



January 2023



Monthly Newsletter

2nd Wednesday of Month

9:30 A.M.

Broadmoor Community Church

315 Lake Avenue

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

Presidents' Letter

Happy New Year from your club Presidents,

As we begin 2023 let's be grateful for the comradery our wonderful social club has provided for us. Our club grows every month as you bring your friends to share in the activities to over 147 members. We would like to give a shout-out thank you to the our Executive-Board Members, General Board Members & Activity Chairs for all that they have contributed to keep the club flourishing.

Holiday Luncheon - The Front Porch Sigers were a big hit at our Holiday Program and Luncheon on December 7th. The Luncheon and the beauty of the 10 tables that were decorated by our Activity Chairs was enjoyed by 80 of our members. Thank you to all the members who contributed their time, creativity, and efforts to make this Special Event a wonderful success.

Arts and Crafts Showcase on March 8th- If you wish to get involved there are three committee positions open. Duties would include organizing exhibitor's items to be viewed on tables around the Otto room and assigning Activity Chairs to bring and set up food. The board is working on getting outside entertainment. There are openings for members that play piano and singers to perform during the event. Let any board member know if you would like to be added to our list.

Spring Luncheon on May 10th - The Luncheon will be held at the Pinery and our current committee is Kathy Coomer, Angie Ferryman & Karen Casey. Thank you, ladies.

Directories - If you have not received your 2022-2023 Membership Directory please stop by the check in table at the next general meeting.

Presidents' Letter Continued

Nomination committee - The Nominating Committee will be announced on January 11th. This is the time to contact our Nominating committee chairwoman, IsaBelle Rowsey, if you would like to be on the nominating committee. Also, someone you know, maybe you, would be a good fit for a 2022-23 General board or the 6 Executive board positions. You will find the list of these positions and their duties in your directory on pages 39 to 41. This will be a great opportunity to get involved and have input in making the necessary and important decisions that keep our fun loving club thriving. We have a great time getting to know each other at our board meetings.

Conclusion - We are extending to you and your family a heart-felt prosperous, healthy and, joy filled Happy New Year!

"The object of a New Year is not that we should have a new year. It is that we should have a new soul..."
—Gilbert K. Chesterton

Gleaners Barb Coons

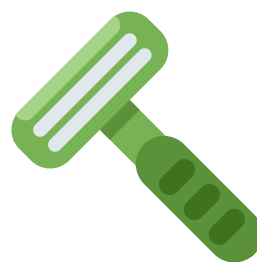
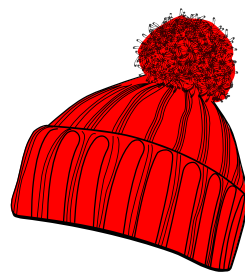
GLEANNING: ~JANUARY 2022 GLEANERS: SPRINGS RESCUE MISSION

VISION: To see lives transformed & filled with hope as our community works together to fight homelessness, poverty and addiction.

Springs Rescue Mission began in 1996, when founders began providing sandwiches to homeless people in Colorado Springs in parks & under bridges. Soon after, they opened a food pantry in one room of a small building. These humble beginnings rapidly grew into a wide range of programs intended to serve the 27,000 households living below the poverty line in the Pikes Peak region. Currently, they serve over 700 men & women a day through nutritious meals, sheltering, case management & work programs.

TOP REQUESTS at this time are: travel size shampoo & conditioner, hotel size bar soap, disposable razors (2 blades minimum), laundry pods (they do 30,000 loads per year) and hats, gloves & coats for these winter months.

THANK YOU for thinking of the most vulnerable men & women in our community!! Donating goods to Springs Rescue Mission has a significant & direct impact on those who are served.



Program

In January, CMNC is fortunate to welcome Katie Edson who will speak about library resources and non-profit organizations. Katie is the Strategic Services Librarian for the Pikes Peak Library District.

