

The Mecklenburg Missile

Comin' Atcha

Kiwanis Club of Mecklenburg, Charlotte, Inc.

Organized August 5, 1952

P. O. Box 33573, Charlotte, NC 28233-3573

Missile Launcher: Bob Swanson

Meeting: Monday, February 7, 2011

Today's Program

Paula Guilfoyle, founder of Claim Your Best Life.



Paula's Mission Statement:

"Claim Your Best Life is a company devoted to improving employee and individual wellness by changing thought patterns and behavior to positively impact overall health.

"CYBL's focus helps employees 'feel good' about their work and their lives. Studies show that employees who feel positive about who they are and what they are doing have greater productivity, make healthier choices and improve their interactions at home and work. In short — they are happier."

In some respects, she could be considered a motivational speaker. But she approaches motivating via quite a unique method, focusing on both physical well-being and, as she puts it, "controlling your thoughts."

Quite a different viewpoint from most motivational speakers.

You will find it interesting to read her web site:

<http://www.ClaimYourBestLife.com>

A fascinating and thought-provoking program.

And, thanks to Past President Keri Brennan, we had a room-full of guests - and maybe prospective members.

FACEBOOK

Thanks to the generosity of our good friend, Scott Huffman, we now have a presence on this popular location. If you haven't seen it yet, take a look, and - preferably - indicate that you "like" it. This is undoubtedly only the beginning. If you like it, I'm sure it will be expanded many times over.

Your Kiwanis ID

(Or "Member Number") This is an identification number assigned by our International Office to each Kiwanian. It is 100% unique and will never change, nor will it ever be used for someone else. Sometimes it's requested on a form or ????. You can find yours along with your name in any of our website member directories, on the label of your copy of KIWANIS Magazine, by asking our Club Secretary, or any number of other ways.

Don't forget: you need username and password to access the website member directories:

Username: meckmbr

P/W: club03871

All letters must be lower case.

Next Meeting: Because Monday, February 21 is a holiday, we will meet, instead, on Monday, **February 28**. Scheduled speaker is Louis Foreman, founder and CEO of Enventys. Enventys is an integrated product design firm having offices in Charlotte, NC and Taiwan.

Points to Ponder for 2011:

10. When the smog lifts in Los Angeles, UCLA!
11. The professor discovered that his theory re earthquakes was on somewhat shaky ground.
12. When you last bought a battery, was it free of charge?

- -To be continued

Meets 12:00 Noon, 1st & 3rd Mondays: Crowne Plaza Charlotte Hotel - 201 S. McDowell St.

Web Site: <http://www.mecklenburgkiwanis.org>