

GOLDEN NUGGETS

Kiwanis[®]
International

Newsletter of the
Kiwanis Club of the Golden Nuggets

July 25, 2017

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Dr. Stephen Walker, Ph.D., Presents Life Lessons



Left, Jolane Fenner and Dr. Stephen Walker, Ph.D. Stephen presented “Lessons from Olympians – Lessons for Life” to our club. Stephen is no stranger to adversity. His journey comes from his background. Stephen did graduate work at the

University of Colorado where he would “blow off steam” by playing basketball for two hours each day.

One time, he went upstairs in Carlson Gym where he met Professor Art Dickinson, who did research at the university in “slow-twitch, fast-twitch fibers” of athletes. He told Art that he was doing research on stress-related disorders and wanted to study factors related to stress. Stephen’s father had died of a heart attack. Stephen also met CU coaches Jerry Quiller, Mark Wetmore and Mark Simpson. Stephen worked at the Human Performance Lab at the university for 20 years where he trained athletes. Stephen was born in Denver and went to Cherry Creek High School. He was an All-American swimmer. He has done triathlons and golf. Stephen is a lifelong Denver Broncos fan. His family has had season tickets since 1960. Stephen has an online magazine, *Podium Sports Journal*, a magazine which presents articles for mental training for athletes, coaches, & sport performance specialists. He has coached 7 Olympians, 28 All-Americans, 10 NCAA champions and 9 fencers. He has coached track athletes who had anxiety attacks where they would start to vomit at the starting line.

Special points of interest:

- The next club meeting is Tuesday, July 25, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. There will be a speaker.



Dotti Imel’s birthday is July 29, Happy Birthday, Dotti.

- As of June 23, 2017, The Eliminate Project has raised \$110,000,000 in total funds (cash and pledges; \$474.00 per member average). Total paid gifts: \$71,008,498 (64 percent of the fundraising goal)

Dr. Stephen Walker, Ph.D. (Continued)

He teaches anxiety management techniques, mental toughness and performance training techniques. He also coaches on how a person uses “self-talk”. There are nine levels of self-talk and he shows the difference between constructive and destructive self-talk. We all have our own inner demons and we need to know what holds us back in performing our best. He has coached Kara Goucher, a two-time Olympian. She says smiling helps.

There is a collective organization working to clean up sports from the use of performance enhancing drugs. There are even some coaches who have encouraged cheating. Stephen says we need to come back to things we can control. Life can change in an instance. Stephen went to a conference in Mexico and started feeling badly. He went to the emergency room and a 10 cm x 8 cm tumor was found in his colon. He spent 6 days in the hospital. Stephen says our assumptions can be a problem for us. We are all going to die, since we are mortal. Stephen’s father was a Kiwanian whose project for his club was the “Stars of Tomorrow” talent show.

Stephen now belongs to Rotary International, another service club. He says donating time changes a person. You feel appreciated and good. Stephen says talent does not mean anything unless you have consistency. Do something differently. Fun is highly underrated. Stephen built a play structure for his boys. The Frequent Flyer Aerial Dance group of Boulder is amazing. Don’t underestimate the impact relationships can have on your well-being. We are only as good as our last client. Beauty is all around us, but do we make it count? Stephen was awed by a double rainbow he saw. Stephen has done double duty at the Tebo Cancer Center in Boulder. You should laugh and find people who make you laugh.

Stephen suggested this home work for our club members in four steps:

1. Relax your jaw and say “Yo Baby”.
2. Relax the “pelvic floor”. Here you are working to stimulate the calming response. Pelvic floor (PF) muscles function to support pelvic floor organs, assist in urinary and fecal continence, aid in sexual performance, stabilize connecting joints, and act as a venous and lymphatic pump for the pelvis.
3. Close your eyes and drop down inside your torso.
4. Let go until empty. Pause. Do five respirations a minute.

We need to practice this a lot, over 100 times a day.

Center yourself before starting your car to deal with bumper-to-bumper traffic.

Use a technique to sync up with someone. Have a hug. Do two respirations. Hug a person and let that person hug you.

Dr. Stephen Walker, Ph.D. (Continued)

Let go of the stress of the day. John Wooten said this: "First we have habits. Then habits form us." Consider making the four steps a habit. Practice them a lot.

The U.S. Olympic Trials swim meet is the most difficult meet in the world. Only two swimmers go to the Olympics.

Ralph Waldo Emerson said, "What lies before us, lies within us".

Don't underestimate your constitution. Show those whom you love what you can do.

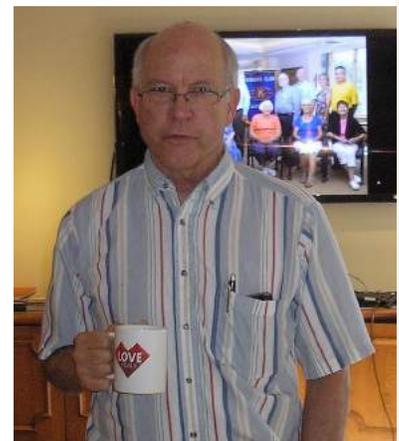
Competition is appreciating the challenge. Competition is a way to create opportunities. Life is God's gift. Gratitude is ours to share.

In response to a question about how young should a child specialize in a sport, Stephen thinks children should not specialize in one sport at too young an age. It is better for a child to play many sports. Stephen starts coaching people around 13 years of age,

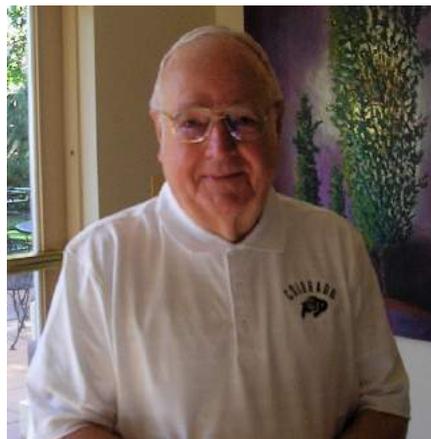


Left, Arlene Devore and Charles Hadley. Arlene, an original member of the club, was visiting from her new home in Santa Fe, NM.

Right, Dave Finlay



Left, Dotti Imel.



Left, Jess Kadel

Trivia Question courtesy: <http://www.triviacountry.com/> Which nation was the first to ratify the United Nations charter in 1945? Answer below.



Left, Ken Hotaling, who along with Myrle Hemingway, two members of the Kiwanis Club of Boulder, organized our club on September 30, 1991.

Right, Kirsten Cox.



Left, Barbara Fink.

Right, Mike Fink, Barbara's son, was visiting from his home in Las Vegas, NV.



Left, Jolane holds a glass, which she will tell us the story of, at the next meeting.

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Trivia Answer: Nicaragua.

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

We're on the web. Click on <https://sites.google.com/site/kiwanisgoldennuggets/>

Club Officers:

President: Charles Hadley, Vice-President: Jess Kadel

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 Rogers Coke, (303) 444-1924.