kate Hall & Zoom

Chair: Sarah Healy 344-9363

June Adams 527-4214

Readers Choice,3rd Thursday,10AM

Book: The Four Winds by Kristin Hannah

Place: Home of Daria McClung

Chair: Daria McClung 339-4860

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

Place: Kirkpatrick Bank Building, 102 N. Cascade,

Suite 600

Chair: Janis Cross 930-4445 (©)

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 12 MEMBERS Must sign up for this class.

Health & Wealth



Nurturing Yourself -1st Thursday, 2 to 4 PM

Chairs: Merrily Johnson 633-4679
Jamie Rogers 505-507-6967
2021/2022 NURTURING YOURSELF

This year's focus will be a continuation of navigating life's currents and flourishing with gratitude and grace as we age. Join us for thought-provoking topics, conversations, inspiration, camaraderie, fun and support as we share this journey from wherever we are on this path.

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

Place: NEW LOCATION Kirkpatrick Bank Building
102 North Cascade Ave, Suite 600
Chair: Janis Cross 577-2501

Time to review your investments and re-position for 2021-2022! 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 nonthreatening 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. **PLEASE CONFIRM ATTENDANCE BY SENDING ME AN EMAIL.**
Thanks Janis

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!

Games We Play

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, 1 PM-3 PM

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, 10 AM

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.

Fun Things To Do



BRAND NEW GROUP


Theatre (and Live Performance) Club!

Chair: Chelley Gardner-Smith 640-0069 **Prefer a text of name and phone**



Hey, DRAMA QUEENS! It's your Theatre Dream Coming True! **Yes, indeed, we want YOU to join us! Let's explore live performance or art venues and have some fun.**

Here's the Scoop: We all go to live performances once a month and not break our pocketbooks! Most tickets will average 25 dollars. Depending on the venue we can do dinner before, or coffee afterwards. Let's explore our own thriving, but perhaps little known, arts community. Most of our plans will be in Colorado Springs: Millibo Art Theatre, The Fine Arts Center in conjunction with Colorado College, UCCS Theatreworks and the Ent Center, Iron Springs Chateau, The Funky Little Theatre Company, and our own community high school plays! We might do a trip to Denver, and Cripple Creek as well. For those venues we could stay overnight. If you are game, we might learn some interactive drama games as well- I mean, we get to create this, we do what we want!

Contact me, Chelley Gardner-Smith (retired theatre teacher of 20 years)  I will keep you updated! (Let me know of things you'd like to do, and if you'd like to be a co-queen/chair.) **BUT WAIT, THERE'S MORE!!**

Our first venue will be at Stargazers, Aug 28th. The show, YESTERDAY BY A BEATLES TRIBUTE BAND starts at 7 PM, but be there at 5:50 PM for the best seats- right in front so we can DANCE and SING AND TWIST AND SHOUT. Go to Stargazers online and buy your ticket. It's open seating.



September's Venue: ****Cabaret Under The Stars**** at The Millibo Theater, 1626 S. Tejon. September 18th, 7:30 pm, tickets are \$28. **Pay by Sept 7 to Chelley.** Dinner, drinks and mingling at Bristol Brewery at 6pm. At this venue you can bring a partner or guest.



October's Venue: *****Guadalupe in the Guest Room***** Fine Arts Center, 30 W. Dale Street, 80903. Sunday, October 24, at 2PM. (Their last showing) Tickets are \$38- Must be paid to Chelley by Wednesday, October 13. After the show we can go to Jose Muldoon's! **Look for details in the October Newsletter.**

Other events are still being planned. After much research and realizing that some place charge 200-1000 a ticket-I'm not kidding, example, Trevor Noah: World Area, we are sticking to modest prices. And yes, you may wear a boa or a tiara, or both. (Wearing of prom dresses still to be approved by CMNC governing board.)

The Dreaded Small Print: Some tickets will need to be purchased well in advance. Arrangements for these must be prepared about a month before the show, so the venue is not sold out and there are plenty of seats for us to be together. Your commitment to your being there is paying our coordinator well in advance and securing your seat. No refunds given for no-shows or cancellations. Truly, I hate handling money and hope a co-queen/chair will handle this part of our club.

Calendar is always available on webpage newsletter link

Week 1

Week 2

Week 3

Week 4

Monday

1pm ufos

1pm pokeeno

10am mexican train
dominoes

Tuesday

1pm decorating divas

9:30am tech ninjas

10:30am women of wealth

Wednesday

10am literary ladies

10am general meeting

12pm ladies gourmet

10am novel women

12:00 pm lunch bunch

Thursday

2pm nurturing yourself

10am canasta

10am readers choice

10am canasta

Friday

6:00pm wine & friends

Saturday

7:30pm theater group

Sunday

2pm movie mavens