



MAY 2024

We meet the second Wednesday of each month (September through May) at 9:30 a.m. at the Broadmoor Community Church, 15 Lake Avenue.

President's Notes

What a great year we've had! Thank you to our new and long-time members for organizing and participating in so many activities, and for stepping up to help when needed.

Summer schedule

While we won't hold our monthly meetings again until September, some activities will continue through the summer. Be sure to check with the individual coordinators so you don't miss out on anything.

Bloomin' exciting

Susan Jones, master gardener extraordinaire, will be opening up her home again for a garden tour in July. Watch for the email with the date and time. You won't want to miss it!

EXECUTIVE BOARD

President

Mary Kervick 719.649.3658

Vice President

Cheryl Eaton 719.331.5554

Treasurer

Kathy Achenbach 719.761.0878

Secretary

Jamie Rogers 505.507.6979

Activities Director

Kathy Perkins 720.291.0330

Programs Director

Barbara Zarish 719.960.6117

Member Director

Dale Spelman 925.999.0343

Webmaster

Linda Ewton
webmastercmnc@gmail.com
cmnewcomers@gmail.com

Webpage: cmnccos.org

This club has a paid membership policy. Prospective members may attend two club functions or meetings before paying their annual dues. Former members must rejoin the club before attending activities and meetings.



CMNC monthly meetings will not be held in June, July, or August, nor when D-12 schools are delayed or cancelled due to snow or other conditions.



Thursday, May 9, 2024
**Cheyenne Mountain
Country Club**
9 Lake Ave
11 a.m. – 1:30 p.m.

Spring Luncheon & Fashion Show

Ooh la la!

Food, fashion, and friends at the Cheyenne Mountain Country Club

— Please note: this event has been sold out —

Ticket holders: Join us as we officially welcome spring with the annual CMNC luncheon on Thursday, May 9 at the Cheyenne Mountain Country Club.

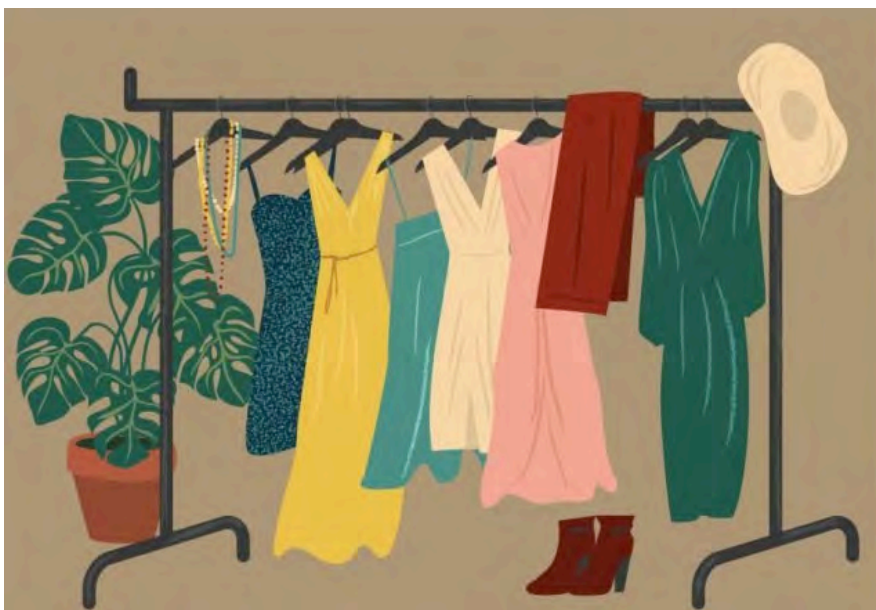
This year's program includes a fun and fabulous fashion show featuring several CMNC members who will model the latest summer styles from Chicos.

Lunch will include a mixed green salad, chicken piccata with angel hair pasta, vegetables, bread, and chocolate mousse cake, plus coffee and iced tea. Want a glass of wine or a cocktail with your meal? Please purchase drink tickets for those directly from Mary Kervick when you check in.

