

Chattahoochee PLANTATION

WOMENS CLUB

FEBRUARY 2016

- VALENTINE 'S IN PROVENCE GALA, FEB 6
- DAYTIME BOOK CLUB, FEB 8, MAR 14
- EVEING GROUP, FEB 9
- EVENING BOOK CLUB, FEB 23, MAR 22
- BUNCO, FEB 26
- LADIES NIGHT OUT, MAR 2
- FIRST FRIDAY, MAR 4
- PROGRAM, MAR 18
- CHEF'S DINNER, APRIL 16
- EASTER EGG HUNT, MAR 20
- ART FOR THE PARK, NOV 2-4

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A LETTER FROM THE CO-PRESIDENTS



Dear CPWC members,

February is the month to celebrate love of all kinds: family, friends & our community! We are excited for the Valentine's Gala on **February 6** at ACC. The theme is Valentine's in Provence and the proceeds will benefit Communities in Schools of Cobb! Come out for a wonderful night of delicious food, wine, dancing and changing young lives in our community. Janet Thomas, Chris Cashman and their village of volunteers are on fire this year! They have worked incredibly hard to make this gala a really special event! Their dedication is so greatly appreciated by everyone!

Even if you can't attend the gala, you can still use BidPal to remotely bid on items or send in a donation. Go to <https://bidpal.net/cpwcgala2016>; contact Chris Cashman if you have any questions. The 50/50 raffle is also a fabulous way to contribute to a wonderful

children's cause; Contact Janie Kissling for as many \$10 tickets at you want!

And if you can't attend the gala dinner and auction, please feel welcome to come enjoy the Atlanta Soul Band and festivities from 10-11:30! We ask only a \$10 or greater donation to go directly to Communities in Schools! After your evening obligations, come on by!

The next daytime program will be on **March 18** at Carolyn Cadiou's home. Back by popular demand, we will be getting smarter with the Savvy Women's Guide to Life, Part II program. We will have a panel of experts, including some of our very own members. Thank you to Amber Carey for hosting the Holistic Coaching program on Jan. 15. We learned a lot of new healthy tips that will hopefully benefit our lives.

The next First Friday will be on **March 4** at 7 pm. This is a great way to get our husbands involved! Please bring an appetizer and beverage to share. **Save the Date of April 16** for our next Chef's dinner catered by Rumi's at Shea Amin's lovely home. This will be a great value this time around and wine will be provided! (Details coming in March)

The first Bunco of the year was a success at Yuca Gu Fassnacht's home! The next fun-filled game night will be on **February 26** at Amy McConnell's home.

If you have not made it to an event this year, make sure you come to one of the events listed in the newsletter. All of the interest groups and programs have been spectacular this year! The amazing women that volunteer their time are what make this women's group a very special social and charitable community. We have so much fun working together and making great things happen in our neighborhood. I am full of gratitude to live in such a vibrant place! Start thinking about how you would like to be involved next year, too. I promise you won't regret getting involved and make new friends! Hope to see you soon!

*Your Co-Presidents,
Missy Malmberg & Danna Vach*

My Quote of the Month:

"Where there is great love there are always miracles." – Willa Cather

You can use Bidpal to bid or donate Feb 6 virtually to help these at-risk children to get the support and guidance needed.



Come join the party from 10-11:30 to enjoy Atlanta Soul Band! We simply ask a \$10 donation to CISMCC!

CPWC Programs "Sharing..." 2015-16

By Julie Lischer

Thank you to Amber Carey for hosting us in her lovely home in January. Everyone enjoyed learning healthy tips from our speaker is Birgit Waites.

For February, we are all focused on the Valentine's in Provence Gala. Thanks to Chris Cashman and Janet Thomas for leading a committee of very active volunteers to plan this wonderful night.

Planning ahead, be sure to join us on **March 18** for Savvy Women's Guide to Life – Phase 11 at Carolyn Cadiou's home. The new Savvy Women interest group has been a huge hit. Lots of good information and fun fellowship!

Spring is just around the corner!

DATE

Feb. 6
March 18
April 15
May 13

THEME

Gala
Savvy Women's Guide to Life – Phase II
Field trip and lunch
Closing Luncheon

LOCATION

Atlanta Country Club
Home of Carolyn Cadiou
Historic Roswell
Home of Peggy Cannon



Ladies Night Out!

