



## Weekly Newsletter

*"There is Strength in Our Numbers."*

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

**January 19, 2017**



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

### SPEAKERS SCHEDULE

See Page 2

### THANK YOU'S

See Pages 7-9

## Having a Healthier, Happier, More Productive Life Starts with Your Mind, Body, and Spirit

I don't think we've ever done something quite as inspiring, but then again, we've never had such an informative group to hold our first *Prospectors Health Forum* like we encountered last week. We are all modern day pioneers, some have a "mad scientist" status. If it was easy for us to do all that we do every week, then everyone would be doing it.

We began the discussion with a simple and direct question – "How you doin'?"

And our panel discussion was off and running. You had experts that helped us cover how to make us all healthier and stronger – in body, mind, and spirit. We had **Jennifer Shelton (Coach Jen) of Jennifer Shelton Balance** lending strength support, **Leigh Wagner of KU Integrative Medicine** sharing sustenance and nutritional support, **Sean Felton of Felton Chiropractic** talking about your body's structural support, and **Sheri Mortko of Live Like You Mean It Life Coaching** acting as moderator, facilitating the discussion, and sharing the importance that spiritual support plays in your health and well-being.

We started with a room of healthy people. Or are we all as healthy as we can be? Think we all know the answer. Are we all doing something to permeate this? No, we all need to get and stay stronger in all three ways.

Our search for answers came in the form of several questions posed to the group.

The first was – **What's the health concern that you would stand at the street corner about, on a box with a megaphone? What would you say?** Sean said everything you do tilts the needle. You have a choice to either go down the healthy road, or the unhealthy road. Leigh thought for a moment, and said "Eat what your

grandparents ate. Try to keep it simple." Sheri told us it doesn't matter what we do – just do something!

Next – **What is a struggle or problem that people routinely come to you with?** Leigh's issue she deals with may be most obvious – a struggle a lot of us deal with. Trying to stay on focus eating healthy and maintaining our weight. That pairs so well with Jen's focus – her clients want to be thinner and better motivated to get there. Jen provides that motivation to get to the top of the mountain. Sean has a different vibe he picks up when someone feels the rhythm of their body is out of whack. He knows it may be an acute issue now, but if left untreated over time, it can easily become a chronic issue. Sheri looks at someone's problem and she sees a pain of a different kind. They need something to be changed in how they do things, in how they think. She helps them create a new vision. A path to take and reach a better place.

*Cont'd Page 3-4 .....*



## 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 Stephanie Cocherl, our Membership Chairman a call at 913-266-9314 or email at [scocherl@fnbk.com](mailto:scocherl@fnbk.com) before you visit our group so we can make sure there are no category conflicts with our current members.

**Jan. 19 – Speaker to Be Announced at Deer Creek CC.**

**Jan. 26 – Jeremy Stein of Stein Financial Services at Deer Creek CC.**

**Feb. 2 – TBA**

**Feb. 9 - TBA**

## ***SNOW POLICY REMINDER***

As we are now in winter, reminding you that if they call school off for the Shawnee Mission School District #512 on a scheduled Thursday meeting, then we WILL NOT have a breakfast meeting that day. (Stay tuned this Thursday folks.)

Be sure to check with your local TV stations or listen to radio, or go to <http://www.smsd.org/> for the latest news.

### Trivia Question:-

Who said the famous quote “Give me Liberty or give me Death!” ?



### QUOTE OF THE WEEK



**Capturing the moment on your smart phone will never be as good as actually living the moment.**

**If you road the Orient Express starting in Istanbul, Turkey, you would end your ride in Paris, France.**

### **Con't. From Page 1.....**

When you talk to them further getting deeper into their lives and thoughts, we found that everyone wants something different than what they have. We suddenly discovered this body / mind conundrum. Sheri used the analogy of our body being like a computer. When it is new and young, it runs great, but over time it starts to age, has garbage going into its system, and catches a few “viruses”. Eventually it slows down, and it tells you it needs to be “upgraded”. Leigh took her focus directly to our core – our digestive tract – our gut. The first line of defense is to be aware of issues you are having. Pay good attention to your body. Jen shared that people are scared of change. Many are taking care of family in their lives (some kids, some aging parents), and they're not paying attention to themselves. Sean tells us that it's all

connected. Your body can control and maintain itself if you give it the nutrition and exercise it needs to adapt.