Many thanks and kudos to everyone who helped organize this exciting event for us. We appreciate the time and effort it takes to pull something like this together; thank you for launching us into the summer in style.

Also, thanks to Lynette Bickley for volunteering to help some of the models with their make-up.

Please note: Per the venue, jeans are not permitted.



WHEN & WHERE: See you there!

Thursday, May 9

11 a.m. – 1:30 p.m.

Cheyenne Mountain
Country Club

9 Lake Ave.

719.633.2644

May Activities

As mentioned in the President's Notes, the general CMNC member meetings are suspended during the summer months, and will resume in September. In the meantime, check with the organizers of your favorite activities to see if they'll continue June through August, where and when they'll meet, etc.

Also, the club is always looking for new activities to host, so if you have any suggestions, please let us know!

Ladies Gourmet

3rd Wednesday
of each month
11:30 a.m.

There is no May lunch due to the club's Spring Luncheon and Fashion Show. **On June 12**, Donna Sterns will host 25 members for *Cuisine of the Mediterranean*, the season finale for this activity. The cost is \$20 per person. Sign-ups are complete and we are at capacity. However, you are welcome to put your name on the waiting list. Contact Liz at elizabeth.j.burnett@gmail.com if interested.

— Please see page 8 for important information on next season's luncheons —

Co-chairs:

Susan Jones	719.963.5262
Liz Burnett	719.368.9488

Wine & Friends

3rd Friday of
each month
6-8:30 p.m.

Our next event is on **Friday, May 17**, at the home of Kathy Perkins, who lives at 20 Thayer Rd. Email invitations go out around the first of each month. Not on our list? Contact Barb or Elaine, below, to be added. Couples are welcome and should bring a bottle or wine and an appetizer to share. Singles, please bring your choice of either.

Here's a peek at our summer schedule. Reservations will open once each month's invitation is emailed to the entire W&F group:

June 21 — Donna Sterns
July 19 — Sharon Wallace
August 16 — Elaine Claussen

— Please see page 8 for a recap and look ahead at next season's Wine & Friends —

Co-chairs:

Elaine Claussen	719.447.5771
Barb Zarish	719.960.6117

May Activities, cont'd

Canasta Hand & Foot

2nd and 4th
Thursdays of
each month

10 a.m.–2 p.m.
or later

For May, we'll play next to the downstairs Gates Grille in the back room. No RSVP needed; If you're new or need a refresher, please call Karen Vlasak to arrange a lesson prior to the next group date.

From June through August, we'll be playing at members' homes. Please contact Karen Vlasak to volunteer to host on either the second or fourth Thursday of those months and advise if you have room for eight or 12 players.

Co-chairs:

Edna Clark	719.527.1519
Karen Vlasak	719.375.4692
Lu McCoy	719.540.8681

Mah Jongg

1st Tuesday of
the month

1–4 p.m.

This is an exciting and challenging game played with Chinese tiles. Maria Polelli is the chair of this group and also the monthly host; you can find her address in the online member directory or call Lu to sign up for email invitations. *Space is limited*, so be sure to RSVP promptly for either the American or the Chinese table. Reservations are accepted on a first-come, first-served basis.

Contact:

Lu McCoy	719.540.8681
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UFOs

1st Monday of
each month

1 p.m.

A low-key group of members who like to chat while working on unfinished projects. Call to find out if meetings will continue throughout the summer.

Chair:

Barbara Nisar	719.394.5499
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Pickleball

Every Friday

10 a.m.–12 p.m.

Pickleball is the fastest-growing sport in America! Join this new group and see what all the fuss is about...and have a ton of fun! We play indoors (out of the hot sun, cold air, and wind) on brand-new courts at Springs Pickleball, 780 Vondelpark Drive. Try it once and you will be hooked for sure! A paddle, a whiffle-ball thingamajig, and some good, sturdy court shoes, and you're on your way.

