



It's Not About "Having" Time, It's About "Making" Time. (I Consider My Refusal to Go to the Gym Today As Resistance Training.)

In the past 5 to 10 years, it seems so many of us have become so much more self-conscious about our own health and well-being. We try to watch what we eat and drink (to some extent), and when we find the time, try to exercise at least a few days a week. What we have the hardest time doing is balancing our work and play to maintain a favorable lifestyle.

So what can we do to make sure we look good and feel good and still enjoy ourselves? Why can't we do this? Because some of us are not motivated, some of us just don't care. Some of us NEED HELP! So when this happens, you need to talk to **Jen Shelton of Jennifer Shelton Balance**.

"Coach Jen" says that we all need to try and find that balance between fitness, work, play, love, relationships, and diet. It is many times hard to accomplish. That is why having someone there to guide you and teach you the correct way to exercise or the proper foods to energize your body could be a game changer.

Jen showed us several strength moves and some yoga positions as well, each bringing their challenges to your body. You just won't be able to do these at first,

but over time and training correctly, everything is possible.

Once one begins working on their physical abilities, you will find that other parts of your life fall into balance too. Jen knows that no two individuals are alike, so she tailors a program specifically designed to maximize your strengths and help you slowly begin reaching for your goals – be it weight loss, endurance, running a 5K, upper body strength, repairing a sports injury, or just feeling better.

She does this several ways – through her personal training either one on one, or through her Boot Camps or working with her Teams in Training.

One on one, Jen will meet with you and ask you lots of questions about you, your health, past medical history, what you've done in the past. She will take that data and develop a regimented plan that will begin the process of giving you a more balanced lifestyle.

Continued on Page 4



**Weekly
Newsletter**

www.prospectorsclub.com

October 22, 2015



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

SPEAKERS SCHEDULE

See Page 2

NEW FEATURE:-

ROCK STAR STATUS

See Page 3

THANK YOU'S

See Page 8



UPCOMING SPEAKERS 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.

Oct. 22 – Chris Pickering of the Pickering Law Firm at Deer Creek CC.

Oct. 29 – Jim Bell of James D. Bell CPA at Deer Creek CC

Nov. 5 – Erin Brown of Dolce Bakery AT DOLCE BAKERY

Nov. 12 – Alan Goodheart of Goodheart's Jewelry at Deer Creek CC.

Nov. 19 – Das Hardin of Village Flower Co. AT VILLAGE FLOWER CO.

Nov. 26 – NO MEETING – THANKSGIVING DAY!

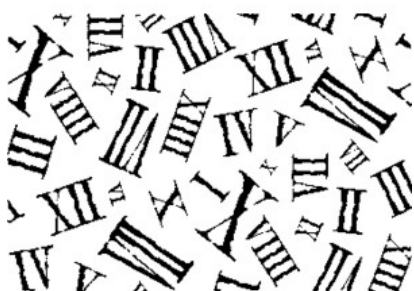


SOMETHING NEW AND FRESH -
ROCK STAR STATUS !!

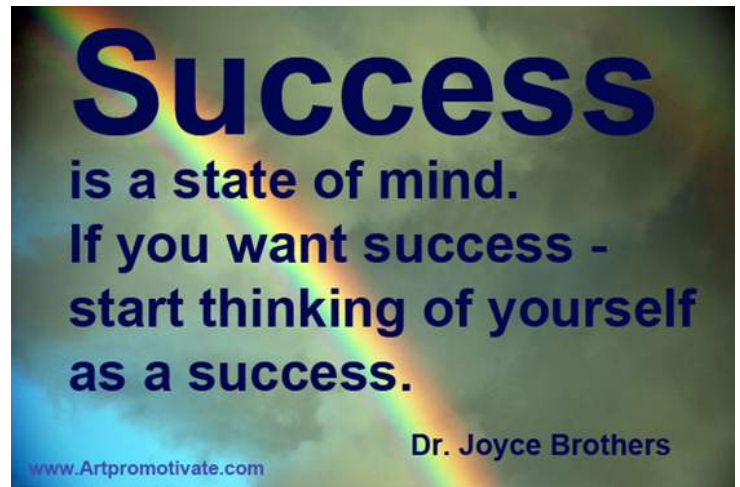
This is ALL about YOU. We are all ROCK STAR's in this group. So now's YOUR chance to tell us why you shine. What projects you are working on, or what makes your business stand out from the rest. So get your ideas ready - you'll be called soon to hear YOUR STORY !!

Trivia Question:-

What's the first instruction given to runners by the starter of a race?



QUOTE OF THE WEEK



The Arabic answer to the Roman subtraction M minus IX is 991 – (M = 1000 and IX = 9 ; 1000 – 9 = 991).

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Cont'd From Page 1...

