

Co-Presidents' Letter

First and foremost, we'd like to let you know how grateful we are to Falcon Club for rescheduling our March luncheon. They charged for the number of people who attended the rescheduled luncheon (64) versus our original number (82).

At April's the luncheon we will **S**hare with you the names of the grantees our hard-working Grant Committee has selected.

Thanks to our Nominating Committee our current board members are ready to **M**entor their replacements for next year.

The Holiday Home Tour chairs have **I**ntegrated many new members onto their committees.

We hope everyone feels welcome and like they have a place to serve.

At our March luncheon we **L**earned about the Alexander technique for pain free living and this month we will learn all about estate planning.

We see you are **E**nergized to participate in our leadership committees, volunteer opportunities, club wide fun activities and interest groups. Keep SMILEing.

SMILE: Share Mentor Integrate Learn Energize

Your TLWC Co-Presidents,
Pam Perry & Shelley Pruett



Pam Perry and Shelley Pruett



APRIL BUSINESS MEETING/LUNCHEON

Friday, April 19, 2024

The Falcon Club USAFA

3120 Academy Drive

11:00 am - Social Time 11:30 am - Lunch

Everyone must show their driver's license or military ID at the USAFA gate



Theme: Western - wear your favorite western wear!

Program: ESTATE PLANNING

Julie Papa, Papa Law, PLLC

Have you done your estate planning? Do you know what you need or the right questions to ask? If you don't or you just still have questions, come to our April luncheon. We'll have Julie Papa, a licensed attorney, speaking. She specializes in advising clients in estate planning and estate and trust administration.



Backyard BBQ Buffet

Tossed Garden Salad

Grilled BBQ Glazed Chicken Breast

BBQ Beef Brisket

BBQ Pork Ribs

Pulled Pork Shoulder

Baked Beans with Peppers, Onions and Bacon

Charred Corn on the Cobb

Corn Bread with Honey Butter

Slider Buns

Condiments

Fresh Brewed Coffee

Water and Iced Tea

(Red and White Wine will be available for \$10 per glass)

Deadline for Registration:

Monday, April 8th, 6:00 pm

Reservations for members and guests:

Email: reservations@tlwc.net Or by calling: Maureen Kral 719-661-7607

Luncheon Reservation Payment Options:

Cash or Check (ONLY) made out to TLWC at the luncheon - \$30

Cancellations:

Members must pay for reservations made & not canceled by the deadline. If you made a luncheon reservation & must cancel at the last minute, please call the reservations chair. Occasionally there will be a wait list & someone could take your place.

Luncheon



Registration
Deadline



CANCELLING INTEREST GROUP RESERVATIONS

If you've signed up for an Interest Group event, please remember to cancel your reservation if you are unable to attend. Our hostesses plan for a certain number of attendees, particularly when preparing food or procuring items for a gathering. It's discouraging when members make a reservation and subsequently don't attend or don't pay for the event if there was a charge. Remember, there could be a waiting list so someone may be able to fill your spot.



Here are 3 different ways you can cancel a reservation:

From your computer. On the TLWC website, click on Calendar on the top black bar and then click on the event. Scroll down and click on "Already Registered" and a screen pops up with the event details. Scroll down and click "Cancel Reservation". It will then ask you to confirm your cancellation.

From your cell phone. Click on "My Tickets" at bottom of screen. Click on the event you want to cancel; scroll down to "RSVP" and click on the "Cancel" button.

Contact the hostess or hostesses by phone or text so they know you won't be able to attend. Please don't contact them by email. Our hostesses are often busy preparing for an event and may not have the opportunity to check their emails.

KNOTTY PINES SINGERS ENTERTAIN AT STONE CREEK/ FLYING HORSE



Our ladies have enjoyed our "mostly for fun" music making, graciously hosted by the Church at Woodmoor in Monument.

We shared some of our favorite songs, along with a fun Irish sing-along at Stone Creek at Flying Horse senior living community on Tuesday March 12.

Love to sing?

Knotty Pines Singers rehearse the 2nd & 4th Tuesday (1:00-2:15 PM) each month through the end of May. Sign up in your TLWC profile or contact Kathy Russo (317)370-5682



LEARN TO PLAY MAH JONGG - NATIONAL

If you enjoy games, you'll love Mah Jongg! This is a Chinese game played with tiles. TLWC has several Mah Jongg interest groups - I enjoy teaching National League Mah Jongg.



If you are interested in learning this fun game, I'll be teaching a new group during the last couple weeks of May. All I need is three 3-hour sessions, and you'll be ready to play with our interest group by the end of the month.

