

GOLDEN NUGGETS

Kiwanis[®]
International

Newsletter of the
Kiwanis Club of the Golden Nuggets

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Jolane Highlights Health Care and “Live by Living”



Left, Jolane Fenner. Jolane discussed health care and the organization, [“Live by Living”](#). Jolane presented a page showing the costs among various quick care health options. One should call their primary care or family physician first. People don't

understand the purpose of the Emergency Room (ER) at a hospital. ER doctors are expensive. If we clog the ER, people who need care get delayed. The ER by law cannot turn people away. Also, when one pays cash, one can negotiate the cost of the care they receive. Know your insurance plan before you travel. There are huge discrepancies in health care. Medicare is a good system. There are time limits for billing. Sometimes insurance companies don't get their act together.

Jolane volunteered to go on a retreat in Breckenridge, CO with the organization, [“Live by Living\(LBL\)”](#). LBL provides transformative outdoor experiences for cancer survivors and their caregivers. About 20 people attended the retreat which is about having a weekend away with healthy food and various activities of one's choice including meditation, hiking, readings, and resting. The volunteers do the cooking and other chores so the other participants can relax. There is an opening and closing ceremony. People are given the chance to stop their daily routine. People come to LBL by word of mouth, brochures to treatment centers and by connections through outdoor groups. LBL is geared to any level. The founder has mastered the “hut lottery system”, so he knows how to organize the retreats. A hospital in Idaho contacted the founder about having a retreat. Jolane's mentor talked to her about learning on the retreat, so Jolane became interested. One learns from all walks of life.

Special points of interest:

- The next club meeting is Tuesday, August 1, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. There will be a Round Table Discussion and a Board of Directors' meeting. There may also be assembling of nuts and bolts packages.
- Beginning in 2017 –18, each Kiwanis -family program will have its own week, as follows: CKI Week: the week of Kiwanis One Day, which is the fourth Saturday of October, Key Club Week: first full week of November, K-Kids Week: last full week of February, Aktion Club Week: first full week of March, Builders Club Week: third week of March

Jolane also showed photos of her recent trip to San Francisco and Napa Valley. Jolane participated in a half-marathon in Napa Valley. People from 26 countries and many states participated. There were lots of tables with wine. People go to a race such as this and form an instant bond with others. Jolane counseled people to be comfortable, relax and enjoy the race. Jolane also took a double-decker bus trip and rode in a cable car.

Right, Barbara Fink and Charles Hadley. Charles daughter and son-in-law were in Boulder. His son-in-law ran the triathlon and placed first in his age group. The swim portion was in the Boulder Reservoir. Charles and family celebrated his daughter's birthday. Charles' daughter and son-in-law live in the Virgin Islands.



Barbara and Mike, her son, went to the Rockies game on Saturday. They rode the bus which took them downtown and to the game. Barbara met Helen Hall and her younger sister at Papa Jay's Restaurant.



Left, Mike and Helen. Helen's sister has been on a tour which included Salt Lake City, Calgary and Toronto. She lives in Montreal. Helen noted she was impressed by the Hong Kong airport. Mike noted that people love to go to Macau to gamble. Mike noted that these days one can play roulette by telephone. Mike gave us this trivia question. What state has the most fresh water coastline? The answer is Michigan. .

Helen said Scott, her son, loves to fly into Las Vegas. Scott and his wife love to stay in the Flyers' Clubs at airports. Helen recalled when she and her daughter went on a world tour. Among the places they visited were Paris, Madrid and Mali. However, Helen does not want to visit Venezuela. Mike noted that General Motors had a plant confiscated in Venezuela.

Mike mentioned a drink named, "Irish Car Bomb". Here is the recipe: Pour the Bailey's Irish Cream into a shot glass, followed by the Jameson Irish Whiskey. Next, pour Guinness Beer into a beer mug. Let the foam settle. Drop the Bailey's/Jameson shot glass into the Guinness.

Dave Finlay said he was not going to the "Great American Beer Fest" in Denver, but would attend smaller fests around the area.

Charles noted that a bear broke into a car. Bears are coming into town because they are hungry. Mike said there are too many bears considering the amount of food available. There was a case where a baby bear fell into a dumpster and the mommy bear was trying to get the baby out.

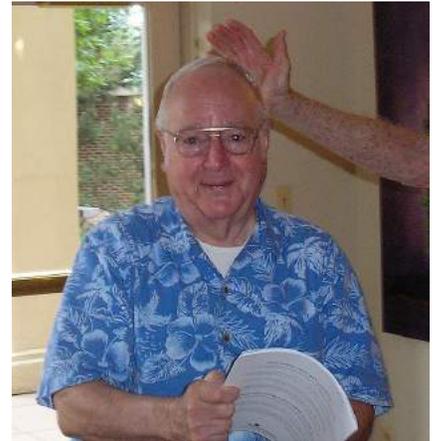
Trivia Question courtesy: trivia,fyi. Roquefort is a French blue cheese made from the milk of what animal? Answer below.



Left, Dave Finlay. Dave had the following trivia question: "Put the following events in order: 1. The Nautilus nuclear powered submarine launched. 2. The Concord Supersonic airplane was tested. 3. Amtrak was started. 4. The Love Boat TV show debuted. 5. "The Cars" rock band was formed." The answer is 1, 2, 3, 5, 4. Dave's team won the trivia contest for knowing the answer to the question, "What is the name of Lisa Bonet and Lenny Kravitz's daughter?" The answer is Zoe.

Rogers Coke said he is going to have a hernia repaired and Medicare and supplemental insurance will cover the cost.

Right, Jess Kadel. Jess showed two letters that were returned to him from the United State Postal Service which had been badly damaged by the machinery which the post office uses. The USPS had put the letters in a "We Care" plastic bag.



Left, Mike said there is a hilarious piece on YouTube where a goat sees his reflection. Mike said an alga bloom in Tantra Lake is killing fish. Somehow the rain plus the heat formed algae.

Right, Helen. Helen's sister was impressed by the Dushanbe Teahouse in Boulder.



Trivia Answer: Sheep

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

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.