

It's a Wonderful Life!

December 2018
Issue 16

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HOLIDAY GREETINGS!

Thank you for all of the cards, thoughts and letters, electronic and otherwise, during this past year! It was particularly helpful, supportive and heart-warming to get those little “thinking of you” moments. How fun would all of this have been before we even had a bag phone? Really? As much as we might find moderate disgust with all of our technology, it does help bind us together. I still love a good hard-copy letter but a quick email, quirky gif or FB chat just hits the spot! A Viber message or photo from someone overseas? Priceless. Mike got me a stand-up desk and he hit the spot. I do feel like I am in front of audience but just typing instead of talking. So, as long as I write, you get the annual Boesen newsletter!

Happy New Year to all!

DISCOVERY CHANNEL

New Daughter-in-Law

[Plant-Based Nutrition](#)

[The Blue Zone](#)

Squash

Pickleball

Figuring out the Smart TV options

Stand-up Paddling (SUP)

Stand-Up Desk

Cheese Importers in Longmont

Chili Cookoffs

Homebrew Competitions

[Travis Nickey](#) – our photographer!

Wine-making

Vegan Chocolate Avocado Mousse

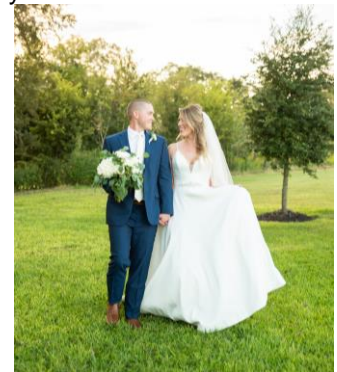
[Tru Hotels by Hilton](#)

FAMILY

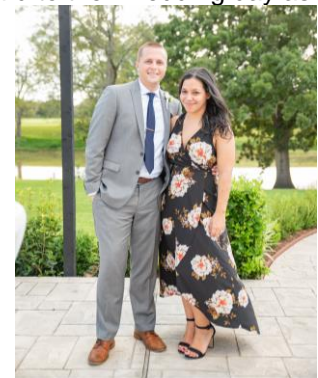
This year I am moving our Family happenings back up to the first page of our letter because WE HAVE A NEW DAUGHTER - IN - LAW and a soon to be DAUGHTER-IN-LAW! How crazy wonderful is that! We are so excited to have Rachel in our family. She is just lovely and such a gift to our family. We were so happy to attend Chris' and Rachel's wedding in October in Houston. The weather

cooperated and the festivities went on well into the evening. I know this sounds trite, but words really cannot adequately express how excited we are for them – OK, perhaps the Colorado-style verbal options, of awesome, right-on, solid, and “100%”! They live in Cypress now and are settling into a new house.

You know how it is. When your children are happy, you get 100% happy!



And so, the happiness continues! Matt and Andrea are in Houston as well and making their wedding plans for the near future. We have enjoyed getting know Andrea and we look forward to their wedding day as well!



ZEST

We owe a debt of gratitude to our friends for helping us get out of our routine! We enjoyed some unusual experiences this year! Some local, some not. If some of them come to your area, perhaps seek them out!

- [Roy Orbison Experience](#) – freaking amazing
- [1940s White Christmas Ball](#) in Denver Cheyenne Dance Club
- See [Temple Grandin](#) speak
- Pink Floyd in the local Planetarium
- Colorado Eagles Hockey
- Women’s March in Denver – OK, not really Mike’s thing....
- [They Shall Not Grow Old](#) – film documentary
- [Paris 1919](#) – book – think I am obsessed with WWI?

VOCATIONS

Although we are both retired, we have filled our time with what we will call “passion projects.” We may have differing political views, but we both have personal vocations for staying busy, and busy-ness happens.

The KolacheBee business took off very well last year. The website is up and online ordering has become easy peasy. I have learned a lot about the cottage food industry and moving to retail and distribution. That will probably not happen with kolaches. They are time intensive and not shelf-stable so I am looking at other options. The KolacheBee will stay small as baking every single day will interfere with travelling, hiking, supping, and swimming and of course, being with Mike.

In addition, I’m having a terrible time justifying a kolache business in my head when, *get this*, the Boesens have transitioned to a primarily *plant-based diet*. More to come on this but, as with my usual effort, there is probably an entrepreneurial angle to take with it.