Coach Jen took the time last week to talk about several examples of her clients that all have different issues and goals. Some are in good shape and want to work on strength and endurance, while others are overweight, have always been overweight, and need to take baby steps to begin to show progress. Once one takes the initiative to make a change in lifestyles, the results can be amazing. Thought it took one client almost a year to lose just 20 pounds, she kept the weight off during a critical Holiday time, and to her, that was truly a "miracle".

The one thing Jen wanted to stress to us all was how the hardest thing is to recognize that you have issues that need addressing, and that by working first a little, and then gradually increasing how you approach your life, You will have people telling you how great you look and how you sound. It is

because you are noticeably changed – transformed if you will – becoming a more positive, relaxed, alert, and motivated individual as a result of taking part in her programs.

So don't take it from Jen – look around and see who talks about working with her. Check out her Team in Training programs, go take a Boot Camp, or sit down one on one and see what plans she can help you with. You will feel better, look better, have more confidence, and others will tell you so.

Jen, Thank YOU for taking the time to educate and enlighten us all about living a healthier, smarter, more productive life.

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

FUNDRAISER

AUCTION • RAFFLE • MIXER

to benefit: **NICK GIORDANO**
and help offset costs of up-coming lung-transplant surgery



Friday, Nov. 6 • 6p.m.

The Social Event of the Season!

Bishop O'Hara Hall
5111 E. 112th Street
KCMO 64137

\$20 at the door

gofundme.com/822mwgq7

Share on Facebook

Auction Items Include:

**Autographed
Kenny Chesney Guitar**
courtesy

**Weekend Stay at
Residence Inn by Marriott
Country Club Plaza**
(Dinner Included)



**Limo Service
Joe B Limo**

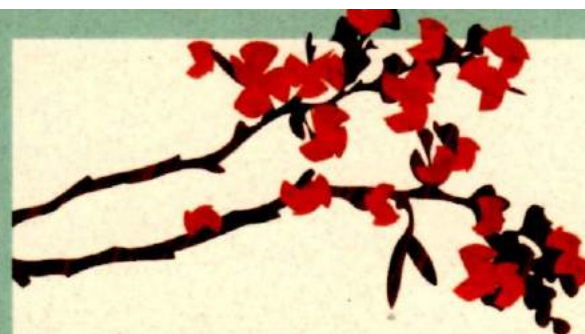
Proforma & Under Armor Swag & Much, Much More!

Catering by Coach's Bar & Grill

BYOB • Beer, Wine & Softdrinks Available

Music by Hanover Express - ALL MUSICIANS WELCOME!

Special Guest Bartenders: Amanda & Sammy



ED'S PRE-WAKE

(May 11, 1941-Nov 16, 2036)

16 Nov @ 1830
Coach's Bar & Grill
9089 W 135 Overland Park, KS

OPEN BAR

HEAVY HORS D'OEUVRE

IN LIEU OF FLOWERS...

WOUNDED WARRIOR PROJECT
CHECK FOR THE WOUNDED WARRIORS
RSVP: ED 816.616.6138

PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES



Thursday, October 22nd – Annual Give-A-Bear Fundraiser Auction - \$50 in advance; \$75 at the door. Contact Kevin York for more details.

Operation Give-A-Bear has given bears to over 26,000 kids, making their days brighter when they didn't have much reason to smile. You are invited to help us raise money to buy even more bears and bring more smiles to kids all around in Kansas City and surrounding areas.

Saturday, October 31st - KC FUN TROLLEY TOUR –departs from Union Station at noon promptly – lasts approx. 1 hr 45 min. – Cost \$20 per person – several seats still available.

Tour of KC - we had one last year and for those of us that could go - it was a blast! That was when the picture was taken of the presidential candidate, Rich Sirna.

We will meet at the Union Station - most of us got there early and met inside and got on the Trolley at noon. The ride is about 1 hour and 45 minutes and takes us around the city at points of interest. You can bring your cooler with your beer or sodas & snacks. The cost is \$20 per person. This will be billed on your next statement.

For those of you that would like to meet afterwards at the Italian restaurant Anthony's downtown for a great Italian dinner, we can go afterwards and have dinner together there. This will be your own expense - always fun - great food - not pricey.

Call Janet on her cell or text her 913-481-4663 to put you on the list.

Christmas Party Saturday, December 5th, 2015 – SAVE THE DATE

Congratulations to our Newly Elected 2016 Prospector's Board of Directors

| | |
|--------------------------|---|
| <i>President:</i> | <i>Rick Wolverton</i> |
| <i>VP:</i> | <i>Phil Giordano</i> |
| <i>Social:</i> | <i>Kathleen Cussen</i> |
| <i>Membership:</i> | <i>Keith Steiniger</i> |
| <i>Programs:</i> | <i>Dan Holk</i> |
| <i>Members at Large:</i> | <i>Kevin Boehringer Stephanie Cocherl</i> <i>Janine Terstriep</i> |

Secretary and Treasurer are appointed positions by the President.

