

**Cara-Lyn Lappen**  
**Colorado West Unit 364**  
**Nominated by Sharon Smith**  
**Continued**

Four of her students started taking lessons from Cara-Lyn seven years ago, and when faced with a decision, they ask, "What would Cara-Lyn do"? They had bracelets made and wear them to games. It makes everyone smile. Many of her students would not have continued bridge had it not been for Cara-Lyn's encouragement, kindness and immense knowledge and willingness to share that.

Cara-Lyn started playing bridge when she was 22 and suffered a back injury that kept her from doing anything active for two years. Her much admired and avid bridge player mother suggested bridge. At first, she scoffed at the idea, thinking it was the most boring idea ever. Then, she met a woman whose brother was a bridge pro and she also never wanted to learn bridge. They started playing together and had an amazing time. They were totally hooked, loved the game, loved the people and loved the challenge. The game literally changed Cara-Lyn's life. Her closest friends, her adopted mother and the bridge community have all been made possible because of bridge. Now, she considers herself an ambassador for the game, her sole goal is to teach the game and spread to others the joy that she has found.

Cara-Lyn works full time, has two children, skis and plays ice hockey several times a week. And, she finds time to teach seven to eight bridge lessons per week and answer all student's bridge questions! Playing bridge has enriched her life by all the wonderful people she has met.