

October 2006

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Quote of the Month

LITTLE KIDS ARE OUR MENTORS

Hi Everyone,

Children have always been major mentors for me. I'm over 40 years old and the best compliment a person can give to me is, "You're such a little kid!" At family parties, I always want to sit at the kids' table, be their center of attention, play their games, and be the favorite uncle.

For me, little kids are huge mentors because they can teach me what I most need to know and practice, which is to have more fun in life. I have plenty of serious adults all around me who want to have serious, adult, all-about-business conversations, so my personal growth and happiness don't require more of that. I need to lighten up. I need to be silly and irresponsible. I need to find fun and pleasure in simple things. Little kids know how to do that, and they do it naturally.



Winn Claybaugh with some of his favorite mentors—nieces, nephews, and godchildren

Kids are brilliant at finding people to play with—they'll go up to a total stranger and say, "Hi! Wanna be my friend?" They can also teach us valuable lessons about very adult experiences, such as disease and dying. One of my favorite mentors, Gerald Jampolsky, outlined some of those lessons in his book, *Teach Only Love*, which had a huge impact on me.

A Be Nice Or Else! Recommendation



Teach Only Love by Gerald Jampolsky



This month's newsletter is all about choosing kids to be your mentors. Now, here's where it gets monumental: When you spend time with little kids, don't drag them into your world; lose yourself in their world. Don't force them to sit still in a formal restaurant and act like proper young ladies or gentlemen; let them drag you outside the restaurant to run around on the grass and play whatever silly game they invent. Little kids can be some of your best mentors—if you choose to learn from them!

Thanks for helping me live my fantasy of spreading this BE NICE message and giving nice people a voice.

XOXO, Winn

Be Nice (Or Else!) *The Newsletter!*

And from the BeNiceOrElse.com Audio Archives: LEEZA GIBBONS

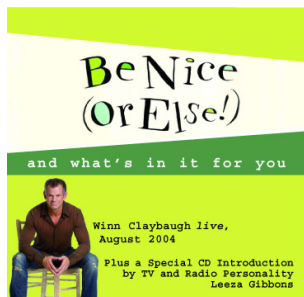
Meet the nicest woman in Hollywood and the founder of Leeza's Place, a safe setting for people with memory disorders and their caregivers.

Listen at:

www.beniceorelse.com/newsletter/audio/October2004.html

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And on
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Featured Article
How To Be Nice To The Elderly

www.beniceorelse.com/pages/article10.html

Monthly Audio Message

Ellen Bobrow, regional vice president for hair care giant Paul Mitchell products, is a passionate volunteer for the Hole in the Wall Gang Camp in northeastern Connecticut. Working with her local distributor, salons, and the Paul Mitchell company, Ellen launched a fundraising campaign that raised \$250,000 in three years. "We created the Hope Kit, which contained two products for \$12.50," Ellen explained. Hairdressers across Connecticut sold the kits, and \$10 from every kit went straight to the camp.



Ellen first heard about the camp after her brother-in-law died from brain cancer. "People started sending us donations," she recalls, "and one was to the Hole in the Wall Gang Camp. It really caught my attention; I've been volunteering there ever since."



Founded by actor Paul Newman, the Hole in the Wall Gang Camp provides a free summer camping experience for more than 1,000 children with cancer and other life-threatening illnesses, while extending year-round support to their families and health care providers.

"Seeing what these children go through every day is something we can all learn from," Ellen says. "What these kids have experienced in their lifetimes, most adults have never experienced. They push themselves through their sickness. They're not afraid. I think if most adults could take lessons from these kids, the world would be a better place."

