

# THE NUGGETEER



January 2023

Vol.3 No.1

## *A Message from the President Tim's Tidbits*

Hello members and Prospectors with the new year let's find new gold.

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	\$1,813.69	\$22.75	\$989.10	\$1,879.42	\$15,300.00
2023	\$1,843.12	\$21.92	\$1,012.55	\$1,750.00	\$11,250.00

1/8/23

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# GPAA

## COLORADO SPRINGS CHAPTER



### GPAA OFFICERS Colorado Springs Chapter

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Hospitality Committee	Position Open		

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

# MEETING MINUTES



January 4, 2023, COSGPAA Meeting Minutes

Attendees: 20 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 introduced new guests Karen Morgan and Sharon Shelton. Tim reported on his recent trip to the Molly Kathleen Mine and a potential outing there. Admission is \$25 per person and requires descending 1,000 feet vertically in an open cage that holds seven people. Other tours discussed were the Phoenix Mine, the Cripple Creek & Victor Mine, and the Colorado School of Mines. Tim will research and provide details at the February meeting.

Treasurer Alton Oakes gave a financial report and summarized the 2022 Christmas party expenses. Those at the meeting who attended the Christmas party enjoyed the event, the new venue, the cost sharing menu, and would favorably consider a repeat performance for Christmas 2023. The Chapter Budget for 2023 will be presented at the February meeting.

Alton talked about the advantages of members and guests wearing name tags at the meetings and when possible while on outings. To encourage the practice, the Chapter will start a new door prize drawing at random meetings. Each member or guest who wears a visible name tag during the meeting will receive a single ticket for the drawing which will be held at the end of the meeting. To get the program started, attendees may wear a name tag issued by any club, business, or employer. So long as it clearly shows their first and last name. A homemade, hand printed name tag is also acceptable. GPAA no longer provides or sells an official name tag; however, the Chapter can order officially licensed "old style GPAA logo" badges. The name badge and a chapter hanger cost \$20 and can be ordered at any meeting or by contacting Alton directly. Orders placed at a meeting will be available at the next meeting.

# MEETING MINUTES



January 4, 2023, COSGPAA Meeting Minutes Continued

Alton reviewed the new **Keep Colorado Wild** state parks pass. This new pass is automatically included with each motor vehicle registration or renewal beginning Jan 3, 2023. The cost is \$29 over the registration fees and is optional. But if you opt out during registration, you cannot get the pass until the next registration renewal. This pass does not change or replace any of the existing state parks passes. Anyone who qualifies for fee exempt plates and registration cards (ie: disabled vet, purple heart, etc) will also receive the **Keep Colorado Wild** pass free on renewal. Under this program, your registration form is over stamped with the CPW logo and becomes your pass. For more details go to : [www.cpw.info/KCW](http://www.cpw.info/KCW).

Lastly, Alton reported that GPAA has announced that they **will not** be hosting Gold & Treasure Shows in 2023.

Chapter VP Joel Swisher conducted the annual election of Chapter Officers. With all current officers accepting nomination for their existing positions and no additional nominations, the existing board was re-elected for another term by a unanimous vote of members present.

After a mid-meeting break, Tim discussed prospecting opportunities frequently overlooked, such as checking your change for pre-1964 Silver bearing coins or rare collectibles. Tim recommended slowing down and watching the ground when trekking to and from a prospecting location as you may find gems, minerals or relics lost by previous travelers or newly exposed by erosion.

**The next Chapter meeting will be Wednesday, February 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 February meeting.