By Cynthia Dolezal

Please plan to join us for the upcoming Ladies Night Out! We'll meet Wednesday, **March 2** for a fabulous dining experience at Osteria Mattone on Canton St. in Roswell

Hopefully spring will allow us to enjoy their outside fireplace and tables! Let's hope we'll get lucky and have a nice evening! Please let Cynthia know if you plan on joining us!



First Friday

WHEN
at 7:00 PM Friday, March 4

WHERE
The Thomases
581 Glen Eagles

RSVP
CPWC: 404-423-2377

Just bring yourself, an appetizer and your favorite beverage!

And please remember to rsvp!

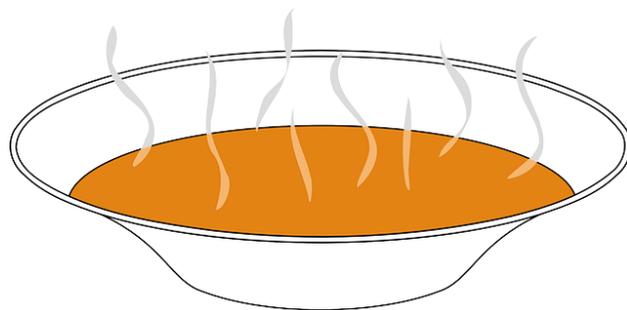
Roasted Butternut Squash Soup

Serves: 4 bowls or 6 cups

— thanks to Jean Ann McCarthy for sharing!

INGREDIENTS

- One large butternut squash (about 3 pounds), halved vertically and seeded
- 3 tablespoons olive oil, divided
- chopped shallot (about 1 large shallot bulb)
- 1 teaspoon salt
- 1 garlic cloves, pressed or minced
- 1/8 teaspoon ground nutmeg
- Freshly ground black pepper, to taste
- 4 cups (32 ounces) vegetable broth
- 1 to 2 tablespoons butter, to taste (substitute olive oil for dairy free/vegan)



INSTRUCTIONS

Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle with just enough olive oil to lightly coat the squash on the inside. Rub the oil over the inside of the squash and sprinkle it with salt and pepper. Turn the squash face down and roast until it is tender and completely cooked through, about 45 to 50 minutes. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the tough skin.

Meanwhile, in a medium skillet (or large soup pot, if you'll be serving soup from that pot), warm 1 tablespoon olive oil over medium heat until shimmering. Add the chopped shallot and 1 teaspoon salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 30 seconds, stirring frequently.

Add the reserved squash to the pot, then add the broth, nutmeg and a few twists of freshly ground black pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 10 to 20 minutes so the flavors have a chance to meld. Carefully use your blender (or immersion blender) to blend the soup completely.

Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and blend in more salt and pepper, if necessary.

Serve immediately or let the soup cool completely before transferring it to a proper storage container and refrigerating it for later.

Optional-Garnish with ground pepper or toasted pumpkin seeds

BUNCO

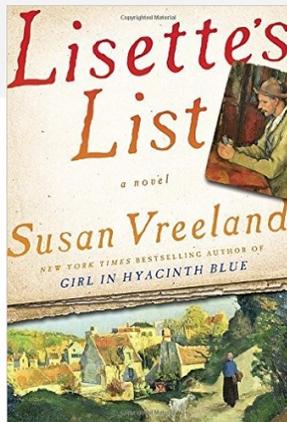


By Tina Engberg

We had a great re-start of Bunco on January 29 at the home of Yuca Fassnacht. Some who previously played met some newbies and everyone agreed that it was a great night out!

We will roll again the evening of Friday, **February 26** at 7 p.m. at the home of Amy McConnell, 160 Atlanta Country Club Drive. Please b.y.o.b., an appetizer to share, \$2 for the kitty and if you would like, a \$10-15 gift to swap.

