

# PROSPECTOR'S BREAKFAST CLUB

January 16, 2014

[www.prospectorsclub.com](http://www.prospectorsclub.com)

## WHERE ARE WE MEETING AT?

*Deer Creek Country Club*

*7300 West 133<sup>rd</sup> St.*

*Overland Park, KS*

Meet and Network - 7 am

Breakfast at approx.. 7:25

Program at 8 am

## START YOUR NEW YEAR THINKING ABOUT HEALTHIER HABITS AND BETTER CHOICES.

*It's that time of year – a new beginning to a new year. No better time than now to make a few New Year's Resolutions!*



And can you guess what the No. 1 resolution is? You got it – to lose some of the weight we most all put on this past Holiday season (and maybe further back than that). But who knows what we really need to do, and how aggressively should we attack our task at hand? You should be at least talking to **Jennifer Shelton of Jennifer Shelton Balance**. Jennifer has been rocking people's world for years now, and has quietly helped change the way many of

us think about our physical well-being. She talks to you in terms you can understand, and she explains that what works for one person may not work for another. That is why each conversation she has presents something that will fit your lifestyle and your physical challenges. She does not want to bust you like a bronco horse, but she wants to make sure you are challenged and you have goals that are lofty enough to achieve. Jen talked about how

impressive the Prospectors Group is, some riding 100 miles for LLS, some running Marathons or half-marathons, others getting up at 5 am and doing yoga or attending a killer Boot Camp routine before the sun rises. That is commitment! That is crazy! But that is what gets you results that YOU can see and feel. One thing Jen laughed at was how people think they have to begin getting into shape BEFORE they can work with a personal trainer. That's like making your bed before the cleaning lady comes to your house. That is her job!



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**START YOUR NEW YEAR THINKING ABOUT HEALTHIER HABITS AND BETTER CHOICES. – cont'd...**

She will take you through steps to gradually get started from simple, easy exercises, to eventually working your cardiovascular system to its limits. Ahh... sweet success! And even if all this fails, one of the best ways you can exercise is quite simply walking. That's right – just 30 minutes a day could provide lots of healthy benefit to you. Hard to believe, but true! And you should not force someone into exercising, like buying them lessons with Jen. That person has to want to change their lifestyle in order for them to commit to doing them. So, as Jen might be thinking but rarely says... "Get up off your ass and do SOMETHING – walking, running, yoga, biking, breathing, but do SOMETHING!" You will be happier for it, and your body will be happier, too. Thanks Jen for taking your time to make us more aware of what we need to be thinking about in 2014!

***RE New Members - What kind of business should we be thinking about that could help YOUR business prosper? Let's give that some thought over the next several weeks.***



TRIVIA QUESTION:-

WHAT WOMAN HAS HAD  
THE MOST APPEARANCES  
ON THE COVER OF TIME  
MAGAZINE?

## WHO'S SPEAKING NEXT?

Jan. 16<sup>th</sup> – at Deer Creek – Alan Heriford's State of the Onion Address – don't miss it!

Jan. 23<sup>rd</sup> – at Deer Creek – To Be Announced

Jan 30<sup>th</sup> – at Deer Creek – Chad Trondson of ComforCare Senior Services

Feb. 6<sup>th</sup> – AT THE DECORATIVE TOUCH LTD. – AFTER HOURS – Jeanine Terstriep of The Decorative Touch

Feb. 13<sup>th</sup> – at Deer Creek – Kyle Douglas of Beautiful Outdoors

**THIS WEEK'S PROSPECTORS SPOTLIGHT MEMBER**



**This week's Prospector Spotlight Member is Chris Pickering of The Pickering Law Firm.** Are you looking at jail time? Dealt with a bad client? Or just have some legal issues that need ironing out? Hopefully no one has these kinds of problems. But - Why not ask Chris what he can do get you off to a fresh start! See what he can tell you and maybe he will learn more about you as you talk. Please... just give Chris a call. How about an early cup of coffee or tea, or an after-hours beverage? Here's Chris' info: - phone is 913-647-9019, and email is – [chris@christopherpickering.com](mailto:chris@christopherpickering.com)

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**Last Week's Trivia Answer:-**

The answer to last week's trivia question – IF YOU GET PEPPER IN YOUR PROBISCUS, YOU BETTER HAVE KLEENEX HANDY WHEN YOU SNEEZE!

