



"And She Works You Out From Your Head Down To Your Toes" – That's Coach Jen – The Very Best Friend You Ever Had.....

No matter if you are young or old, skinny or fat, what we all need to keep in mind is that we have but one chance on this great Earth, and we need to do one thing – take care of our bodies and minds. And we're not getting any younger you know!



Look around – most people are at least conscious and trying to keep fit. But even if you are doing a good job at it, we all could do better.

Who do you turn to get answers? Well, our resident fitness guru is none other than **Coach Jen, aka Jennifer Shelton of Jennifer Shelton Balance.**

Jennifer has been a person who has maintained her fitness all her life. She was raised on a farm, and that in and of itself makes you healthy because of the work / chores you put in every day. But Jennifer took it a bit further later in life. What brought her to do what she does came from going with her grandfather to the livestock markets to choose the cattle or sheep that she would raise that year. Graduating from Pittsburgh State U with two degrees and working the financial and banking industries were truly gratifying for her. But all along

the way, she made it a point to pay for her education and extras she needed to live life with. And she did that by teaching fitness and yoga classes.

You see, fitness has always been a part of her life. She got certified to teach aerobics and she started doing that in college. She has taught some form of fitness classes for years.

So what does Jennifer really do for a living now? Well, three things. First she is a "personal trainer". She says she hates being called that. It's too much of a stereotype, but she is challenged to see how she can help her clients to lead a healthier life. And every day is different, and that makes it exciting each day not knowing what lies ahead.

Second, she teaches yoga. The lower impact and blending slow methodical movements with relaxing the mind is just what would be considered a great break from intense aerobics and strength training. Ahmmmmm!

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**Weekly
Newsletter**

www.prospectorsclub.com

February 19, 2015



**WE ARE AT DEER CREEK CC,
7300 WEST 133RD ST., OPKS;
MEET UP AT 7 AM; BREAKFAST
AT 7:25; SPEAKER AT 8 AM.**

SPEAKERS SCHEDULE

See Page 3

**REFERRALS, IDEAS,
SUGGESTIONS, AND
"POSITIVE
REINFORCEMENTS"**

**Phil Giordano of Grade A
Tree Care**

See Page 4

**THANK YOU'S
See Page 6**



UPCOMING SPEAKER SCHEDULE

Here is a list of our upcoming speakers. Please note some events are evenings or away from Deer Creek CC.

ARE YOU INTERESTED IN JOINING PROSPECTORS?

Give Chris Pickering, our Membership Chairman a call at 913-647-9019 or email at cfp@pickeringlawfirm.com before you visit our group so we can make sure there are no category conflicts with our current members.

February 19 – Chad Trondson of ComForcare Senior Services at Deer Creek CC

February 26 – Matt Phar of Paydayz Payroll and Human Resources at Deer Creek CC

March 5 – Kyle Douglas of Beautiful Outdoors at Deer Creek CC

SNOW POLICY
IF THE SHAWNEE MISSION
SCHOOL DISTRICT
CANCELS CLASSES DUE TO
INCLEMENT WEATHER, WE
WILL NOT HAVE
BREAKFAST THAT
MORNING – PLEASE CHECK
OUR LOCAL TV STATIONS
OR RADIO STATIONS THE
MORNING OF OUR
MEETINGS.



REFERRALS, IDEAS, SUGGESTIONS, AND “POSITIVE REINFORCEMENTS”

THIS SPOTLIGHT MEMBER OF THE WEEK is Phil Giordano of Grade A Tree Care. Let's change our focus a bit and give a member each week at least *one referral, or a suggestion or idea to help them improve their business.* Really try and give Phil the best information you can. New ideas, thoughts, or referrals. And Phil - *you be OPEN to accepting all the benefits we are ready to give you.* Here's his info: - phone is 816-509-2225 and email is gradeatree@yahoo.com

Trivia Question:-

What Charles Dickens character said:
"Please, sir, I want some more."