I have trimmed back the speaking engagements (the last one was in Dallas in October) and the coaching. My four-word self-talk phrase for 2018 was Mike, Write, Cook, and Exercise, but somehow the writing got hijacked.

So, you are getting bombarded a bit with the newsletter.

Mike recently retired from his volunteer work at the golf course. Although he enjoyed it, everyone reading this letter knows he put a cost-benefit analysis to it and decided the ROI of time and early mornings did not justify itself in the amount of golf he was able to play.

So, what are we doing? Perfecting homebrewing, learning beekeeping as a business, making cheese and wine, dancing, fishing, cycling, foraging, gardening with hydroponics, trying new sports, and deciding what and how to promote and/or monetize this whole new plant-based world we live in now.

Both of us had some fun competing in contests last year. I won my first brewery chili cookoff and Mike won THREE medals for his homebrews! Yes, I will compete in 2019 and am packaging the chili mix with meat and plant-based recipes for Instantpots.



Texarado Six Chili Pepper Winner!

LA BELLE VIE

nous sommes sportifs

I Am. Writing. About. Pickleball. I typed the word “pickleball.” We were big poo-pooers of pickleball but here we are, talking about pickleball. We wear the banner of pickleball now as wore the banner, “Empty-nesters are ya? Take ballroom dancing lessons!”

I realize I do not have any pictures of us sporting our pickleball paddles and whiffle balls, so imagine playing life-size ping pong on a half-size tennis court with whiffle balls and, there ya

go, you have pickleball. OMG, it is so fun! It’s super easy to pick up, the instructions are minimal, and in 15 minutes, you too, can be playing pickleball with us! Fortunately, our neighborhood tennis court is striped off for outdoor pickleball, so on sunny, 45-degree winter days (not today...), we can play pickleball outside! Be prepared. If you come visit, we will coerce you into a smart, quick game of pickleball. No breweries until you play pickleball. We are converts to pickleball and totally get why it is an infectious game.

More Racket Sports

As much as we love cycling, Mike needed to pick up some weight bearing exercises. I know he is just dying to whisper the words, “hiking rocks”, but let’s face it, he is a court sports guy. In college, he was the university champion and played quite a bit in Houston, so back to racquetball he went. He plays several days a week at our fitness club and is quickly getting his skill back. I think he is most elegant on the court but I guess winning and losing count for something too. He was also introduced to squash and he is gradually improving his skill there as well. As I write this, it is a beautiful, sunny day with squirrels running races on the fence outside. But it is 12 degrees, so a bit cold for the pickleball....

I have taken up swimming as my winter sport. I have this amazing swimming friend who took time in the summer to start me in swimming. Armed with flippers, boards and body buoys, (seriously, who couldn’t stay afloat with that much gear?) I have gradually worked my way to swimming independence, albeit slow. I don’t feel like I am drowning anymore and I can swim a mile. It may take me 90 minutes, but I can do it. With adequate rest periods, one can do many things that seem insurmountable. My 2019 goal is to SUP at Horsetooth Reservoir without a vest and swim across the south cove (with a friend spotter nearby for safety, of course).



New Beehive Setup

The new beehive was installed in the spring and the girls were busy! As luck would have it, something happened to my new queen and we had to reinstall a new queen. Beekeeping is not for the faint hearted. There is a lot to learn and some heartaches. Now the girls are bundled up for the winter and we shall wait until March to see if they survive. I am still foraging with friends and in August (which is kind of late in the season), we hit the motherlode of mushrooms. Mushrooms *everywhere*.



Results from One Day of Foraging

We must have had 15 different kinds of mushrooms including boletes which are edible.

The epic adventure really lifted our spirits and created much ambition for an even better year in 2019. One thing was brought to our attention though. Take bear spray, or at least a knife or gun. There were bears in the area the night before. Hmm.



Connie, Candy and Lisa – foraging friends at 9000 ft! Hard to believe I can get gussied up for dancing...

In Sickness and in Health....