Listen to Ellen Bobrow's MASTERS interview and learn more about the Hole in the Wall Gang Camp, where seriously ill children find hope and joy. Go to: www.beniceorelse.com/newsletter/audio/October2006.html

To learn more about the Hole in the Wall Gang Camp, contact:
The Hole in the Wall Gang Camp
565 Ashford Center Road
Ashford, CT 06278
860.429.3444
www.holeinthewallgang.org

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Be Nice (Or Else!) *The Newsletter!*

Winn Claybaugh
Featured on



HappyNews.com is an online magazine featuring ONLY happy news. Check out their article about Winn!

www.happynews.com/news/9272006/one-nice-thing-features-winn-claybaugh.htm



"A famous swami once told me years ago that someone who's nice always gains . . . Winn Claybaugh is a remarkable guy and one of the best motivational speakers in the country. In this terrific work, he brings you easy-to-use concepts that could bring interesting rewards."
— **Larry King**, from the foreword of *Be Nice (Or Else!)*

People Profile



Brooke Williams loves the ocean, cats, gymnastics, soccer, and her second-grade classmates. One of the happiest children you'll ever meet, the adorable seven-year-old was recently diagnosed with a fast-growing and inoperable tumor that has wrapped itself around her brain stem.

As Brooke battles her way through a six-week round of daily radiation treatments, her story is bringing out the niceness in everyone who hears it. Although the family hasn't asked for help, friends and neighbors are helping in countless ways. One friend established a fund to help with the skyrocketing medical bills. Another friend is setting up a Web site where Brooke's artwork can be purchased.

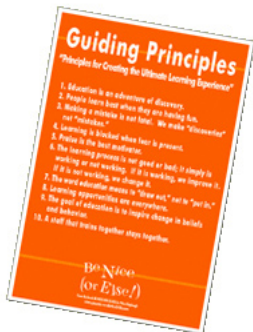
In the tiny town of Perryville, Missouri, where Brooke and her family live, the Perry Park Center is hosting a party for Brooke and the 140 second graders from her school, complete with Brooke's favorite foods, a first-run movie, swimming, and games. The Make-A-Wish Foundation has offered to grant Brooke a wish; she wants to go to the ocean. And her name is on prayer lists around the world.

"The people at the school have been incredibly wonderful to our family," says Brooke's grandmother, Caroline Young. "The warmth and support we've received from this small community is so much more than you'd ever find in a city. People here really care. They are just reaching out to us."

While Brooke's family and friends continue to pray for a miracle, they feel they've already received one in the outpouring of love that's been shown to them. Even as she struggles for her life, this precious little nice-mentor has inspired kindness in people she's never even met.



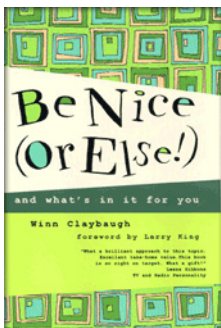
Be Nice (Or Else!) *The Newsletter!*



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Be Nice (Or Else!) identifies the factors that keep people from being nice— and how to overcome them. www.beniceorelse.com/pages/book.html

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Do Something!

LESSONS FROM CHILDREN

By Melissa Yamaguchi, Motivational Speaker



As a feng shui instructor, I teach the ancient Chinese art of placement. I am also the mother of two young children, and their wonderment never ceases to amaze me.

One day, my daughter had left her room a total mess. "Seiji," I said, "this will be the third time I've asked you to clean your room! Have you forgotten? If you don't have it done, I'm going to get upset!"

Her retort? "Mom, what happened to all that positive energy you talk about?" Talk about whiplash!

For all the cute "Kids Say the Darnedest Things" quotes, the truth of the matter is that children have an innate ability to handle conflict. Witness one conversation I overheard at my son Nobu's preschool playground, when one child took too long on the swing:

"Evan, you can't take so long because Santa won't come to see you if you don't share! And anyway, your bottom will hurt." Great advice, right?

This method of handling conflict should serve as a communications tool for us all:

1. Talk about the issue the minute it happens. (No festering.)
2. Tell the culprit you are not happy about it and insist that it not happen again. (Explain why.)
3. Say thank you when he complies. (Hug if you're comfortable.)
4. Invite him to play on the swing.