We'll meet at my home: 16072 St Lawrence Way (Promontory Pointe). I like morning lessons (since so many of the interest groups meet in the afternoon), but I can do afternoons too. Once I have a list of interested players, we'll find the most convenient days and times for everyone.

Please send me an email if you are interested in learning this fun game. If you've mentioned your interest before, please email me again so I can compile a fresh list for May.

I look forward to hearing from you.

Billie Healy, famhealy@comcast.net



INTEREST GROUPS

Sign up for all the Interest Groups that interest you!

To join an interest group, go to your Member Profile page and to the Membership tab. Then click Edit. Add the group (s) you wish to join by checking the box and then clicking Save.

- Adventures in Dining
- Arts & Crafts
- Bakers with Altitude
- Book Discussion
- Bridge
- Bunco - Day or Evening
- Coffee & Chatter
- Colorado Living Lunch 1 & 2
- Garden Club
- Hiking Group
- Knotty Pines
- Ladies' Lunch Out
- Mah Jongg
- Over the Cup Tea Group
- Single Ladies
- Stitch 'n' Chat
- TGIF
- Wine Sip & Share



NEW MEMBERS

Hello to our new

TLWC member!

Nancy Eldred



GIVING BACK TO OUR COMMUNITY, SAVING LIVES

“Over the past three years”, according to TLWC member Carol Costakis, “TLWC has had great success with Hand-Only CPR training. In partnership with Monument Fire District and UC Health, we have taught CPR to over 75 members and spouses. We’ve learned that quick actions by strangers and having an AED (automated external defibrillator) on-site can be lifesaving.”

And so, taking these life-saving training sessions one step further, Carol and Jan McKinley spearheaded the purchase of an AED to be placed in a site where so many TLWC events take place – in the Woodmoor Barn. As Jan stated, “Our ability to use the Barn enables more members to attend events in a great location - at no cost. Putting an AED in the Barn, operated by Woodmoor Improvement Association (WIA) gives TLWC the opportunity to show our appreciation.”

On March 27th, Carol and Jan presented the AED, a display case, and a plaque of appreciation to members of the WIA Board of Directors. Pictured (L to R) are Jan McKinley, Brian Bush (WIA Board President), Kevin Nielsen (Chief, Woodmoor Public Safety), and Carol Costakis.



GRANT COMMITTEE

The TLWC Grant Committee met on March 28 to review 25 applications totaling more than \$55,000. After careful consideration, the committee selected a slate of 17 applicants to receive a total of \$30,000. The recommendations will be presented to the membership at the April luncheon and voting will take place in May.

Thank you to the following for serving on the 2024 Grant Committee: Kathy Budney, Brenda Briggs, Pam Cutcliff, Deb Guillan, Maureen Kral, Robbie Larson, Sue Leggiero, Sue Normile, and Kathy Russo.



BY-LAW CHANGE PROPOSAL

It was brought to the attention of the board that we have two different voting practices in the by-laws. To uphold consistency in voting we propose to vote to change the by-law as follows. Please understand that this is **not a change to the membership dues** only a change to how we vote on changes to membership dues.

We want to vote to change the by-laws to state:

Article III Section 2, B

Any change in the amount of membership dues shall **be approved by the membership at any regular business meeting by a two-thirds vote of the members present and voting, as long as a quorum of 25% of the membership is present.** Notice of a proposed dues change must be provided at least three weeks prior to a vote. Any dues change will take effect in the next Fiscal Year.

Current language: approved by a majority of the membership

A second By-law change was proposed by the CIA/SOS Committee to change the name.

Article VII Section 1, H

The Community & Member Outreach committee **provides** members the opportunity to engage in community service projects, and **provides** encouragement and support to TLWC members' **needs as they arise.**

Current language: Caring in Action (CIA) is responsible for providing members with volunteer opportunities for assisting the community. Serving our Sisters (SOS) is a service responsible for alerting our members and their immediate families to other members' needs.

PROGRESSIVE DINNER



“Welcome Summer” Progressive Dinner Saturday, June 8th, 2024

Join us for our 1st Progressive Dinner since 2016!

Most of us have participated in a neighborhood Progressive Dinner with friends. Usually, there will be three courses, Appetizer at one home, Entrée at a second home and Dessert at the third. TLWC does a Progressive Dinner on steroids! When we did the dinners in the past, we had about **80 people** attend the event.

Everyone gathered at the Appetizer home for some tasty tidbits. While there, each couple or pair of friends picked an envelope which told them where they would be having their entrée. So, we had no idea before then where we would have our main course. Even the host and hostess did not know until everyone arrived who they are having dinner with – that’s the fun part! After a delicious dinner, everyone then moved on to the Dessert home to end the evening with some sweet dessert treats.