I wish I could say since we did not break any bones or have emergency surgeries this year, but alas, no. We had been watching Mike's prostate cancer for a couple of years and this was the year to say goodbye to his prostate in July. Unfortunately, we could not give a sweet adieu to the cancer. The little devils hung out in a lymph node so we had to fast – track ourselves to the “you don't get to wait” protocol for advanced cancer. We have an amazing team: medical oncology, urology, radiation oncology, nutrition, integrative medicine and psychology (for me!) Mike started hormone reduction therapy in October and now, in December, is 75% done with radiation treatments. He has done extremely well. Going into this as a tall, skinny yet strappin', healthy 62-year old dude has helped.



Mike at Tour de Fat and Pink Floyd – imagine that..... on riding restrictions but definitely libating

As with all cancers, it's a life changing experience, and if the Boesens can change it any more than with a traditional lying prostrate on the floor, shooting up prayers, and lighting candles for the best outcome, we will, so here we are on a primarily plant-based diet, prompted by [The China Study](#). The book is worth a read or at least perhaps peruse the website. Yes, I kicked and screamed the first month. Then we watched [Forks Over Knives](#) AGAIN (it was surreal – like we had never watched it before) and then [PlantPureNation](#). I am a convert, sort of. I am more of an almost vegan, [Blue Zone](#) girl and Mike is full plant-based. No meat. No fish. No dairy. Nothing with a mom. For me, I still enjoy an egg, a bit of cheese and

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milk. Once a month I enjoy some Norwegian (the most sustainable raised) salmon.



Ready for our Oktoberfest party!

So, what are we eating? One might think we eat raw vegetables or perhaps a lot of beans and rice. “Yes” on both counts but not every day. We are not “those vegan people!” “I have embraced even more of the cuisines of the world which are much more easily transferrable to a plant-based diet. Spanish, French, Moroccan, Chinese, Japanese, Indian, South American, Italian, Middle Eastern. I rotate a region every day of the week. I need to explore Middle Europe cuisine, like Germany and the Czech Republic, but getting past those sausages is tough.



Cauliflower Curry with Poms and Soybeans over Rice

Strangely, neither one of us really misses real meat as a meal item. It was more about “what are we going to eat?” when the world and my cooking had revolved around a meat protein first. We have found there are so many great meat substitutes on the market such as [Gardein](#), [Morningstar](#) and [Quorn](#). Some are better than others. It was trial and error.

I will tell you I feel so much better. No indigestion. Less bloating. I never feel

stuffed and it's not because we aren't eating enough.

I'm taking a [Forks Over Knives](#) cooking class in January but I still enjoy doing my own thing. As much as this way of eating (I don't want to use the word "diet") is good for the environment, we are primarily doing this for Mike and to reduce the chance the cancer metastasizes to his bones or parts unknown. It won't hurt me as well to keep me from getting cancers, diabetes or other cardiovascular diseases.

Follow me on Facebook. I'm posting different dishes and also revising a short cookbook I wrote a couple of years ago. It's coming out in January!

ON THE WILDER SIDE

The herd is still with us. Who wouldn't love these fur babies?



Impromptu picture at an open space courtesy of Travis



Bobo, Bess & Bertie love Daddy

LIBATIONS

Despite time off for surgery and recovery, Mike was busy with the Boesen Brewery and Waterford Winery making over 20 beers and 4 wines. While the red wines are still aging, the white wine and beers are gone -- extinguished by guests at our quarterly parties.



Some people call it a problem, we call it a plant-based hobby.

The top beers of the year were his Elliott's (Cedar Creek) Pale Ale that medaled at the Sweethearts Revenge competition in Loveland (361 entries in 33 groups) and his Burton Ale. The latter won medals in two competitions: The Poetry Slam in Fort Collins (295 entries in 26 groups) and The Rocky Mountain Homebrew Challenge in Aurora (264 entries in 24 groups). Of additional note, his Czech Amber Lager outscored his Burton Ale at The Poetry Slam, but didn't medal in a strong category with a lot of Marzens.



Mike's Home Brew Medals



The Medals Mike Wants... (GABF)

EN VACANCE

In April, we trekked ALL THE WAY ACROSS THE US to Augusta, GA along what we called [The Moonshiners](#) Tour. Um, it is a long way to drive and it wasn't quite spring yet but we had a good time. We saw some beautiful scenery and states we had not been to together before including: Illinois, Missouri, Kentucky, Tennessee, South Carolina, North Carolina and some parts of Georgia. The goal was to stop at some distilleries along the way and visit some of the towns where the Moonshiners live but it was a longer haul than expected. By the time we crawled into Augusta (during Masters Week), we were pooped. We got to see Sheila and Vino and my old comrades from the cardiopulmonary rehab program who are all still working there! WOW! We also achieved bonus points seeing my friends Karen and Jeremy. We didn't get to see everyone but it was a good short visit and quality time.



