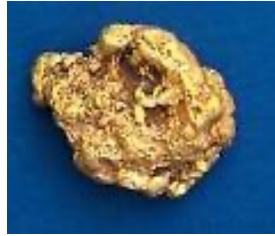


THE NUGGETEER



February 2023

Vol.3 No.2

A Message from the President Tim's Tidbits

Hello members and Prospectors be mindful to get your equipment ready for the year.

Tim Pitney
President COSGPAA

Web address: <http://cosgpaa.org>

Facebook address closed <https://www.facebook.com/groups/733783243720768/members/>

Facebook address open <https://www.facebook.com/cosgpaa>

Tonight's precious metals spot prices per Troy ounce

Year	Gold	Silver	Platinum	Palladium	Rhodium
2022	\$1,805.97	\$22.56	\$1,036.89	\$2,392.25	\$15,750.00
2023	\$1,964.85	\$24.49	\$1,032.35	\$1,713.99	\$10,70000.00

2/5/23

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GPAA

COLORADO SPRINGS CHAPTER



GPAA OFFICERS Colorado Springs Chapter

President	Tim Pitney		
Vice President	Joel Swisher	719-622-8693	joelswisher1@gmail.com
Treasurer	Alton Oakes	719-439-3590	aoakessprint1@earthlink.net
Secretary	Pat Oakes	719-339-0486	patoakes@centurylink.net
Membership Chairperson	Lorraine Sirois	719 391-8545	grainmax@msn.com
Claims Chairman	Alton Oakes	719-439-3590.	aoakessprint1@earthlink.net
Nuggeteer Editor	Del Cox	719-591-1282	coxd@mac.com
Outings Chairman	Alton Oakes	719-439-3590.	aoakessprint1@earthlink.net
Webmaster	Paul Covington	719-310-7542	Paul@covingtoncomputers.com
Facebook editor	Cindy Swisher	719-661-7542	cslactrn@gmail.com
Hospitality Committee	Position Open		

Renewals, multi-year discounts and life memberships available on-line at www.Goldprospectors.org , or call 800-551-9707 , and Please mention that you want to be part of the COLORADO SPRINGS CHAPTER.

MEETING MINUTES



February 1, 2023, COSGPAA Meeting Minutes

Attendees: 26 in person; 140 by e-mail

The meeting was called to order at 7:00 pm by Chapter President Tim Pitney and began with the Pledge of Allegiance to the Flag. Tim welcomed everyone to the meeting and reported on his efforts to schedule tours at the Cripple Creek & Victor Mine and the Colorado School of Mines. He hopes to have something confirmed at the March meeting.

Treasurer Alton Oakes gave the monthly financial report and reviewed the Chapter's 2022 income and expenses. With a budget surplus for 2022 and no changes anticipated in the Chapter's fixed and variable expenses for the coming year, Alton recommended the Chapter adopt the same Budget for 2023. After a brief discussion, a motion was made to adopt the recommended budget, seconded, and approved by a unanimous vote. (One item in the budget was for the purchase of a battery for the Chapter's common use high banker. After the meeting member Del Cox donated two small SLA batteries. Del no longer needed them as he had upgraded to a single, light weight Lithium battery for his own high banker.)

MEETING MINUTES



February 1, 2023, COSGPAA Meeting Minutes Continued

Alton reminded those attending that we would have a special door prize drawing for everyone wearing any acceptable name tag during the meeting. Alton reviewed our Chapter's founding in 2006 and pointed out that we never had a "prospecting club name", like private clubs that subsequently became GPAA chapters. After recently contacting GPAA headquarters, it was learned that they no longer have an official membership badge. The green GPAA badges that our members currently wear were obtained from a private engraver who owns the rights to the "old style official" GPAA badge. After answering questions from the membership present, Alton recommended our Chapter adopt the old style GPAA name badge as our official Chapter name tag. The name tags would be available to any Chapter member regardless of active membership status in the GPAA national organization. Adoption of the name tag was approved by a unanimous vote of those attending.

After a mid-meeting break, Tim continued his discussion from the January meeting of prospecting opportunities frequently overlooked. Tim regaled us with Colorado stories of lost treasures and unrecovered booty that is still waiting to be found.

The next Chapter meeting will be Wednesday, March 1, 2023, at the Salvation Army building, from 7:00 to 9:00 pm, weather permitting. Cancellations will be announced by e-mail and posted on the website if time permits. There are no outings or events scheduled prior to the next meeting.

