

**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.

*October 2021*



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

*Presidents' Letter*

Hello Lovely Ladies,

WOW!!! What a great turnout for our first General Meeting. We have been receiving such wonderful comments from all those who attended. Your feedback is appreciated and very important to us! There are several highlights to recap but one of the most important was reconnecting with each other!

Judy Cara, our guest speaker from The United States Olympic & Paralympic Museum was quite engaging and has invited our members and guests to visit the museum at a group rate. Thank you, Judy! Judy also inquired about our Olympic torch. This prop has been given for use in future presentations and is currently displayed by the reception desk in her office lobby. We also enjoyed a quick introduction from each of our Activity Chairs with their various props to include a debut of our newest Activity - "Theatre Club". Well done, ladies!

You may remember the Board's first three goals shared in our September Newsletter; Have Fun, Increase Membership, and Foster Friendships. Well, we are excited to share that we had 19 first-time guests and new members in attendance and are looking forward to seeing them all as members at our next General Meeting on October 13. While many of our guests were invited by our members, (great job to our membership) others had responded to our notices and publications in "Life in the Broadmoor", "Life After 50" and the "Cheyenne Edition". If you haven't picked up any of our new CMNC business cards, they will be available at our membership table. They are quite useful when inviting guests to join our club.

The SEPTEMBER OUTSTANDING MEMBER AWARD went to Caroline Spillane. She was genuinely surprised and absolutely deserves it.

Many of you have already signed up for our Silver and Gold Fall Kickoff. There will be another opportunity to sign-up at the October General Meeting. This will be a fun filled event at The Pinery at the Hill. The color theme is inspired by the friendship song lyrics "make new friends and keep the old, one is silver and the other gold". Get dressed, featuring silver and/or gold. For instance, your outfit could be any color with gold accents on the fabric or all black showcasing your silver jewelry and purse. You could wear bedazzled jeans, a beautiful formal or be a purist wearing only silver fabrics head to toe. You can be inspired by a fashion moment such as the 1920's or a creation you could wear again at Halloween. Anything goes, just sparkle and have fun!

We still need a Zoom Coordinator. Can you volunteer? Alternately, if you are interested in receiving the zoom link, to view our program, please contact IsaBelle to get yourself on the Zoom invite list.

See you soon, IsaBelle and Karen

Please bring your mask in case the "strongly recommended" guidance is still in place.

October



## *General Meeting October 13<sup>th</sup>*

### *Programs*

Chairs: Lesley Johnson 290-8573      Michelle Watts 757-719-0990

In October, we are thrilled to have CMNC's own Karen Cacy presenting "10 Funny Stories from the Nation's Capital!"

About Karen Cacy: Karen graduated from Portland State University with a major in Russian, and a minor in Middle East Studies. She studied Arabic at American University in Cairo and Administrative Management at George Washington University.

Karen was a cabinet-level speechwriter and a federal transportation lobbyist, spending 23 years in the nation's capital. She has written a play and a screenplay. She has published four novels: *A Death by President*, *Dinner at Mr. B's*, *Return to Ismalia* and *Summer at Pebble Beach*. She is currently working on a fifth novel. She also volunteers with Forward Stride, fundraising and preparing horses for therapeutic riding.


**Olympic museum group visit:** during our October meeting, we will be taking sign-ups for a group visit to the Olympic museum in November! Details will be available at the meeting.

*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 (\$26,570 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 4 who works the graveyard shift in order 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!



*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



## Member News

### Lunch Bunch - Meeting Day 11:40 PM

Place: *Miguels Mexican Bar & Grill, 110*

*E Cheyenne Mtn Blvd, near Walters & Na Rai*

Chair: Gini Dugan 507-319-1700



New management & menu, no group size limits. Must call in group size mid meeting, no sign ups after the meeting. Call Gini to get on the sign up list.

### Ladies Gourmet - 3<sup>rd</sup> Wednesday, 11:30 PM

Place: *TBA*

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

Dear Lovely Gourmet Ladies,

*As the great Julia Child once said, "It's fun to get together and have something good to eat at least once a day. That's what human life is all about – enjoying things."*

Ladies Gourmet is on a roll and we are going to cook some wonderful recipes for our luncheon in October. On the menu are luscious appetizers, harvest inspired soups, hearty salads, and gingerbread cupcakes. Please join us for delicious food and fun food inspired conversation on October 20 at 11:30.