After the door prize drawing, the meeting was adjourned at 8:40PM

## DOOR PRIZE WINNERS January 4, 2023

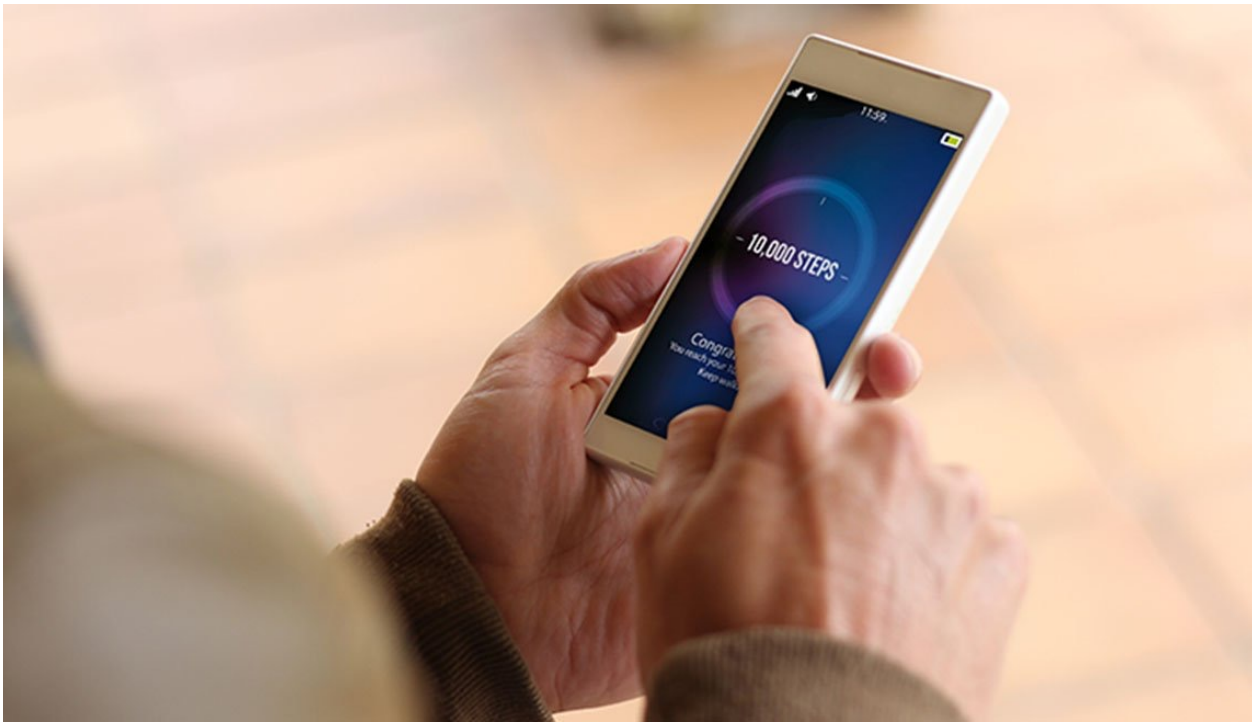
Gold: Tim Pitney, Karen Morgan, Richard Logue, Lorraine Sirois x2, Patrese Baker.  
Silver: Steven Sprague x2, Theresa Bailey, Tim Pitney.

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# Should We Really Get 10,000 Steps a Day?

What science says about how much daily walking actually makes you healthier

by Jill Waldbieser, [AARP](#), October 1, 2020



GETTY IMAGES

[En español](#) | If you haven't noticed — from the parade huffing by your suburban window every morning or the crowds you encounter at the nearby nature path — walking is big right now. The Rails to Trails conservancy charts a nearly 200 percent increase in trail use since last year; businesses are instituting “walking meetings”; and Anthony Fauci, M.D., the government coronavirus expert who's about to turn 80, says he manages to fit in a 3 1/2-mile power walk daily. This burst of cardiovascular activity has undisputed health benefits for many. But don't be disappointed if you break out your fitness tracker to discover that you still haven't hit the holy grail of fitness walkers, the 10,000-step-per-day baseline. It turns out — and this is the really good news — that you may not even need to.

# What's marketing, and what's medical research

In a 2017 Stanford University study that ranked 46 countries according to the average number of steps taken per day in each, the U.S. was 30th. But while actually taking steps may not be our thing, counting them is another story. Roughly 1 in 5 Americans wear a [smartwatch](#) or fitness tracker on a regular basis, according to a 2019 Pew Research Center survey. The rise of these devices, many of which use a 10,000-step goal as a baseline, subtly changed walking from a leisurely activity to a potentially competitive one and popularized step counting as a national pastime.

But lately that nice, round number, the equivalent of around five miles, has been the subject of scientific scrutiny, with good reason. “It likely originated as a marketing tool,” says I-Min Lee, M.D., a professor of medicine at Harvard Medical School. “In 1965, the Yamasa Clock and Instrument Company in Japan sold a pedometer called Manpo-kei,” she says, which translates to “10,000-step meter.” The number caught on and has been used ever since — but without scientific basis, as studies, including one Lee coauthored in 2019, have shown.

## Why 7,500 steps may be the magic number

“For many older people, 10,000 steps per day can be a very daunting goal,” Lee says. “We wanted to investigate whether this was necessary for lower mortality rates in older women.” When Lee and her collaborators tracked the movements of 16,741 women, ages 62 to 101, they found that as the average number of steps taken per day increased, the risk of mortality decreased. But the effect peaked at around 7,500 steps. So while taking more steps definitely won't hurt, it does seem to be a case of diminishing returns.

Another somewhat surprising finding was that a slow pace can be just as effective as a higher one.

This was confirmed by a study published this year in the *Journal of the American Medical Association (JAMA)*. It found that walking at a rate of 50 steps per minute, on par with a slow stroll, was just as effective as faster paces. The overall number of steps taken was more important than how quickly anyone took them, says Pedro F. Saint-Maurice, a postdoctoral fellow at the National Cancer Institute, the study's lead author.