QUOTE OF THE WEEK

Everything in life is temporary. So if things are going good, enjoy it because it won't last forever. And if things are going bad, don't worry. It can't last forever either.

More @ QuotesDump.com

LAST WEEK'S TRIVA QUESTION ?

The letter that appears most on the Scrabble Crossword Game tiles is the letter « E ».

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Third has become a true passion for Jen. You see, she got involved as a volunteer nearly 10 years ago with the Team in Training, a fundraising part of the Leukemia and Lymphoma Society. It is mostly volunteer, but Jen has now elevated herself into a position where she trains people for endurance events, like triathlons, marathons, and long distance bike rides.

Most notably she takes a group from Prospectors and others that are part of the LLS Team to Lake Tahoe every year to ride around the lake and get sponsors to donate so much per mile for what they ride, and needless to say, they have raised millions of dollars for the LLS. Truly amazing !!

She not only has clients here in KC, but others that live in other cities. She does workouts with some 2-3 times per week, some once a week, some once a month. Those in other cities, she communicates remotely by phone or use of Skype several times a week.

Jen now says that learning and teaching yoga has changed her life. Everybody should be doing yoga. That's because flexibility is so important. Yoga aligns your posture, and keeps your joints flexible. She says – you're not strong unless you're flexible, and you're not flexible until you are strong.

And variety is important – it is good for the mind and the body. She tries to check with your schedule and find a workout that works for your job, lifestyle, and personality.

Bottom line – you need to want to change your lifestyle – we cannot force you to do anything unless YOU want it to happen. YOU need to want to be healthier and live a great life. You can if you listen to Jen! Thanks for giving so much of yourself to all those around you. You're the BEST!



Get your position.....



Set....



Boom ! You Got It!!

BE A PART OF THE BEST NETWORKING GROUP IN JOHNSON COUNTY – COME JOIN YOUR FELLOW PROSPECTORS THIS THURSDAY

UPCOMING EVENTS:-

Wednesday - Feb. 18th – Happy Hour at EBT Restaurant !! Come join your fellow Prospectors for a great time at EBT !!

Where: EBT Restaurant - 1310 Carondelet Drive, Kansas City, MO 64114 (SE corner of State Line Rd. and I-435 - south side of the UMB Bank building)

When: Wednesday, February 18th - 5pm - 7pm

What: Come for **Hors D'oeuvres compliments of the Club** and also enjoy **special Happy Hour prices on drinks from the bar** - this is a **CASH BAR** - you are responsible for any and all beverages.

Hope to see everyone at EBT's Wednesday !!!



Prospector's Breakfast Club

Attendance and Thank You's Meeting Date:- FEB 12, 2015

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

Adams, Linda Beverly, Erud, Alan H, Alan G, Sean, Jennifer, Das, Keith

Airey, Douglas Matt Phan, Best OFFICER, Neil HENRY, Das Hester

Ashurst, Chase & Amy

Beckner, Pat

Bell, Jim Bev W, Das H, Chris P, Matt P, Jen S, Keith S, Cliff O.

Belzer, Dan

Boehringer, Kevin BECKNER, STEINIGER, VIVEK, SIRNA, WOLVERTON

Bovard, Zach Phan, Steinger, Williamson

Brosseit, Mike

Brown, Erin Sheri, Matt Phan, Mike Darby, Ann Wilkinson, Neil Spencer, Ed, Rick Wolverton, Chris Pickering, Linda Adams, Brian Rapp

Cocherl, Stephanie Mike Darby, Chris Pickering, Rod Foster, Ann Wilkinson, Pat Beckner, Matt Phan, Vivek Dayal

Cunningham, Rick

Darby, Mike Erin Brown, Stephanie Cocherl, Ken Eidson, Sean Felton, Das Hester, Cliff O'Brien, Rich Sirna, Keith Steinger, Ken York