Thank You for participating in this year's election process.



Do Not Duplicate

Let's Go ROYALS !!!!!!!

Prospector's Breakfast Club

Attendance and Thank You's Meeting Date:- Oct. 15, 2015

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

Adams, Linda

Airey, Douglas MIKE BROSEIT, Janet Stone

Ashurst, Chase & Amy Keith S., Jen S., Kevin Y., Alan H., Jeff M.,

Beckner, Pat

Bell, Jim

Belzer, Dan Alan Goodheart, Alan Herford, Rick Woberton, Keith Steinger, Jim Bell

Boehringer, Kevin SIRNA, BROWN, VIVEK, DOUGLAS, STEINGER
Keith

Bovard, Zach

Brosseit, Mike

Brown, Erin Janet, Janine, Linda, Alan H., Keith, Shari, Das, Mike Darby, Matt Phar, Chris Pickering, Sean Felton

Cocherl, Stephanie Alan Brown, Mike Darby, Julie, Montko, Rod Foster, Janice T, Keith Steinger, Alan Herford, Rick Woberton, Mike Brosseit, Matt Phar, Phil G, Linda Adams, Das + Cindy

Cussen, Kathleen Jeff, Phil, Rick, Erin, Stephanie, Kevin Cliff

Darby, Mike Linda Adams, Erin Brown, Stephanie C, Ken Eidson, Rod Foster, Phil Groves, Ed Hinkus, Jeff Morgan, Keith Steinger, Jane Trebst, Rick Woberton, Kevin York

Dayal, Vivek

Douglas, Kyle

Eckinger, Bill

Eidson, Ken Mike Darby

Emerson, Bill

Felton, Dr. Sean JFK, Mike Kullott, Janet Stone, Rick Cunningham, Ann Wilkinson

Foster, Rod Stephanie Cochert, Das Hardin, Mike Darby

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

- Flessner, Dave LINDA Adams, Kathleen Cursey, Keith Steiniger
Alan Goodheart, Sean Felton
- Giordano, Phil Mike D, Mike M, Sherrin M, Kathleen C, Kevin Y
Keith S, Jeff M, JFK
- Goodheart, Alan HIROY, BECKNER, CUNNINGHAM, DOUGLAS,
EDSON, PICKERING,
- Goodheart, Bruce _____
- Hardin, Das _____
- Hawkins, Darryl KEITH S. KEVIN Y. RICK W
- Heriford, Alan _____
- Holk, Dan _____
- Holland, Ed _____
- Hutchison, Ed ALAN + ALAN, KEITH, KEN, PAT, Rick
MIKE D
- Kennedy, John F. Mike Mellott, Keith Steiniger, Linda Adams, Phil G, DR Sean
Rick Cunningham, Kevin YORK, JANINE.
- Kopplin, Mike _____
- Mellott, Mike JFK, Giordano, Simon, Felton, Webb, Stone, Darby, Morgan, York
- Morgan, Jeff Mike Darby, Kathleen Cursey
- Mortko, Sheri Rick, Keith, Alan + Alec H, Felici, Linda, Janet, Janine,
ERIN, JEN
- O'Bryan, Cliff _____
- Oettmeier, Dr. Bert _____
- Phar, Matt Zach, Jim, Alan H, Alan G, Rick, Das, Erin, Keith, Kevin
Chris P, Mike D, Rich S
- Pickering, Chris _____
- Rapp, Bryan _____
- Runyan, Joe _____
- Ryan, Pat _____

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

____ Shelton, Jennifer _____

Sirna, Richard *Sharon Hunter, Cochran, Foster, Carl Ten, Mark White, Bob Ed, Ferguson, Carson, Darby, Susan, Bradley*
____ Spencer, Neil _____

Steiniger, Keith *Wolverton, Darby, Henford, Phar, Mortko, Giordano, Brown, Kennedy, Boehringer, Eison, Shelton, Will Kirsner, Webb, Hutchinson*
 Stone, Janet *Doug H., Ed, Janine, Linda, Sheri, Fran, Ed, Mike D., Mike M., Dennis, A. Sean, Rich S.*
____ Terstriep, Janine *Janet, Linda, Sheri, Erin, Stephanie, Alan H. Neil S, Mike Darby, Kevin & Keith*
____ Trondson, Chad _____

Twigg, Brad *Chris P.; Keith S.*

Webb, Tyler *Keith Steiniger, Mike Mellott*

____ Wilkinson, Ann _____

____ Williamson, Beverly _____

Wolverton, Rick *DAN B., ALAN H. KEITH S., JERRY W. ALAN W. DARYL H. JIM BELL*

York, Kevin *CHASE, MIKE B, MIKE D, MIKE M, RICH S, JAMES, MATT P, ALAN G, RON E, JENN, KEITH S, JANET S, DARRY, ANN W,*

GUESTS

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