Although Katie began working in libraries as a middle schooler, she did not become a professional librarian until 2010. First earning a B.S. in Natural Resources Management from Cal Poly, San Luis Obispo in California and then working for the park service, the forest service, and the environmental division for the department of defense, she finally found her way to Emporia State University and their school of library and information management in 2008. Since earning her Master of Library Science degree, she has worked in K-12 schools, public, and academic libraries. Currently, she works for the Pikes Peak Library District as their nonprofit librarian. She assists the nonprofit community in finding the resources they need to make a positive impact in the Pikes Peak region. Katie is from the San Francisco Bay Area and has lived across the United States, Europe, and Asia with her active-duty (now retired) Army husband and family. After a ridiculous number of moves, she hopes Colorado Springs will be her forever home!

When not helping people in the community find the information they need to do good, she can be found outside doing all the Colorado things - hiking with her dog, trail running, rock climbing, mountain biking, skiing, or inside baking sourdough.

Lunch Bunch

Wednesday January 11

The NaRai Siam Restaurant

120 E. Cheyenne Mtn. Blvd



The NaRai Thai Restaurant is located a short distance from Miguel's inside the corner! It has been a long time since the Lunch Bunch enjoyed the NaRai Thai cuisine! It provides a unique variety of Asian and American lunch dishes, with nice table settings for easy conversations!

We will meet there about 1140 after the morning meeting! Call GINI to sign-up before the meeting to save time that morning!



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. Sharon Cotter will be hosting our January Wine & Friends.

Reader's Choice

Chair Daria McClung

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.

We have two openings in our book club. Contact Daria to join.



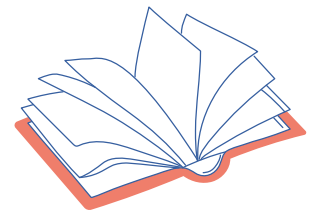
**Thursday, Jan 19th from 10-12
Hostess: Denise Lynch**

Book: School for Good Mothers by Jessamine Chan



Open CMNC Positions

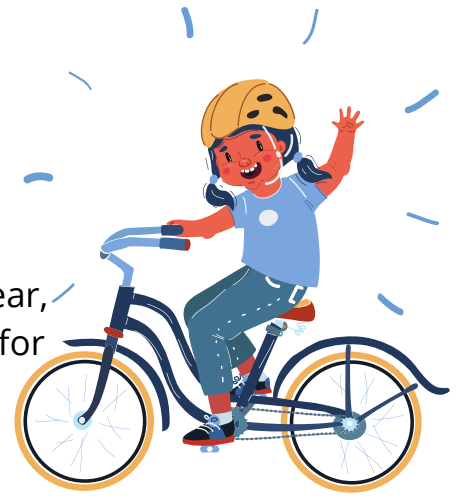
Drama Queens with Chelley Gardner-Smith needs a Co-Chair to help manage communications within the group. Please contact Lisa Knowles (303-514-5915) if you can help with Drama Queens.



Adopt a Family

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

Thank you to everyone who participated in Adopt a Family this year, we were able to adopt 10 families and buy 10 bikes and helmets for families in need. We appreciate your generosity,
Thanks again, Lynda and Valerie



Zoom for General Meeting Program

If you are unable to attend our General Meeting due to illness or travel and would like to join our Program, please text IsaBelle Rowsey at 719-651-9656 the day before the General Meeting with your email address. You will be sent a "Zoom Invite" to join the meeting as the Program begins around 10am.

Decorating Divas

2nd Tuesday of the month, January 10, 2023 @1pm- 3pm
Chairs: Nancy Price-Weddle 719-332-2644; MB Shively 719-527-0612
mary.shively@comcast.net

The Divas will be meeting at the studio of Terri Aldridge, the owner of Terri's Creations. We will be making beautiful Valentine cards just in time for the holiday. She lives in Black Forest so we will be able to car pool. Go to terriscraftroom.com to see some of her work. Should be a fun time, so join us by sending a rsvp to MB to be included.



We wish you all a very Merry Christmas and we will see you next year!!

Let's Get Lit!

Chair: Lisa Knowles

Let's Get Lit book club will be meeting at the home of Jackie Whipple on January 24th at 6:30 pm. We will be reading Cutting For Stone by Verghese.



Howdy CMNC Drama Queens!