You will be able to reserve a spot at our General Meeting in October. All the recipes will be printed out for you. Don't be intimidated, be willing to experiment, and have some fun! We look forward to seeing everyone soon! Thanks, Lisa Lucke and Marie Ryan

### Wine & Friends - 3<sup>rd</sup> Friday, 6:00 PM

Place: *TBA*

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

Watch for an email with details on the October 15<sup>th</sup> Wine & Friends event.

### Outstanding Member Award

The nominations are in, votes have been counted and our first Outstanding Member Award is known...

**Congratulations to Carolyn Spillane!**

Our club could not run without our Members like you!!!

Thank you, Carolyn!!!

For all the years that you chaired Hospitality, arriving at 7:30am, organizing and contributing with setup, decorations, food, teardown and clean up. She has chaired several Spring Luncheons, and Ladies Gourmet for years. Carolyn is that member who stands up and says, How can I help?

Who's Next? You know this member for their....

- \*generosity of time
- \*great leadership
- \*kindness
- \*willingness to always pitch in

Please send your nominations in to [2020CMNC@gmail.com](mailto:2020CMNC@gmail.com) with **why** this Special Member is being nominated by you! Nominations must be in by the first Wednesday of the month and received no later than 8:00am. Entries will be voted by secret ballot at the E-Board meeting; winner announced at the next General Meeting. \*All E-Board & General Board members are exempt for the 2021-22 CMNC Season.

### Welcome New Members

Chelley Gardner-Smith	Cyndy McBee
Jackie Whipple	Cathy Stamps
Gaye Woullard	Diane Sibole
Kathy Achenbach	Judy Porter
Kya Bryant	Kathi Giddens
Marie Shahani	Judy Gibson
Kay Dickson	Anne Katrosh



## Fun Things To Do



**Decorating Divas - 2<sup>nd</sup> Tuesday, 10AM to 2PM**

**Place: Sangre de Cristo Art Center**

**210 N. Santa Fe Avenue, Pueblo**

**1129 Spirits & Eatery, 115 E Riverwalk, #100, Pueblo**

Chairs: Nancy Price-Weddle  
332-2644

Mary Beth Shively  
520-631-8522



The Divas will meet at the Sangre de Cristo Art Center to see wonderful exhibitions. These exhibitions include:

- Vital Waters - Ansel Adams and several other renown photographers share their devotion and appreciation of the beauty of known and beloved places.
- Where the Pavement Ends by nationally known artist Randy Pijoan. The artist, with roots from Northern New Mexico and Central Colorado, has explored numerous corners of our contemporary world.
- Gateway to the Southwest exhibition celebrating the long history of the Williams Studio in the Pueblo community,
- The Current Flows: Water in the Arid West - by Colleen Miniuk.

Admission is \$10 for adults and \$8 for Senior 65+, Military, or Teachers with ID. Please pay at the door. We will then go to the 1129 Spirits and Eatery on the Riverwalk for a delicious lunch.

Please **RSVP to MB by October 5th** so that we can finalize our lunch reservations. Looking forward to seeing you.

### Movie Mavens - Sunday after Meeting

Chairs: Audrey McGuire 661-3087

Sharon Cotter 915-740-5010

This is your invitation for a fun outing with the Movies Mavens group. Singles and/or couples can join. All those that sign up at the general meeting or respond to this invitation will be included in the email that will be sent just after the general meeting.

That email will let you know at which theater and restaurant we will be gathering on that Sunday. The first event will be on October 17.

We look forward to seeing you at the movies !!

### Theatre (& Live Performance) Club!

Chair: Chelley Gardner-Smith 640-0069

**Prefer a text of name and phone #**



A BIG HOWDY DOODY DRAMA QUEENS!

**THE PLATFORM:** The shows I am choosing come from your interests and are planned to meet non-extravagant budgets. Oh, we might take in a pricey show every so often, but for now, let's have fun and not break the bank.