After the regular door prize drawing, the special name tag drawing was held. Of the 26 members and guests present, 21 participated in the special draw. Thank you to members Phyllis Bray, Pat Oakes, Lorraine Sirois and Nancy Wood for providing snacks. The meeting was adjourned at 8:40PM.

DOOR PRIZE WINNERS February 1, 2023

Gold: Tom Burke, Stephen Kanatzar, Lorraine Sirois, Del Cox, Tom Braidwood, Richard Logue; Silver: Tim Pitney x 2, Steven Kanatzar, Joey Baker, Terese Bailey; Metal Detector: Lorraine Sirois; Name Tag Black San Magnet Richard Sprague.

HEALTH

Foods You Can Eat Without Gaining Weight

These healthy options are light on calories and fat, plus they fill you up

By
Stephanie Watson,

AARP

January 20, 2023

Cutting is critical when you're trying to [lose weight](#). You cut calories. You cut fat. Basically, anything that's crammed with carbs, sweetened with sugar or dipped in a deep fryer is suddenly off-limits.

But dieting doesn't have to require deprivation. Many delicious (and healthy) foods can still be part of your dining repertoire. Some members of the produce family are so light in calories and fat that you can eat them with (relative) abandon.

Vegetable love

The one category of foods that you can eat loads of without suffering the consequences of weight gain are nonstarchy vegetables, says Alexis Supan, an outpatient dietitian with the Cleveland Clinic Center

for Integrative & Lifestyle Medicine. “Mostly any vegetable besides potato, corn and peas, you can eat endlessly,” she says.

DOMNICKY/GETTY IMAGES

10 HEALTHY FOODS YOU CAN EAT WITHOUT GAINING WEIGHT

Indulge in these to your heart’s content, along with a balanced diet.

- Celery
- Lettuce
- Watermelon
- Broccoli and cauliflower
- Grapefruit
- Mushrooms
- Berries (strawberries, blueberries, blackberries)
- Kiwi
- Carrots
- Spinach and kale

A cup of chopped broccoli or a grilled portobello mushroom contains just 30 calories and less than 1 gram of fat. You can chow down on two entire cups of lettuce and consume less than 16 calories. Because of its high water content, a whole tomato has a mere 22 calories. Cauliflower, kale, carrots and sprouts are similarly nutrient-dense and light in calories.

These produce mainstays bring a few other things to the table. “What makes them so incredible and so beneficial for weight maintenance and weight loss is they are high in macronutrients [such as carbohydrates] and micronutrients [vitamins and minerals]. And they’re rich in fiber,” says Beata Rydyger, a registered nutritionist based in Los Angeles. Fiber [keeps your blood sugar levels stable](#), which helps you avoid sudden attacks of the munchies that might otherwise make you crave junk foods.

If vegetables aren't your favorite foods, you might be thinking how unappealing this way of eating sounds. But there are ways to spice up your veggies to make them more palatable.

Roast them in [olive oil](#) spray, then add a blend of garlic and other herbs and spices, Supan suggests. If you love dip, which tends to be high in fat, use salsa instead to add even more vegetables into the mix. Or blend a ranch flavor packet into plain Greek yogurt. "Now you have a really high-protein, very healthy dip that you can use along with your vegetables," she says.

What about fruit?

Fruits are a different story. With most of them, you don't want to go overboard. "Grapes are a perfect example. A lot of people love to snack on grapes and could eat the whole bag in an afternoon without really thinking about it. But grapes are a high-sugar food," Supan cautions. "Keeping most fruits to a cup-and-a-half for the day is a good goal to have."

The exceptions are berries (strawberries, blueberries, blackberries), kiwi and grapefruit. These fruits are high in fiber and low on the glycemic index – which means they won't boost your blood sugar too much. Just be careful before eating grapefruit to make sure it doesn't [interact with any medications](#) (such as statins) you take. And don't load it up with sugar to make it taste sweeter.

Filling up the healthy way

If you're looking for all-you-can-eat foods, it may be worth revisiting your entire diet to make sure it's satisfying. "When people eat the right meals throughout the day, that tends to fill them up much more, and they don't have that constant hunger," Supan says.

Many other foods pack a powerful nutritional punch for their calorie count. Examples are healthy proteins such as fish, chicken, tofu or beans, which should be part of each meal. You also want to add healthy fats from nuts and olive oil, vegetables and [whole grains such as quinoa](#) or brown rice to your meals. "These foods will create satiety, and you can go longer without feeling that urge to snack, so you won't overindulge," Rydyger says.