**So what is a path forward we can look forward and see light at the end of the tunnel?** Jen says we have to slow down and take it one step at a time. You need to take a snapshot of this year vs. last year – are you healthier now than you were? You need to begin formulating a plan of action. This applies to each of our speakers. Leigh says she sees that the ones that are most successful in changing their habits are those that are most honest with themselves. Sheri pointed out the importance of having a family member, spouse, or friend that are good sources to vent your frustrations, but you may need more help and direction. Find someone that will keep you on track. Get on it and stay on it. And Sean added to not compare yourself to others. Do what's right for YOU.

So we heard a huge abundance of ideas and suggestions to help us become healthier in mind, body, and spirit. **What do we do now? What is a good first step that we need to take?** Quite simply, Leigh says "eat more plants – either fresh or frozen." Jen suggests getting some form of a fitness tracker like a FitBit. It tells you how many steps you've taken today and tells you to get up off your butt and move a little. It will make you more accountable. And you should add a variety of exercise, yoga, and just walking to give you variety so you won't get bored. Sean simply says "BREATHE". In and out. Concentrate on it, and listen to your heart beat. Sheri concluded by suggesting to learn how to think about what you are thinking. A book she recommended was "What to Say When You Talk to Yourself" by Shad Helmstetter. A great way to gain more focus on your thoughts is by being part of a Mastermind Group. This can match you with other like-minded business entrepreneurs and advisors that formulates an open discussion about what you are thinking and what's happening in your business. Suggestions come from those talks, and it is up to you to start their implementation.

Whew! A whirlwind of material and ideas were thrown our way by such a dedicated and caring group. Coach Jen, Leigh, Sean, and Sheri all deserve our thanks and gratitude. People would pay hundreds of dollars to attend a seminar conveyed the information they provided us for free. Make sure you let them know how much you enjoyed their presentation.

Chris P. ended the day by quite simply stating to take time, examine each of our lives, be aware of our surroundings and what we do to make our lives better, and take it one step at a time. Small successes lead to large rewards.

Thanks to all who helped make all our lives a bit healthier and happier.

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

### **Rye Studio Headshots Special - \$150 / \$100**

How long has it been since you've updated your headshot? Or for that matter, those employees that work for you? Think it's time to have a portrait that actually looks like YOU! Now is your chance. Have Chase and Amy Ashurst of The Rye Studio schedule a session for a special price of \$100 through end of January. Give them a call and set up your shoot.

### **PROSPECTOR EVENTS / NEWS / CHARITABLE CAUSES**

Jeremy Stein of Stein Financial Services said he is assisting those needing to make any changes in their insurance coverages for 2017. Now is the time to get this done. Deadlines are fast approaching. Contact Jeremy at 1-727-804-4576 or at the meeting.



***Our program schedule is open starting January 26<sup>th</sup>. If you have not had a chance to speak to the club since Spring 2016, or if you are new and have not presented yet, please contact Ann at [awilkinson@fnkb.com](mailto:awilkinson@fnkb.com). Remember to think of this as a chance to get your business showcased to 50 top business owners in the Kansas City area. What a great opportunity!***

***This year we will also have a very few special presenters to the club. If you have a special interest, community leaders you would like to hear, or other interests that you think would appeal to the club, please email Ann at [awilkinson@fnkb.com](mailto:awilkinson@fnkb.com) with your idea. Thank You.***

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### Prospector's Breakfast Club

Attendance and Thank You's Meeting Date:- Jan 12, 2017

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

Adams, Linda

Airey, Douglas Zach Balazs

Ashurst, Chase & Amy Ann W. Christ, Jen S., Amber S., Rick S., Erin P., Sean F.

Beckner, Pat Jim Bell, Chris P., Ken Eckman, Matt Phau

Bell, Jim Cliff O., Rick W., Stephanie C., Pat B. Charles P., Mike B. Zach B.

Belzer, Dan

Boehringer, Kevin BROSSEIT, SIRNA, HOLVINGTON

Bovard, Zach Phar, Steniger, Sewell, Airey, Biondino,

Brosseit, Mike

Brown, Erin Jeremy, Kathleen, Bryan, Dr. Felton, Chris Phelan, Alan H. Janine, Shari, Mike Darby, Brooke, Shaw, Matt Phau, Keith, Alan G, Chase + Amy,

Cocherl, Stephanie Janine, Chris P., Mike Darby, Matt Phau, Mike B., Dr. Felton, Dr. Tullig

Cunningham, Rick Leish W., Sean F.