Mark your Calendar

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.

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.

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!





More Drama News!

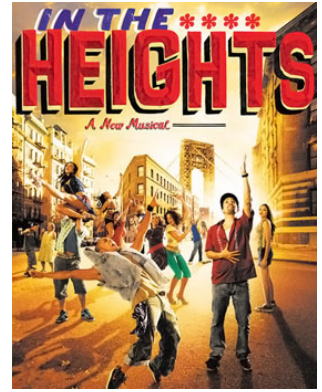
In the Heights

Sunday, April 2, 2PM

Colorado Springs Fine Arts Center

fac.coloradocollege.edu

30 W Dale St, (719) 634-5581



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.

WalkieTalkies

Walkie Talkies

Chair: Cheryl Eaton 719-331-5554



Hi, my name is Cheryl Eaton and I chaired a walk/hike group (Walkie/Talkies) last year. We meet every Friday for a moderate 40 to 1 hour adventure. I have a few locations to explore and enjoy the beautiful scenery of Colorado Springs. I will have a sign-up sheet at monthly meetings and I will send out an email on Sunday stating where and what time. Come join in the fun and fellowship.

Literary Ladies



Chairs: Mary Kervick and Barbara Monn

Literary Ladies will be meeting Wednesday, January 4th at 10AM at Leslie Herzog's home.

The book is: Remember by Lisa Genova.

UFOs

Chair: Barbara Nisar

1st Monday of the month @1:00 Will notify members by email in January as to place and time

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



Lynda DeAngelis

719-579-5070

"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 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!

Welcome New Members

New Members from 11/4-12/8/22

Margaret Banning
Sue Bruchy
Judy Hood
Barb Zarish Johnson
Julie Newman
Michelle Riley
Robin Schloemann
Shannon St Clair
Sarah Stowell



Birthdays

December

Pamela Goldner Prohoroff Dec 6
Mary Adelman Dec 8
Carolyn Spillane Dec 12
Theresa Eck Dec 13
Mary E. Carley Dec 15
Carolyn Wheeler Dec 20
Barb Zarish Johnson Dec 21
Carol Collins Dec 23
Mary Kervick Dec 23
Karen Cacy Dec 25
Edna Clark Dec 29

January

Teddi Morrison Jan 1
Sharon Cotter Jan 5
Janet Fitzgerald Jan 8
Barbara Nisar Jan 12
Maria Polelli Jan 12
Dorothy Grewe Jan 17
Lisa Roche Jan 18
Diane Passno Jan 18
Linda Weber Jan 23
Debbie LaBarre Jan 24

**HAPPY
BIRTHDAY**



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

Happy New Year to Ladies Gourmet! We hope that everyone had a chance to cook and bake many wonderful recipes during the holiday season. For January, we are going to kick off the new year by doing something completely different. Sharon Cotter will be our hostess in January and we will be featuring some of YOUR favorite salad recipes! If you are interested in joining us this month, please email us to let us know the salad recipe you will bring to our luncheon. We will feature salads for the entire menu. Please sign up to bring an appetizer, main course, or dessert salad. This should be really fun and interesting. We can't wait to try everyone's favorites. This luncheon will be on January 18 at 4440 Star Ranch Road. Cooks arrive at 11:00 and guests at 11:30.



Bon Appetit!

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

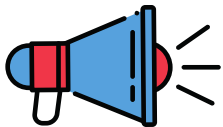
1st Tuesday

Mah Jongg continues, 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

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 1:00 pm UFOs	3 1:00 pm Mah Jongg	4 10:00 am Literary Ladies	5 2-4 pm Nurturing Yourself	6	7
8	9 1:00 pm Pokeno	10 1-3 pm Decorating Divas	11 9:30 General Meeting Lunch Bunch	12 10-2ish Canasta Hand and Foot	13	14
15	16	17	18	19 10-12 Reader's Choice	20 6-8:30 Wine and Friends	21
22	23	24 6:30 Let's Get Lit	25	26 10-2ish Canasta Hand and Foot	27	28
29	30	31				



- Remember to bring donations for Gleaners at each meeting