**UPCOMING:** When I get more information I'd like us to take in a couple local High School plays: One being: "Pay Cash on Delivery", coming up in November and the other one at Cheyenne Mt. High School. I know the theatre teachers, Andy Mello, and Jodi Poproth, and when I hear back from them, I will let you know. (As a retired theatre teacher, I know how excellent these directors are! We will not be disappointed!) I will need to collect money from you in advance and purchase all the tickets at the same time. MORE TO FOLLOW.

**BUY YOUR (own) TICKETS NOW:** Also, two events at Stargazers : Crosby, Stills, Nash and Young Tribute Band, November 5, \$15, and The Eagles Tribute Band, Nov 13, \$20. These tickets you can buy as it is open seating, and we will congregate before the show starts so we can all sit together. (Of course you may bring friends/partners/spouses.) GO ON LINE: Stargazerstheatre.com. (There are two EAGLES shows, make sure you do the NOV 13 venue.)

**COMMUNICATION:** Texting is always a little better for me, as I can see your information, comments and questions ASAP. Chelley Gardner-Smith at 719-640-0069. (If you simply email, it might take a while for me to see your message.)

**JOIN THE EMAIL LIST TODAY:** If you want to get onto the email mailing list, send me your information via text.

### UFOs - 1<sup>st</sup> Monday, 1 PM

**Place: TBA**

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.

## Health & Wealth



## Games We Play

### *Nurturing Yourself -1<sup>st</sup> 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 -4<sup>th</sup> 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](http://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 [Janis.cross@raymondjames.com](mailto:Janis.cross@raymondjames.com)

### *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!

### *Canasta/Hand & Foot*

*2<sup>nd</sup> & 4<sup>th</sup> 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- 2<sup>nd</sup> 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*

*3<sup>rd</sup> 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.



## Technology & Books

### *TechnologyNinjas- 4<sup>th</sup> Tuesday, 9:30 to 10:30 AM*

**Place:** Kirkpatrick Bank Building,  
102 N. Cascade, Suite 600  
Chair: Janis Cross 930-4445  
[janiscross2017@gmail.com](mailto:janiscross2017@gmail.com)

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 5 MEMBERS Must sign up for this class. RSVP to Janis Cross**

*These bookclubs are currently not taking new members.*

### *Literary Ladies, 1<sup>st</sup> Wednesday, 10AM*

**Book:** Hidden Valley Road by Robert Kolker

**Place:** Home of Sharon Wallace  
Chairs: Sharon Wallace 579-7529  
Lynda DeAngelis 576-5070

### *Novel Women, 1<sup>st</sup> Wednesday, 10AM*

**Book:** The Forgotten Daughter by Joanna Goodman

**Place:** Home of Barb Noble & Zoom  
Chair: Sarah Healy 344-9363  
June Adams 527-4214

### *Readers Choice, 3<sup>rd</sup> Thursday, 10AM*

**Book:** This Is Happiness by Niall Williams

**Place:** Home of Denise Lynch  
Chair: Daria McClung 339-4860

## Birthdays

### *Happy Birthday*

#### **August**

4 Janie Levis	20 Judy Finkelstein
4 Cynthia Aki	23 Joan Pierce
6 Cheryl Baeza	25 Jan Sturdevant
10 Robyn Hamilton	28 Lyn Francis
16 Kya Bryant	31 Valerie Smith

#### **September**

3 Barbara Coons	8 Cyndy McBee
3 Sharon Crumpton	9 Sherry Denton
5 IsaBelle Rowsey	12 Jamie Rogers
5 Jen Fournier	14 Carole Flint
8 Lisa Knowles	27 Carol Banks
8 Bobbi Alberts	27 Marie Shahani
29 June Adams	

#### **October**

6 Lesley Johnson	13 Gisela Hemphill
6 Shelly Shepard	13 Laurie Zickefoose
7 Karen Vlasak	15 Susan Rae Jensen
8 Dee Simon	15 Cheryl Murphy
10 Karen Thomas	22 Diana Mikkelsen

*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**

10am decorating divas

9:30am tech ninjas

10:30am women of wealth

**Wednesday**

10am literary ladies

10am general meeting

11:30pm ladies gourmet

10am novel women

11:40 pm lunch bunch

**Thursday**

2pm nurturing yourself

10am canasta

10am readers choice

10am canasta

**Friday**

6:00pm wine & friends

**Saturday**

**Sunday**

2pm movie mavens

TBD theater group