Cussen, Kathleen Phil, Rick, Keith, Rick W, Leigh, Mike B., Alan G. Brooke, Baird, Mike Darby

Darby, Mike Linda Adams, Erin, Stephanie, Prospectors Board, Ken E, Pas i Cruz, Chris O, Coach Jenn, Brooke, Rick S, Keith

Dayal, Vivek Cliff O., Rick S., Dave F., Stephanie C.

Douglas, Kyle

Eckinger, Bill

Eidson, Ken Das Hardin, Alan Goodhart, Doug Amy, Ed Hitchman, Mike Darby, Rich Sirna, Mike Kopplin

Emerson, Bill

Felton, Dr. Sean

Foster, Rod

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

Flessner, Dave Chris Pickering, Sean Felton, Vivian Dayal, Chad T DeBek Hobbs

Giordano, Phil Rick S, Keith S, Sherrin M, Rick W, Sean F, Kathleen C, Alan H, Amber S, Janet S, Bert D, Doug A, Zack B

Goodheart, Alan Mortko Steiniger, Bell, Brown, Simpson, Cussen, Sirna, Wagner, Darby  
Goodheart, Bruce

Hardin, Das Mike P, Chris P, Alan H, Jan S, Ken E, Jim B, Rich S, Mike B, Matt R, Ed H  
Hawkins, Darryl

Heriford, Alan

Hipple, Vanesa

Hobbs, Derek Dave Flessner, Pat Beckner, Chris P. Clary

Holk, Dan

Holland, Ed

Hutchison, Ed Ken M, Jant Alsa

Kopplin, Mike Ken Sidman, Cassa Seay, Keith Steviger, Alan Herford, Chad S

Mortko, Sheri Rick, Alan H, Keith, Alan G, Erin, Amber, Janine, Jen, Sean, Leigh, Jim, CP, Rich, Phil, Kathleen, Bryan

O'Bryan, Cliff Amber S, Vivian Dayal, Jim Bell

Oettmeier, Dr. Bert

Phar, Matt Alan H, Amber S, Rick, Chris P, DAS, Erin B, Pat B, Jim B, Kevin V, Zach

Pickering, Chris HADOCHI, DARED, SPENCER, SIRNA, BUTKISOW, RAPP, TRC, TIERSREIT, STELTON, LOCKE, TULLO, GARDNER

Rapp, Bryan

Runyan, Joe

Ryan, Pat

Sewell, Amber Chase, Amy, Matt Phar, Rich Sirna, Shen Mortko, Jen Sheltin, Sean Felton, Cliff O'Bryan, Lach Board, Vanessa, Alan H, Erin Brown, Mike Brosseit, Keith Steiniger, Rick Wolverton, Phil Giordano, Neil Spencer, Ann Wilkinson

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

Shelton, Jennifer

Simpson, Brownie Mike Darby

Simpa, Richard Stevyn (Hemp) Mantilo Waygreen Cusser Gosselin  
~~David~~ Chris: Amy Brodyne Small Gohart (Balko)

Spencer, Neil MIKE DARBY, Sean Felton, Chris Pickering,  
Amel Sewell, Brownie Simpson, Rich Sima

Stein, Jeremy Erin Brown, Ty Webb

Steiniger, Keith Wolverton, Darby, Marko, Sewell, Goodheart, Phar, Brown, Sima  
Cusser, Tronson, Brosseitt, Giordano, Brown, Bell, Simpson

Stone, Janet Ann, Amber, Alan S., Brad, Janice, Kevin, Ted, Holland  
Marc, Heidi, Phil S., Sean Felton

Terstriep, Janine Rick W, Russ, Sheri, Jenn, Erin, Kevin, Sean  
Rod, Keith, Stephanie, Chris P.

Trondson, Chad

Twigg, Brad Chris P.; Erin, Leigh; Janet; Rick;

Wagner, Leigh Kathleen C, Sean F, Jen S., Mike B, Alan G, Sheri, Chris,  
~~Tyler W~~ Tyler W

Webb, Tyler

Wilkinson, Ann Chris Piakay, Amy, Char, Ashurst, Kyle Douglas, Phil G, Lisa  
Hall, Goodheart, Erin, Brian, Anton, Erik

Wolverton, Rick JANINE (2) KEITH SHERI ALAN H. PHIL KATHLEEN  
BURR MICOE MATT JIM B. STEPHANIE

York, Kevin

**GUESTS**

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