Chair:

Lu McCoy	719.540.8681
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May Activities, cont'd

Reel Deal

3rd Tuesday or
3rd Sunday
of each month

We meet at Tinsletown Theater and, for those who are interested, gather for refreshments or dinner after the movie. Tuesday meetings are ladies only; spouses/partners are welcome to join on Sundays.

Chair:

Chelley Gardner-Smith 719.640.0069

Walkie Talkies

Tuesday
mornings
Time TBD

Join us once a week for a moderate walk/adventure that can range from 40 minutes up to an hour. Sign up at the CMNC monthly meetings to receive a weekly email with the time and location. Join us for fun hikes, friendship and fellowship.

Chair:

Cheryl Eaton 719.331.5554

Invest In Yourself

4th Wednesday
of the month
10 a.m.

This group provides education on various wealth-planning topics such as financial investments, retirement, and estate and tax planning to cashflow management, budgeting and funding college savings programs, plus much more. The location for each month will be mailed to CMNC members who sign up for this activity.

Chair:

Ann Ries 719.577.6333

Pokeno

2nd Monday
of the month
1 p.m.

This game is very similar to Bingo, but with a fun twist. It's easy to learn, so don't hesitate to join us. The group meets at different members' homes; each player should bring an anonymous \$5 gift bag, plus \$1 to put in the kitty for the grand prize. Members who've signed up for this activity will receive an email each month with the new location.

Co-chairs:

Sharon Wallace 719.482.6298
Tami Dickinson 623.670.8298

May Activities, cont'd

Happy Hour Get-Togethers

3rd Monday
of the month
3–4:30 p.m.

Join friends at different breweries for some fun each month! No advance sign-up needed; just show up for a beer and great conversation with your community of CMNC women. (Individuals buy their own food and drinks.)

May 20 @ Goat Patch, 2727 N. Cascade
June 17 @ Red Leg, 2323 Garden of the Gods Rd.
July 15 @ Cerberus, 702 W. Colorado
August 19 @ Red Leg, 2323 Garden of the Gods Rd.

Coordinator:

Peggy Dolinich 719.964.8778

Decorating Divas

2nd Tuesday of
each month
1-3 p.m.

On May 14, the Divas will meet at the downtown library in Columbine A room for a fascinating talk, "The Food Forest," by Kelly Bull. She is a garden coach and ecological landscape designer who creates custom designs for backyard ecosystems that allow us to connect with nature, enjoy low maintenance, and produce food, shade, beauty, and wildlife support. By learning a few simple design principles, you can get the most out of your yard and do the least amount of work. **Please RSVP to MB to be included.** After this month, we won't have Diva events until September, so enjoy your summer.

Co-chairs:

Nancy Price-Weddle 719.332.2644
Mary Beth (MB) Shively 719.527.0612 or 520.631.8522

Gleaners

Will return in the
fall after our
monthly CMNC
meetings

What is gleaning? It's harvesting goods for free distribution to the needy. It's also donations that are made to non-profit organizations to help those in need. Watch for the September newsletter for items to bring when we resume our meetings.

Chair:

Barbara Coons 719.375.3231 or 219.973.9555

Because We Care

Member
Outreach

If you know of a CMNC member who is having health issues or going through a life-changing experience, please contact Lynda as soon as possible. She will send out an appropriate card and, in some cases, contact the member directly for any follow up that may be needed. Thanks for your support for your sister members.

Chair:

Lynda DeAngelis 719.440.4643

Print and save

IMPORTANT "KEEPER" INFORMATION

From the March Alzheimer's presentation

24/7 Alzheimer's Association Helpline:
800.272.3900

Accessible around the clock, 365 days a year

Helpline specialists and master-level clinicians offer confidential support and information

Bilingual staff and translation services available in more than 200 languages

Live chat available

TTY Service: 866.403.3073

From the April Fire Safety presentation

Prepare for an Emergency: Sign up for phone alerts at <https://member.everbridge.net/1772417038942752/new>

FREE Neighborhood Chipping Program
<https://bit.ly/CSFDChippingRequest>

Prepare for Wildfires: FREE in-person consultation
Call to schedule a visit to your home: 719.385.7493