To make this fun event happen again, we need members to host 8 people (including themselves) at the Entrée homes. We also need 2 homes (1 Appetizer and 1 Dessert) that can manage a large group of people. The number of people that can attend the event will depend on how many members offer their home for the entrée.

We have made hosting as easy as possible. All the menu items are purchased by the committee and put together so all the hosts have to do is the last-minute preparations (recipes included), set a lovely table and await your guests. If you would like to host, contact Gail Wittman at the contact information below.

**All of this for just \$50 per person including wine.
Imagine a 3-course meal with wine at a restaurant for that amount!**



If this sounds like a great way to spend your Saturday night, we’d love to have you join us. And, don’t forget, this is not just for couples. So, feel free to invite a friend or family member - anyone who is a special person in your life to join you for an enjoyable evening. If you want to make a reservation for you and a guest, contact Jan McKinley at the contact information below.

RSVP Deadline is May 18th

If signing up to host or to make a reservation, you will get a confirmation email. If you **DO NOT** receive a confirmation email, please contact Gail or Jan.

For Hosting: Gail Wittman gdwittman@sbcglobal.net
For Reservations: Jan McKinley jan_mckinley@msn.com



SOS/CIA - Volunteer Opportunities



Just Between Friends Clothing Sorting

Monday, April 15 9am-12pm

The Palmer Park Convention Center, 3960 Palmer Park Blvd, Colorado Springs 80909

Just Between Friends is an AMAZING 'pop up' children's consignment event that happens twice a year. They offer gently used children's and maternity items all 50-90% off retail. The duties may involve inspecting, clothing, removing safety pins and hangers, and sorting the clothes by size and gender.

Silver Key Senior Summit

Thursday, May 16 Two shifts available: 8am-11am or 11am-3pm

Great Wolf Lodge, 9494 Federal Dr, Colorado Springs 80921

Silver Key needs volunteers to assist with their Senior Summit Event. Shifts will involve being a door greeter, check-in person, or an assistant with event activities. More information to come.

Build-A- Bed

Saturday, June 1

Location and Time to be announced

The non-profit Sleep in Heavenly Peace believes all children deserve a safe, comfortable place to lay their heads. Volunteers help assemble and deliver top-notch beds to children and families in need. As a volunteer you will help assemble the beds from start to finish.

ON THE FLOOR IN OUR TOWN!®.

BAKERS WITH ALTITUDE



Bakers With Altitude had a lovely afternoon sampling some tasty Brunch bakes! We enjoyed Cinnamon Roll Biscuits, Waffle Iron Hashbrowns, Sausage & Green Chile Breakfast Burritos, Lime Tart with Blackberry Sauce, Raspberry Almond Scones, Marvelous Muffins, and a Coconut Cake! You can find recipes in the Bakers With Altitude Recipe Discussion here:

<https://www.tlwc.net/page-18114/13325536>

Some fun tips shared:

- > Try non-flavored dental floss to easily slice cinnamon rolls! Just slide under the roll, cross the ends of the floss over the roll and pull in opposite directions, the floss cuts right through without flattening the rolls.
- > Use a waffle maker to create crisp Hashbrowns every time, you can even add toppings like ham or cheese!
- > Layer cake recipes can be easily made into a sheet cake, using the same amount of batter!

Our next gathering will be Wednesday, April 17, the theme is Quick Breads. Join us!



DONATION DRIVE FOR TESSA



TESSA is a non-profit that serves the Colorado Springs region that offers support to victims of domestic abuse and sexual assault. The staff provides help for crisis situations and works to connect victims with other community services as well as providing counseling. TESSA's Safe house provides shelter, food, case management, housing assistance counseling and support to survivors and their children. They are a crucial component of our community and are always in need of donations to support their services.

We would like to collect items listed below at our **April monthly luncheon** to provide TESSA an "April Shower" of much needed supplies. If you would like to donate, Anne and Kathy will collect items or cash at our April Luncheon. If you are not able to attend, but would like to participate, please try to find someone to bring your donation to the luncheon.

Your donation will make a tangible difference in the lives of survivors of domestic abuse.

Thank you for all you do for our community!!