# PROSPECTOR'S

## Lots of Thank You's List

Adams, Linda	Williamson, O'Bryan, Bell, Shelton
Airey, Doug	Bell, Goodheart, Bovard0
Ashurst, Amy & Chase	
Beckner, Pat	Pickering, Bell, Morgan, Boehringer
Bell, Jim Kessinger, Felton	Williamson, Pickering, Airey, Shelton, Steiniger, Adams, Phar, Mellott, Beckner, Sirna, Foster,
Boehringer, Kevin	Beckner, Sirna, Hawkins, Knapp
Bovard, Zach	Steiniger, Hutchison, Knapp, Shelton, Airey, Phar
Brosseit, Mike	
Cunningham, Rick	Kessinger
Darby, Mike Oettmeier, Pickering, Shelton, Sirna, Steiniger, Wilkinson, Wolverton, York	Dayal, Eidson, Foster, Giordano, Goodheart, Hardin, Hutchison, Kessinger, Morgan,
Dayal, Vivek	Sirna, O'Bryan, Darby, York
Douglas, Kyle	
Eckinger, Bill	
Eidson, Ken	Mortko, Goodheart, Darby, Hutchison, Hardin, Emerson, Airey
Emerson, Bill	
Felton, Dr. Sean	
Foster, Rod	Heriford, Darby, Pickering, Felton, Terstriep, Bell
Giordano, Phil	Morgan, Stone, Cunningham, Mellott, Williamson, Darby
Goodheart, Alan Steiniger, Stone – Coleman, Terstriep, Williamson, Knapp	Airey, Brosseit, Darby, Eidson, Hardin, Holk, Hutchison, Mellott, Mortko, Pickering, Sirna,
Goodheart, Bruce	
Hardin, Das Terstriep	Pickering, Heriford, Williamson, Oettmeier, Hutchison, Goodheart, Eidson, Darby, Mortko,
Hawkins, Darryl	York, Rapp, Airey, Goodheart
Heriford, Alan	
Holk, Dan	
Holland, Ed	
Hutchison, Ed	Darby, Pickering, O'Bryan, Bovard, Stone
Kessinger, Sandy	Sirna, Darby, Pickering, Heriford, Bell, Terstriep, Cunningham
Knapp, Bruce	Steiniger, Terstriep, Williamson, Bovard, Spencer
Mellott, Mike	Turner, Giordano, Goodheart, Hawkins, Williamson
Morgan, Jeff	Wolverton, Beckner, Darby, Holk, Bell

Mortko, Sheri

O'Bryan, Cliff

Adams, Williamson, Dayal, Wilkinson, Mellott

Oettmeier, Dr. Bert

Page, Brad

Phar, Matt

Pickering, Chris  
Douglas

Beckner, Spencer, Steiniger, Bell, Foster, Goodheart, Rapp, Hardin, Shelton, Ashurst,

Rapp, Bryan  
Trondson, Heriford, Wilkinson, Emerson

Pickering, Cunningham, Wolverton, Phar, Stone, Ashurst, Felton, Williamson, Terstriep,

Shelton, Jennifer  
Wilkinson, Williamson

Adams, Ashurst, Bell, Bovard, Darby, Felton, Pickering, Sirna, Williamson, Hardin,

Sirna, Richard

Goodheart, Kessinger, Steiniger, Heriford, Wilkinson, Felton, Dayal, Wolverton, Bell

Spencer, Neil

Ashurst, Giordano, Heriford, Hutchison, Knapp, Pickering, Sirna, Wilkinson

Steiniger, Keith

Wolverton, Darby, Bell, Shelton, Hutchison, Heriford, Phar, Mortko, Ashurst, Bovard, Adams

Stone, Janet

Goodheart, Rapp, Sirna, Adams, Wilkinson, Ashurst, Mellott

Terstriep, Janine

Kessinger, Knapp, Goodheart, York, Wilkinson, Hardin

Trondson, Chad

Turner, Kevin

Mellott, Phar

Webb, Tyler

Wilkinson, Ann

Eidson, O'Bryan, Stone, Williamson, Shelton, Rapp

Williamson, Beverly

Adams, Goodheart, Knapp, O'Bryan, Rapp, Hardin, Shelton, Phar, Airey, Mellott

Wolverton, Rick

Heriford X 2, Steiniger, Sirna, Rapp, Ashurst, York, Mortko, Giordano, Morgan,

York, Kevin  
Williamson, Turner, Bovard, Hawkins

Dayal, Steiniger, Darby, Wolverton, Cunningham, The Sirna's, R. Coleman, Pickering,

GUESTS – None

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