

# GOLDEN NUGGETS

**Kiwanis**<sup>®</sup>  
International

Newsletter of the  
Kiwanis Club of the Golden Nuggets

August 29, 2017 Volume 4, Issue 13

## Charly Gives Life Lessons through the Grand Canyon



Left, Charly Heavenrich presented, “The Grand Canyon”. Charly first went to the Grand Canyon in 1978 and felt that it was saying, “Welcome home, brother”. In 2013, he completed his 117<sup>th</sup> trip in the canyon. He then went to England and, on the last day there, he saw double. He took a train and then a plane to Calgary and Denver and missed his bus in Denver. He had no balance. He went to an Emergency Room and initially thought it was a tumor. However, it turned out Charly had an infection in his brain. For 8 weeks, he took antibiotics.

Charly told the club members three stories. The first was about Marilyn and Carol. The trip was Marilyn’s 30<sup>th</sup> Anniversary, but her husband did not come. They stopped at Deer Creek. Charly told Carol to take one step at a time to overcome fear. They ended up at a patio. There was another narrow stretch and Marilyn was afraid. Charly advised her to take a step as though she was massaging the earth. He told her when you feel fearful, take a step and breath. Around a corner, Carol looked over the edge and said, “Those boats down there look like toys”. Charly said she should imagine they were bighorn sheep. The sheep use momentum in their world. Marilyn bent down to touch the earth. Charly said, “You have enough strength and balance”. Marilyn said no one had ever told her that before. They came upon a pool with a rainbow was all around them. Carol learned to take one step at a time and Marilyn realized she was strong enough.

The second story was about John who was a graduate student who had never been west of the Allegany River. He said he was in Heaven until he saw rapids.

### Special points of interest:

- The next club meeting is Tuesday, August 29, 2017 at 9:00 AM at Frasier Meadows Retirement Center in the Community Room. The presentation will be “The Future of Energy” by Craig Eicher, Xcel Energy.
- UNICEF and partners are happy to report that it’s official: Maternal and Neonatal Tetanus (MNT) has been eliminated in Haiti, leaving the entire Western Hemisphere MNT free.
- Among Michigan District Kiwanis clubs, Linda-Ann Heldt is known as the Shoe Lady. That’s because, since January 2016, she’s been leading the district’s efforts in collecting shoes—more than 38,000 pairs so far—to be recycled. The resulting funds go to The Eliminate Project.

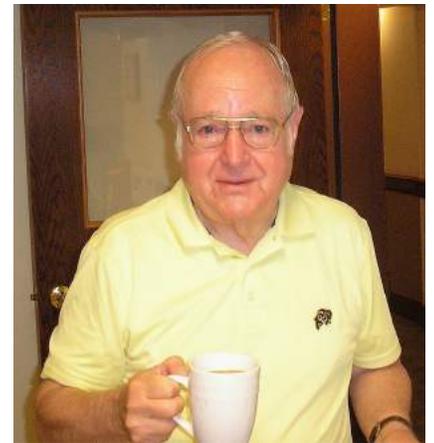
Charly Heavenrich (Continued)

Charly turned around and John was sitting on a rock and looked pale. He said he was scared and thought he was going to die. Charly said, "Help me get through these rapids". There were several markers Charly told John about. He said, "Look at the size of those rapids". John said the waves were straight and spectacular. John said he went from the brink of death to sheer exhilaration in 30 seconds. Charly says that "in the moment", you don't experience fear. Fear is something that is in the past or in the future. So when one is present in the moment, fear is not experienced.

The third story was when 35 members of Charly's group jumped into the river from a ledge which was 35 feet above the river. Charly was on the ledge and they urged Charly to jump. To Charly, it looked further. He decided to jump and he made the jump successfully. The group all said he had to do it again. This time they urged him not to think so much. Fear prevents us from doing things. Just jump into things and don't think so much. Charlie talked about Donna who was 61 years old at the time. She had well-intentioned friends who told her all the things that can go wrong. She had had polio. She hiked down a trail 7 ½ miles long. On the river, in the boat, she shifted positions and went to the front of the boat. She felt freedom and she accepted responsibility for herself and did not feel responsible for other people.

Right, Jess Kadel said he is having a sale on special eye glasses to view

the solar eclipse. He is willing to sell them cheap.



Left, Barbara Fink and Dave Finlay.

Dave reported that he drove 12 hours to Guernsey, Wyoming and back to see the eclipse. He said the corona he saw was very bright. The traffic going to and coming from Wyoming was bumper-to-bumper. Dave said that, in 7 years, when the next solar eclipse will pass over the United States, the best place to view it will be Mazatlán, Mexico. Dave also attended a trivia contest last week. Jess said there was a rabbit in his back yard which literally did flips over the eclipse. The bunny would flip, stop and run.

Right, Dottie Imel. Dottie Imel said that 3 of her 4 sons had rafted down the Colorado River through the Grand Canyon.



Trivia Question courtesy: <http://trivia.fyi>. How many elevators does the Empire State Building have? Answer below.

Barbara and Mike, her son, got up the morning of the eclipse at 2:00 AM and boarded a bus at 3:00 AM which took them to Alliance, NE to see the eclipse. The fairgrounds in Alliance rented out spaces for people to view the eclipse. Barbara said it did not get completely dark, it was as though it was sunset. She said the temperature was much cooler during the eclipse. She said it took some time for them to get out of Alliance. Barbara also said she saw Ken Fowler. Ken said his apartment complex has a breakfast for residents on Tuesday and, therefore, he has missed our meetings.



Left, Helen Hall. Helen said that Tim, her son-in-law, had a video of a bear breaking into his house in the mountains west of Boulder. The bear went to the kitchen and ate sugar. The bear ran out of the house when he saw Tim coming and heard sirens from the police. The bear tore a small piece of their house.

Right, Kirsten Cox said she received two telephone calls from Denmark saying they could not see any eclipse.



Left, Jolane Fenner. Jolane spent three days volunteering for the “Live by Living” organization. The group stayed in Uncle Bud’s Hut which is near Leadville. She saw the trees changing shadows because of the eclipse. People did yoga and salutations. The days were beautiful and Jolane learned a lot. There were women from Nebraska. They asked Jolane while on the hike, “Is this safe?” as they approached the first summit. There was a woman from another country who wanted to know what the eclipse glasses were. She had no idea that an eclipse was happening. She was invited to sit down.

Rogers Coke was happy that his surgery to repair a hernia went successfully.

Trivia Answer: 73

**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,

3 contact Rogers Coke, (303) 444-1924.