Taxpayer Claims for Wildfire mitigation
Maximum per tax year is up to \$2,500. Learn more at coswildfireready.org/mitigation-tax-credit


May

BIRTHDAYS

Kim Kacewicz	5/01	Daria McClung	5/20
Sharon LeRoy	5/02	Jan Sturdevant	5/24
Kathy Coombs	5/03	Fran Williams	5/25
Sharon Wallace	5/11	Cynthia Crater	5/26
Leslie Herzog	5/17	Gale Lauback	5/27
Bonnie Bowen	5/18	Joyce Laszloffy	5/27
Marie Poyzer	5/18	Lynette Bickley	5/28



We celebrate you!



Passing of the baton

Ladies Gourmet and Wine & Friends



Ladies Gourmet

This past season, we implemented changes to facilitate creating and delivering the luncheons. We tried to include as many participants as possible. We also identified specific roles to spread the effort in producing these gourmet events.

Thank you for embracing the new roles:

- The chefs took their cooking roles seriously and did not disappoint
- The hostess assistants eased the burden of setup and cleanup
- Bartenders generously provided libations
- And our hostesses made the lunches possible by accommodating us in their beautiful homes.

We developed varied menus and enjoyed many delicious recipes from around the world. We also incorporated cooking classes, hosting two wonderful guest chefs who taught us about their favorite Italian and Mexican foods.

It's been great; thank you to those who participated and made for such a festive, enjoyable year!

Moving forward, we will be stepping down from running this popular CMNC activity group. We are passing the baton to the next team that wants to showcase their culinary talents.

Best of luck and Bon Appetit!

— Liz Burnett and Susan Jones

Wine & Friends

What a year it's been! The sociable Wine & Friends get-togethers, held the third Friday of each month, also underwent some changes for 2023-2024:

- We incorporated themes for many of the events, which were supported by related food and wines, and, in some cases, clothing or costumes.
- For a little added fun, we injected a few games or trivia questions and awarded token prizes.
- We also elevated the monthly email invitations so they stand out easily in everyone's inboxes.
- Name tags got a facelift as well, moving from peel-off (and quickly fall off!) stickers to reusable lanyards with easy-to-read printed name cards.

- Most members donated \$5 per person to help replenish supplies—dishes, wine glasses, totes, and similar items—to keep up with breakage that's occurred over the years as well as increased turnout.

While Covid sidelined September's event and Mother Nature dumped on December's, interest in and attendance at these lively events continues to expand.

Starting with the June 2024 party, we're placing this incredible activity back into the very capable hands of Marie Poyzer and Karen Cacy. Thanks to all of the great hosts for making these events possible!

Salut!

— Elaine Claussen and Barb Zarish

MAY

Calendar of Events

SUN DAY	MON DAY	TUES DAY	WEDNES DAY	THURS DAY	FRI DAY	SATUR DAY
			1 Literary Ladies 10 am	2 Nurturing Yourself 2-4 pm	3 Pickleball 10 am	4
5	6 UFOs 1 pm	7 Walkie Talkie TBA Mah Jongg 1 pm	8 No CMNC Meeting in lieu of the 5/9 Spring Luncheon	9 Annual Spring Luncheon & Fashion Show 11 a.m. (sorry, this event is full)	10 Pickleball 10 am	11
12	13 Pokeno 1 pm	14 Walkie Talkie TBA Decorating Divas 1-3 pm	15	16 Readers Choice 10 am	17 Pickleball 10 am Wine & Friends 6-8:30 pm	18
19 Reel Deal TBA	20 Happy Hour Get-Together 3-4:30 pm	21 Walkie Talkie TBA Reel Deal TBA	22 Invest in Yourself 10 am	23 Canasta Hand & Foot 10 am	24 Pickleball 10 am	25
26	27	28 Walkie Talkie TBA Let's Get Lit 6:30 pm	29	30	31 Pickleball 10 am	

CMNC monthly meetings will resume in September. Enjoy your summer!

Please forgive any errors or typos in this publication. I hope you enjoy it!

— Your newsletter editor, Elaine Claussen