Dayal, Vivek Alan H, Matt P, Cliff O, Kevin B, Chris P, Rick S

Douglas, Kyle

Eckinger, Bill

Eidson, Ken Alan Hester, Bryan Rapp, Mike Darby

Emerson, Bill

Felton, Dr. Sean Linda Adams, Rick Cunningham, JFK, Alan Hesterford, Jeff Morgan, Cliff O'Bryan, Phil Grayson

Foster, Rod Alan H, Stephanie C(2x), Chad Trondsa, Bryan B, Bev W, Neil S, Chris P, Mike D, Jim B

Giordano, Phil Keith S, Mike M, Darryl H, Sean F, Rich S, Rick W.

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

X Goodheart, Alan Adams, Belzer, E. BROWN, DAYAL, EIDSON
HAWKINS, KENNEDY, MORGAN

Goodheart, Bruce _____

Hardin, Das _____

X Hawkins, Darryl BREW R. NEIKS, JANET STONE

X Heriford, Alan _____

Holk, Dan _____

Holland, Ed _____

X Hutchison, Ed _____

X Kennedy, John F. Alan Heriford, Neal Spencer, DR Seay, ED Hutchison, Sheri mortko,
Darryl Hawkins, Alan Goodheart, Chris Pickering, Linda Adams

X Mellott, Mike Giordano, Hadri, O'Bryan, Sirna

X Morgan, Jeff MIKE DARBY, RICK W.

X Mortko, Sheri Erin, Rick, Keith, Linda, Rich, Janine, Alan G, Alan H, JFK,

X O'Bryan, Cliff Vivick, Mike Mellott, Shous FOSTER
Felicci,
Pat Ryan

X Oettmeier, Dr. Bert Doug Arey, Beverly Williamson, Mike ~~DA~~ DARBY

X Phar, Matt Chris P, Zach, Keith, Doug A, Erin B, DAS, Kambak Coach Ten

X Pickering, Chris Jim Bell, Stephanie C, Paul, Chuck, Bryan P, Alan H

X Rapp, Bryan Paul Foster, Chris Pickering, Matt Phar, Howard T, Kyle D, Erin B.

X Shelton, Jennifer Janine T, Bell, Adams, Steiniger, Sirna, Wilkinson,
Darby, Ashurst, Williamson, Pickering, Picking, Mortko,

X Sirna, Richard Daryl, Coach, Hank, Stevan, Jennifer Bell, Brandon, Darryl,
Giordano, Wilkinson, Tim, Tom, Andrew, Stone, Deanne, Edson, Mellott

X Spencer, Neil DOUG AUREY, ERIN BROWN, KYLE DOUGLAS, ROB FOSTER, DARRYL HAWKINS
ALAN HERIFORD, JOHN KENNEDY, CHRIS PICKERING, JANET STONE, JANINE TRENSTREP

X Steiniger, Keith Darby, Wolverton, Adams, Shelton, Morgan, Pickering,
Sirna, Giordano, Heriford, Beckner, Boehringer, Holke, Hutchison, Wilkinson

PLEASE PLACE "X" IN FRONT OF NAME IF ATTENDING MEETING

Stone, Janet ANN, Janine, Sierra Bros., Pat B., Chris P Jeff,
Erin, Reita, Laurel, Ed, Sean, Neal, Alan W.
 Terstriep, Janine Sierra, Scone, Bell, Seth, Shari, Morgan, Pickering

Trondson, Chad R. Wolverton, B Rapp, R. Foster

Webb, Tyler _____

Wilkinson, Ann Janet Stone, Jennifer Shelton, Cliff O'Brien, Ken Eason,
Ben Willardson, Keith Steedman, Eric Brown, Donny Hankins
Williamson, Beverly _____

Wolverton, Rick _____

York, Kevin _____

GUESTS

Name	Name of Business	Your Position (owner, sales, etc.)