**GET MOVING!** → Wherever You Are

- [Intro: Get Moving](#)
- [Our Fitness Experts](#)
- [Getting Motivated](#)
- [10-Minute Workouts](#)
- [Weight Loss Tips](#)

- [Counting Steps](#)
- [Flat Belly Moves](#)
- [Barre and Balance](#)
- [Yoga and More](#)
- [Indoor Walking](#)
- [Strength Training 101](#)

The *JAMA* study was one of the first to look at walking in terms of steps taken versus how long you spent doing the activity. “We know how many minutes of exercise people should be doing for health benefits, but, surprisingly, we don’t know much about step count,” Saint-Maurice says. The difference may seem small, but it can be significant

Michele Stanten, a walking coach and certified fitness instructor, points out that counting steps has the advantage of guarding against too much sitting throughout the day. “Some people might get their 30 minutes of walking in, but then be more sedentary the rest of the day,” she notes. Doing so [can also be motivating](#), since you get credit for all the routine things you do that don’t feel like exercise — walking to your car, or taking the stairs. “One of the appeals of counting steps is that it easily adds up all of the little bouts of walking that we’ve been encouraging people to do,” she says.

And research supports the idea that exercise doesn’t have to happen all at once to be effective. In fact, the latest physical activity guidelines did away with the recommendation that an activity had to be done for at least 10 minutes to count toward the recommended 150 minutes of moderate-intensity activity you should get weekly. “Now,” says Stanten, “every minute — or every step — counts.”

## Your Walking Rx

### How much to walk for better sleep, brain health and more

“Walking is one of the best things you can do for your health, both physically and psychologically,” says Sabrena Jo of the American Council on Exercise. Though any walking is healthy, different studies show different thresholds for reaping specific types of benefits:

- **Improved sleep quality.** In a 2019 study, researchers compared [sleep quality](#) in two groups of middle-aged and older adults (average age 49). One group was instructed to increase their average daily steps by 2,000 steps per week for four weeks; the other group received no instructions. Those who took the most steps reported significantly better-quality sleep, on average, than those who walked the least.

**Better brain health.** Researchers at Massachusetts General Hospital found that walking daily had a protective effect against Alzheimer’s disease and normal cognitive decline due to aging. People who averaged 8,900 steps per day saw the

- greatest benefit.
- **Chronic disease prevention.** Twenty minutes of moderate physical activity has been shown to reduce the cellular inflammation associated with many chronic diseases. And women who walked for at least 40 minutes several times a week had a nearly 25 percent lower risk of heart failure, according to 2018 research.
- **More joint mobility.** A Northwestern University study found that less than 10 minutes of walking per day can help older adults with joint pain maintain independence with daily tasks.

## How to try out a tracker

Though you may not need a full 10,000 a day, counting steps does have advantages.

“[Tracking steps](#) is a great way to quantify and see your progress, which can motivate you to do more,” Stanten says. Start by getting a baseline step count. Go about your day as usual for at least two weekdays and one weekend day, and average your steps. Then aim to get an extra 1,000 to 2,000 steps above that number. After a week or two, add another 1,000 to 2,000 steps.

The most important thing, especially as we get older, [is to be consistent](#), Stanten says. “You’ll feel better and get more benefits if you do something most, if not all, days of the week,” she says, noting that skipping a weekend can lead to soreness when you start again. “Even if you don’t hit the goal every day, you’re moving.”

To see health and fitness benefits even faster, you can try [alternating low- and high-intensity movement](#), says Sabrena Jo, director of science and research content for the American Council on Exercise. Begin walking at a regular leisurely pace; then push yourself to walk faster and pump your arms for 20 seconds. Go back to your initial pace for a minute, then repeat for the duration of your walk. Doing so, she says, “pushes you to increase heart rate and breathing, but does so in small enough intervals that you can stave off fatigue because you get to recover and rest in between.” What’s more, she says, “some people find that way more enjoyable than just trying to push yourself really hard for 20 minutes straight.”

Another way to maximize the benefits of walking is to get outside as much as possible. Research has found that regular walks outdoors can do everything from improving short-term recall to helping you sleep better. One study found that spending just 20 minutes a day walking in nature slashed levels of stress hormones by 10 percent — something that can be especially helpful for anyone these days.



# 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 1<sup>st</sup> Wednesday of each month from 7pm to 9:00pm*

#### MEETING DATES

February 1, 1023

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](mailto:cosgpaahospitalitycommittee@gmail.com). To add an article please submit it to the editor at [cosgpaahospitalitycommittee@gmail.com](mailto: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