Snacking on other high-protein, high-fiber foods will help to hold you over until dinnertime. A can of tuna, an apple with a tablespoon of peanut or almond butter, a handful of nuts, a cup of plain air-popped popcorn, a half-cup of cottage cheese or a hard-boiled egg all make excellent options. Though they do contain calories, they're high in protein, so you won't be tempted to overeat at your next meal.

Drinking a glass of water or having a cup of bone broth (which contains protein in the form of collagen) might also help fill you up before a meal. **Revamping your diet**

When you're used to eating a certain way, making large-scale changes to your diet can feel overwhelming. "That's why I recommend for clients to start very slow. Make a few swaps each week, and see if that works. Maybe add one vegetable into a meal once a day," Rydyger

suggests. “Starting very small and building your way toward a lifestyle change is important.”

When it comes to dieting, the aim is not “How low can you go?” Your body needs calories for energy. Try to focus less on the numbers and more on the overall quality of your diet.

The most important thing is to eat whole foods – ones that [aren't processed in a factory](#).

Eating nothing but low-calorie foods could rob your body of the nutrients it needs, such as the calcium that [keeps your bones strong](#). Plus it could leave you starving and have the opposite of the intended effect.

“Those low-calorie diets lead to blood sugar instability and harsh crashes,” Rydyger says.

“You’re bound to crash at some point and overcompensate with even more food than you had originally planned to eat.”

When making changes to your diet, you don’t need to go it alone. It’s preferable to get some help from your primary care doctor or a dietitian. Your doctor can check your vitamin and cholesterol levels to make sure you safely embark on your new way of eating. A dietitian can assess your needs and create a meal plan that’s not only tailored to your goals but also sustainable over the long term.

Can Foods Have ‘Negative’ Calories?

Some fruits and veggies, notably celery, grapefruit and cucumber, have been touted as “negative-calorie foods.” The premise is that these foods are so low in calories that the very act of chewing and digesting them burns more calories than the foods contain.

It might seem a logical assumption. After all, celery is mostly water, and a whole stalk contains less than 6 calories. For a while, drinking celery juice on an empty stomach was all the rage with dieters. But what limited research exists on the subject has pretty much debunked the negative-calorie claim. Researchers tested out the negative-calorie hypothesis by feeding celery to humans, as well as to bearded dragon lizards, and in most cases, it was a bust.

Bottom line: Celery certainly won't make you gain weight, but it won't take weight off, either.

Stephanie Watson is a freelance writer with more than two decades of experience covering consumer health. Her work has appeared in WebMD, Time, Harvard Health Publications, Healthline, HealthCentral and many other publications. She also served as executive editor of Harvard Women's Health Watch.

GPAA

COLORADO SPRINGS CHAPTER

COLORADO SPRINGS GPAA CHAPTER MEETINGS

Meetings are held on the First Wednesday of each month

From 7:00 PM - 9:00 PM at:

The Salvation Army building:

208 Cunningham Drive

Security, CO 80911

All General Meetings are the 1st Wednesday of each month from 7pm to 9:00pm

MEETING DATES

March 1, 2023

April 5, 2023

May 3, 2023

June 7, 2023

July 5, 2023

August 2, 2023 Picnic

September 6, 2023

October 4, 2023

November 1, 2023

December 6, 2023

The Nuggeteer is published monthly following the regularly scheduled chapter meetings. It will be distributed by email and posted to the Chapter web site. To be added to or removed from our email list, please send your request to cosgpaahospitalitycommittee@gmail.com. To add an article please submit it to the editor at cosgpaahospitalitycommittee@gmail.com.

GPAA

Colorado Springs Chapter Links

Gold Prospectors of Colorado

<https://gpoc.club>

[\(20+\) Gold Prospectors of Colorado | Groups | Facebook](#)

- American Legion Post 38
- 6685 Southmoor Dr,
Fountain, CO 80817

The Rock Doc

17897 US Hwy. 285
Nathrop, Colorado 81236

(between Buena Vista & Salida, 5 miles south of Nathrop)

<http://www.therockdoc.net>

Public Lands for the People

<https://www.publiclandsforthepeople.org>

- Public Lands For The People
- PO Box 1660
- Inyokern, CA 93527
- 1-844-757-1990