[SugarTit Moonshine Distillery -SC](#)
Can't get over that name....but they won awards!

Over the summer, we had some crazy fun with visitors. We never tire of sharing our home and it's always fun hosting friends and family who want to get away. Be sure and get your dibs in for Summer 2019!

Later in the summer, after surgery and before treatment was to start, we managed to wedge in some long weekends and one long vacation in between Mike's recovery and caring for in-laws. Mike didn't get to rest much -- we just kept going. We stayed close and explored, which is not an awful thing when you live in Colorado. Craving some minor adventure, we drove up the back side of Rocky Mountain National Park on the original Fall River Road. It was gritty and one way, but it was nothing

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compared to driving up and back down Mount Evans! We can check both of those drives off our list now!



Top of Fall River Road - RMNP

There was and still is much to discover. Some of our long weekends in August included exploring: Nederland area and Indian Peaks Eldora Ski Area Snowy Range Ski Area in Wyoming Grand Lake and Winter Park Mount Evans – the highest paved road in North America (and the roughest....)



We Made It! Mike drove this one.



A little rangy looking but still cute!

A little longer trip explored a loop that included Leadville, Gunnison, The Black Canyon, Ouray, Telluride and Crested Butte – not in that order.



Mike in Crested Butte

I would go back to Crested Butte in a heartbeat. What a quaint, cute town! We don't ski, but I can understand how people love this area. Many of the towns are one way in and out, i.e. Crested Butte and Telluride. We particularly enjoyed Crested Butte and want to go back. 30 minutes was not long enough! I would love to go back at peak foliage season and maybe take the dirt road over from Aspen to CB. The aspen golds were just beginning to creep out while we there. I know it must be out of this world gorgeous in the fall!

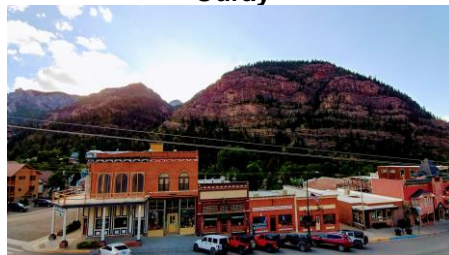


Ram Boesen thumbing a ride

Ouray was our base camp and we branched off to Telluride and the Million Dollar Highway to Durango. One of the most interesting and fun moments of the trip was playing bingo in the spectacular vintage Elks Lodge in Ouray. It was the last bingo of the season! The hall was quite amazing and very well-preserved and included a vintage bowling alley! It was fun being a local in the off-season!



Mike at Box Canyon Waterfall – Ouray



Downtown Ouray

As we move forward, some things just aren't important anymore: a spotty cooktop, laundry that needs to be done, unmatched socks, holey underwear, an unorganized pantry, a crooked bed linen, the misplaced, very important thing I put in a safe place and now can't find. The plants that die. The food that spoiled. That's what I got therapy for....

When we go to the cancer center to get Mike's shots, we have to walk through the chemo ward. As bright and airy as it is, it is choked with humans doing all things possible for one more day. One more time to hug a grandchild. One more time for most anything important. It's so hard not to want to just go hug every single one of them and give them strength and courage, so both of us breathe a little life their way.

Life now is even more about joy and bringing joy to others. Mike has not slowed down or missed a beat (except when dancing). We have had it easy – relatively speaking. We got diagnosed, had surgery, and started treatment quickly. We have a great prognosis. It's been a journey but are thankful we have mountains to take pause and look at every single trip to medical care. We have friends that really care about us. Waking up to a new day, to each other and to an adventure, enjoying friends and family is the One Thing for both of us. If you are on this newsletter, you are a One Thing!

Stay cool. Stay healthy. Guys, get your Man Exam. Girls, tell your guys and men-friends to get their Man Exam. Consider a plant-based diet. Hug freaking everyone!

Wish you the best for 2019!

With much love,

Mike and Lisa



THE SPIRIT IN ALL OF US