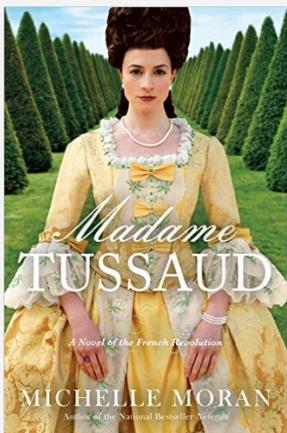
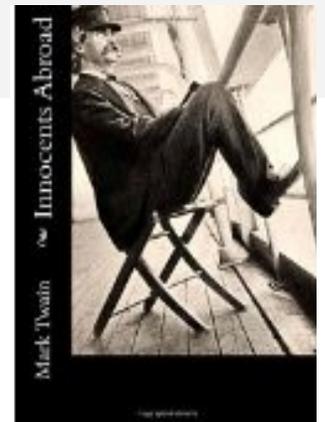
If you are able to join us, please mark your calendar and send an email to christina.engberg@gmail.com to let me know.



DAYTIME BOOK

By Elizabeth Cooper

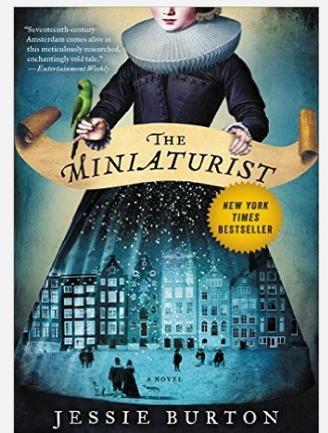
The Daytime Book Club will discuss *Lisette's List*, by Susan Vreeland on **February 8**, and Mark Twain's wonderful *Innocents Abroad* on **March 14**. Contact Elizabeth Cooper, ewsjws@msn.com, with any questions, we would love to have you join us!



EVENING BOOK

By Valerie Bridges

We will read *Madame Tussard* by Michelle Moran on **February 23**. And on **March 22** we will read *The Miniaturist* by Jessie Burton. Please email vcmb@bellsouth.net to join us!



EVENING GROUP ... RE-INVENT

By Janie Kissling

Please Join us for our February Evening Group meeting on **February 9** at Pat Iaffaldano's home . Notice that we had to change the date from the third Tuesday, due to Cobb County Winter Break.

RE-SPARKLE YOUR HEALTH.

Jacynta Harb will be our guest speaker. She is the owner of her own wellness coaching business, Sparkle a New You. She specializes in weight loss and helping people feel more confident and live their best life. Her clients have lost over 3,000 lbs since she opened in 2014. She does private coaching in person at her Roswell office and via phone. She also offers personal food monitoring and nutritional support, meal planning and store tours. Also, she is a partner with Johnson Ferry Church where she teaches 2 large group classes each week to 150 men and women. Her heart and passion is to help people realize that health is in the mind and with her coaching and hard work they can make all their dreams come true. She is charging lives 1 pound at a time.

Come and learn how to SPARKLE.

Even if you don't have a goal of weight loss, the evening promises to be jam-packed with tips and fun for good health. This is a new year. Help become a Newer Healthier You.

Remember, there are no sign-ups for Evening Group. All are welcome to any meeting, whether you come to day group or small groups. The evening starts at 7:00. The place is to be determined, but we will give you plenty of notice.

If this sounds good to you, and you want to come out and enjoy visiting with your neighbors and helping yourself, rsvp to Janie Kissling at janie.kissling@gmail.com.



OUR 2015-16 EXECUTIVE BOARD

Co-Presidents

Missy Malmberg &
Danna Vach

Treasurer

Carolyn Cadiou

Parliamentarian

Sarajane Fletcher

Recording Secretary

Janie Kissling

Correspondence Sec./Sunshine

Dawn Mullican

Membership (Directory)