Sound too simplistic? Adult conflicts are oftentimes too harsh, too hurtful, too unforgiving. We allow our egos to get in the way, our pride to rule our conversation, and our anger to control our thoughts. I believe that if we approach each issue with honesty and as quickly as we're able, the opportunity to work things out for the better will present itself. The solution may not be playschool-worthy, but the path to an answer will be less riddled with anxiety and pain. Now, that's positive energy.

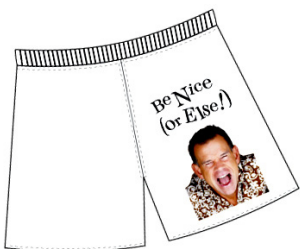
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Corporate Corner ONSITE DAYCARE

At A Robert Cromeans Harbor Club Salon in downtown San Diego, every day is "bring your kids to work day." That's because the company's flagship salon offers its employees free onsite daycare during all business hours. Salon owners Robert and Margaret Cromeans started the center about ten years ago. They consider it a crucial part of their employee benefit package—just as important as health insurance.



(in photo) Reed and Monagahn Cromean

Salon director Sue Passman, whose daughter Chloe attends the center, says, "This takes the struggle off of finding good day care. It lets you have your career, your life, and your child as well. You don't have to choose between your career and your family here." Sue also notes that the daycare center and the presence of children inspires the entire staff. "Even staff members who don't have kids go back and say hi."

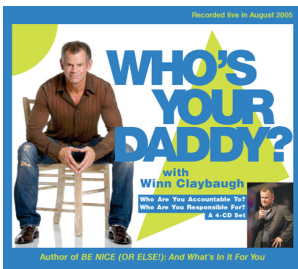
When Lesley Dedicatoria started working at the front desk a month ago, she was pleasantly surprised to find out she could bring her four-month-old son Ezra to the daycare center. "It saves me a lot of time because he's in the same building as I am," Lesley says. "I can check on him anytime I want to. If there's a problem, they can give me a call. I have not heard of this happening anywhere else."

Daycare director Alexis Ingram worked at a Christian preschool for 15 years before joining the Robert Cromeans team three years ago. "I love the daycare center," she says. "Having the moms close by is the greatest, especially the new moms with first-time babies. They're welcome any time of the day. They can eat lunch with them, take the kids out, have lunch in a different area of the salon. It's too bad more companies don't have this."

Be Nice (Or Else!) The Newsletter!

We'd love to hear your comments, suggestions, and stories! Send them to editor@beniceorelse.com

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A BE NICE Story

Do you have a BE NICE story to share? Send it to editor@BeNiceOrElse.com

If it appears in the newsletter, you'll receive a BE NICE T-shirt and CD!



Dear Winn,

I recently had the greatest pleasure of hearing you speak at the Directors of Operations Summit for Fuddruckers in Austin, Texas. I consider myself a nice person to begin with, but after listening to you, I know I have a long way to go!

The point of this letter is not me, but something my four-year-old daughter Devin said to me. I was telling her all about Thanksgiving—getting together with family and being thankful for what we have. I was sure she didn't quite grasp the concept but she is now talking about when we will all get together for "Nice-giving." Of course, being the mom, I immediately started to correct her, but then I thought, how appropriate. "Nice-giving." Kind of has a nice ring to it.

Devin taught me something today. I couldn't ask for a better mentor.

All the best,

Liz Dawson
Director of Operations, Fuddruckers

Quote of the Month

"Women gather together to wear silly hats, eat dainty food, and forget how unresponsive their husbands are. Men gather to talk sports, eat heavy food, and forget how demanding their wives are. Only where children gather is there any real chance of fun."

— **Mignon McLaughlin, *The Neurotic's Notebook*, 1960**

Winn Claybaugh's *Be Nice (Or Else!) The Newsletter!*
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