Anne and Kathy,
Co-Presidents Elect



- New Girls Underwear: Sizes 4-16
- New Boys-Teen Underwear: Sizes XS-Xlg
- New Women's Underwear: Sizes Small (5) to 4x-Lg (11)
- New Men's Underwear: Sizes M-2XL
- New Socks – All sizes, Women's, Men's, Teens, Girls, Boys, Toddler, Infants
- Women & Men's Regular and Hypo-Allergenic Hygiene Products – **No Travel Sizes**
*Body Wash ❖ Body Lotion ❖ Shampoo ❖ Conditioner ❖ Deodorant
Adult & Child Toothbrushes ❖ Shaving Cream*
- Infant/Toddler/Children's Any size Regular &Hypo-Allergenic Hygiene Products
*Shampoo (No tears) ❖ Baby Wash ❖ Baby Lotion ❖ Diaper Rash Cream
Sunscreen ❖ Bug spray ❖ Kid's-flavored Toothpaste*
- Infant Training and Mild Flavored Toothpaste
- Paper towels, Toilet Paper - Any Size or case
- Dishwashing Detergent/Laundry Detergent -PODS
- Liquid Dish Detergent – Large bottles
- Eating Utensils for Adults, Toddler Utensils- Plates, Bowls, Sippy Cups
- Coffee/Tea Mugs
- Adults and Infant Cough and Cold Medicines
- Phone Charging Cords and Bases-All Cellphone Types &
Computer charging cords and Bases



TLWC TRASH TO TREASURE EVENT - Friday, April 12!

A fun and fruitful fundraiser is planned for **April 12, 2024** at The at the Barn in Woodmoor. This event will be a **SILENT** and **LIVE** auction of "Treasures" donated by members and their friends. It will be a casual, cocktail type environment fun evening for our members and their invited friends. Proceeds from the event will go towards our 2024-2025 Granting Fund.

Bring your items to donate Friday, April 12, 8:00am-12:00pm, to The Barn. Then come back with your friends for the event at 4:00pm!



VOLUNTEER NOW to help with the event. Positions available from 8:00am to the close of the event.

Navigate to the Signup Genius Website to find a volunteer position. Volunteers in 2-hour shifts are needed to work collections, set-up, check-in, event, check-out, and clean-up.

<https://www.signupgenius.com/go/30E0F4CABAA23A4F58-48643324-tlwc>

HOW IT WORKS:

- Donated items to be dropped off at The Barn in Woodmoor the morning of April 12; 8am to Noon.
- April 12 8am: Trash to Treasure committee members and volunteers set up the event site, sort and compile lots as necessary for the Silent and Live Auction
- Doors open to attendees at 4pm
- Wine and soft beverages with light snacks to be provided by the FUN committee during the "review" period, Silent and Live auction
- Silent Auction will close when the Live Auction starts between 5:45-6:00pm
- All Items/Lots must be paid for and collected at the close of the Live Auction; cash, check and credit card accepted
- If your item does not sell and you want it back, you must take it at the end of the event; we cannot transport it for you or save it for you.
- Any items not sold or collected **THAT NIGHT** will be donated to a local charity or consigned in an attempt to raise additional funds.



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continued....TLWC TRASH TO TREASURE EVENT IN APRIL!

TYPES OF ITEMS ACCEPTED:

- First, only donate items that are in great condition and would appeal to our members and their friends.
- If anything donated is precious or unique, please provide documentation to prove value or description of authenticity, or describe item and perhaps where it originated. This must be turned in along with the item, in writing, at the time of the donation at The Barn. Forms will be provided.
- Think space; we only have THE BARN to display items and put on the event. Items need to be able to sit on a table, small space on the floor or lean against a table or pillar if larger.
- Home décor items that are of current style. If you can find it at a place like Michaels, Hobby Lobby, Kirkland's or better type of store, upscale consignment, or gallery we want it!
- Current, working and in great condition small appliances. Examples; Instapot, Soda stream, spa type of appliances, KitchenAid mixers, etc.
- Wall art such as non-faded, framed prints, watercolors, oils, etc.
- Table art such as bronzes, non-faded and clean floral arrangements, statuary, beautiful vases, glass figures, etc.
- Smaller antiques if you think they would appeal to the audience and sell.
- Designer and in great condition hand bags.
- Popular books in good condition. These will be put into lots.
- Pottery in great condition; either functional pottery or art pottery.
- Dish sets in great condition; either vintage or current.
- Crystal or glass sets in great condition.
- Small, accent furniture pieces.
- Jewelry in sets, or those that can be put into lots from items donated. Must be styles appealing to members or friends.
- Sports equipment in great condition; pickle ball, tennis, bicycles, small fitness equipment, etc.
- Donated vacation weeks; personal property, timeshares with fees already paid, etc. Must have good descriptions, be current for the remaining year or beyond and be authentic.
- If in doubt of a donation, send description and pictures to Kendell Vliet at KV8588@comcast.net.



ITEMS NOT ACCEPTED:

- Items torn, broken, faded, not in good working order.
- Items that are too large to display.
- Large furniture items.
- Anything that you or your friends would not want to currently purchase or have in your home.