Regina Wood, Jana Pantesco

Charity

Chris Cashman
Janet Thomas

Programs

Julie Lischer
Jean Ann McCarthy
Cathy Snyder

Dinner Club/ First Friday

Elizabeth Hall

Evening Group

Janie Kissling
Pat Iaffaldano

Family Activities

Kim Sherk

Interest Groups

Lisa Krueger

Newsletter

Janet Thomas

Website

Julie Lischer

Photographer / Historian

Lynn Thompson

Interest Groups Chairwomen

Bible Studies

Lettie Nixon

Bridge Club

Melissa Nicol

Daytime Book Club

Elizabeth Cooper

Evening Book Club

Veronica Bridges

Garden Club

Sue Butler
Libby Nabors

Girl's Night Out

Cynthia Dolezal

Globe Trekkers

Shea Amin

Pinterest Fun

Heather Rees

Play Group

Raky Patel, Alisa Alloy

Savvy Women

Chris Cashman

Walking Group

Missy Malmberg

Standing Committee

Chairwomen

Friends of McFarlane Nature Park

Tina Engberg

Community Outreach

Janie Kissling

Communications

Heather Rees

Bible Study (Lettie Nixon)

Bible Study meets every Thursday at the Atlanta Country Club 10:00 til 11:30 a.m.

Come join us as we will be studying the "Good News" from the Word of God; Scriptures from the Epistles which are personal letters to us from God.

Example Hebrews 4:16, "Let us come boldly unto the Throne of Grace, that we may obtain Mercy, and find Grace to help in time of need."

For more information, call Lettie Nixon 770-953-2066 or email lettienixon@cfaith.com

Book Club — Daytime (Elizabeth Cooper)

The Daytime Book Club meets the second Monday of each month at 10 a.m. For information, or to be included on the mailing list, please contact Elizabeth Cooper at ewsjws@msn.com or 602-323-7258.

Book Club — Evening (Veronica Bridges)

We welcome all CPWC members to join book club. We meet the 4th Tuesday of the month. For information, contact Veronica Bridges at vcmb@bellsouth.net.

Bridge Club (Melissa Nicol)

We will meet the 4th Wednesday of each month. To inquire about joining Bridge Club call Melissa Nicol at 770-541-6168 or mahannelissa@aol.com.

Community Liasion (Janie Kissling)

With her ear to the pavement, Janie will keep us up to date on the latest community goings-ons!

Chef's Dinner & First Friday (Liz Hall)

Our Chef's Dinner will continue this spring with an event including Rumi's Kitchen! Looks for details as the timing draws closer!

We will continue the popular "First Friday" events each month in a host home. Each guest or couple brings an appetizer and beverage to share.

For more information please contact Liz at sewilson1@gmail.com.

Garden Club (Libby Nabors, Sue Butler)

Come join us as we explore gardens, techniques, share plants and good times.

Evening Group (Janie Kissling, Pat Iaffidano)

Usually on the third Tuesday of the month, we will gather to learn, laugh, and spend time together!

Family Activities (Kim Sherk)

Look for information and jump in to help as Halloween, Egg Hunt and perhaps other family gathering opportunities come near!

Girls Night Out (Cynthia Dolezal)

Look for Evites periodically for these fun evenings out! Contact Cynthia dolezal@HarryNorman.com.

McFarlane Park Liaison (Tina Engberg)

Be ready to visit, take part, and help to support our neighborhood natural park space!

Pinterest Fun (Heather Rees)

This crafty group has lots of fun in store! Contact Heather Rees at hprees@aol.com for more information!

Play Group (Raky Patel, Alisa Alloy)

The Play Group meets each month at member's homes and wherever the spirit moves us! Hope to see you there!

Savvy Women (Chris Cashman)

We will continue the discussion from last spring's Savvy Women program meeting! Please join in and be involved! Contact Chris at excelnbe@me.com.

Walking Group (Missy Malmberg)

For information, or to be included on the mailing list, please contact Missy at melissamalmberg1@gmail.com.

JANUARY EVENING...

By Janie Kissling

Tracy Penticuff, from Susan Bixler Consultants, spoke about RE-VIVING OUR LEADERSHIP SKILLS at our January Evening Group Meeting at the home of Janie Kissling. According to Tracy, "We are all leaders and if we are intentional, clear about our purpose and seek to serve others, we will be influential." Tracy referenced the book *The Leadership Challenge* by James Kouzes and Barry Posner. Their 5 Practices of Exemplary Leadership are...

Model the Way
Inspire a Shared Vision
Challenge the Process
Enable Others to Act
Encourage the Heart

Thank you to Tracy and those who were able to attend! Join next time!



Check out the Chattahoochee Plantation Women's Club Group on Facebook and click LIKE! You'll receive updates on events throughout the year!