

GOLDEN NUGGETS

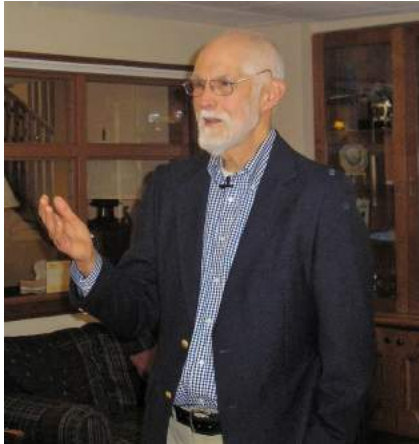
Kiwanis[®]
International

Newsletter of the
Kiwanis Club of the Golden Nuggets

February 21, 2017

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Alan Carpenter Shares Life Lessons



Left, Alan Carpenter. Alan presented "Fall Down, Get Up and Get Moving". Alan learned valuable lessons while recounting his misfortune while hiking a trail in California in June 2013. Alan also said he learned about Kiwanis when he was 5 years old, from his grandfather, in Champagne, IL.

Alan became interested in hiking

trails when he heard about the John Muir Trail in December 2007. It goes from Yosemite to Mt. Whitney. Alan also hiked the Pacific Coast Trail through the Sierra Nevada mountains. On August 16, 2008, Alan signed the registry at the summit of Mt. Whitney. He hiked the entire trail in one season. On April 20, 2013, he was at the southern terminus of the Pacific Coast Trail. He had gone 58 days and hiked over 6,000 miles, when on Father's Day, 2013, around the face of a pass he slipped on ice and fell 100 feet into a boulder. He blamed his bad judgement that day on the fact that he was hungry. Also, he did not have microspikes or YakTraks which are good for walking on ice. After he fell and hit the boulder, he tried to stand up, but couldn't. His rib cage and chest felt terrible. His skin was gone in places and there was a walnut sized hole in his leg. However, he knew he was going to survive. He used a bandana to stop the bleeding, and he crawled for an hour, then collapsed. He used his cell phone to call 911. 45 minutes later, a helicopter came and he had a beautiful ride to Reno, NV. He had a partially collapsed lung and needed 8-10 weeks' rest. When he returned home, he complained for a week, but that did not help. He then tried to find some good in the situation. He started to read a lot.

Special points of interest:

- The next club meeting is Tuesday, February 21, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. There will be a speaker.
- Registration is open for Mid-Year Conference 2017, Hilton Hotel, 425 W Prospect Road, Fort Collins, CO 80526 Link to: rmdkiwanis.com
- Kiwanis International's National Pancake Day is Tuesday, March 7, 2017.
- To date, Kiwanis has raised over \$ 110 million for The Eliminate Project in cash and pledges. Right now, 13 countries have scheduled immunization campaigns in 2016.

(Alan Carpenter continued) Alan learned two lessons: One, we all have a deep well of inner strength and two, it's how we respond that matters. Alan also learned from W Mitchell, who was undefeated by a blazing motorcycle accident and a paralyzing plane crash four years later. W. Mitchell learned to take responsibility for the countless changes in his life. Mitchell became a motivational keynote speaker saying that it's not what happens to you that counts, it's what you do about it.

Alan now feels a greater sense of purpose and has seen spiritual and relationship growth in his life. Alan went back to the trail in 2014 and was successful. Alan hiked between 18 and 22 miles per day. He prefers to hike alone, because he is a slow hiker. Alan said there are many nice people along the trails, some of whom are named, "Water Angels". Having people do things for Alan felt wonderful to him. Alan counted 144 people who helped him along the trail. Alan estimates that over 4 years, he has hiked 20,000 miles. In 2018, he plans to finish hiking the Appalachian Trail. Alan recommends hiking to lead a healthy life.



Left, Arlene Devore went to Santa Fe via Albuquerque to look at homes to buy. She saw three properties and liked the third one she saw. An inspector is coming next week. She detected a small smell of gas, and hopes that is not a problem. The home has two gas stoves, a regular dishwasher with stainless steel. She liked the master bedroom. She may replace the tub in the bathroom with a walk-in shower. She is closing on April 4th and April 6th on her present and future homes. The complex where Arlene will live is named, "Quail Run". It is a gated community on Old Pecos Trail. It is within walking distance to shopping. There is no bus system. It has tennis courts, a pool, golf course, a little restaurant and one can see the mountains. Arlene is going to Santa Fe in March for her birthday.

Right, Helen Hall. Helen said there is a nice young man from Thailand visiting her condo now.



Left, Barbara Fink has recovered from the bad cold she had.



Jolene Fenner called to say she has been very busy, and hopes to be at a meeting soon.

Trivia Question courtesy: <http://www.triviacountry.com/> How often does lightning strike here on Earth each year? Answer below.



Left, Jess Kadel saw the slogan, "Think clean, think green" on the side of a truck owned by the Vail Honeywagon Rubbish and Removal Service.

Right, Charles Hadley. Charles' daughter and son-in-law have relocated to the Carmel Valley in California. It's a lot warmer than where they were. Jess Kadel said some people say, "Why am I vacuuming 5 bedrooms

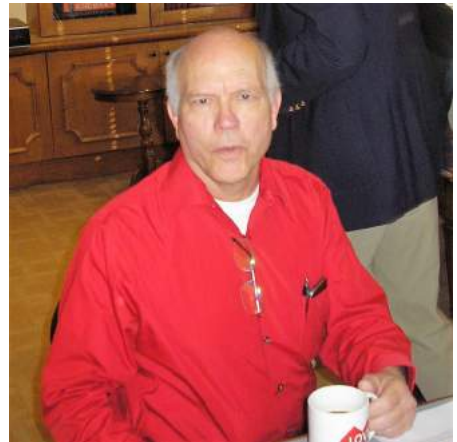


each week" when they do not use them.



Left, Dottie Imel said her friend Chandra is taking her to lunch in Longmont today. Dottie is also happy Rogers Coke was at the meeting, so she does not have to chase him "all over the place".

Right, Dave Finlay went to a trivia contest at Old Chicago. Dave gave us the following trivia question, "Name the top four trading partners with the United States?"



the answer is: "China, Canada, Mexico and Japan".



Left, Ken Fowler volunteered at the "Old Man Winter" bike race sponsored by Oskar Blues Brewery held in and around Lyons, CO. Ken distributed items to the bikers. One was "Pickle Juice" and the other was, "Tart Cherries". Ken distributed samples of the juice and cherries to club members. There were short and long courses for the race. Ken suggested we work with a person he knows with Boulder Housing Partners to attract new members to our club. We might consider moving our meeting location to also attract new people.

Trivia Answer: Approximately 40–50 times a second or nearly 1.4 billion flashes per year.

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time.

Club Officers:

Co-Presidents: Charles Hadley and Arlene Devore

Treasurer: David Finlay

Secretary: Rogers Coke

Our club meets every Tuesday at 9:00 AM at Frasier Meadows

Retirement Center, 350 Ponca Drive, in Boulder. For information, contact Arlene Devore, (303) 499-9530.