

Dear TOPS Friends-April News

It was so fun to have each and every one that came to the "Spring Flings" Going Hawaiian!!! Every one said they had a good time and learned something new: One was not having food during weigh-in; they thought it was just in the meetings. Another one was listing chapter meeting information and Leader's(or designated chapter contact person's) name, address, and phone number with the local Chamber of Commerce, Welcome Wagon, and Library each year. These are just to name a few that I heard. I do hope that next year we can get more to come, at least someone from every chapter. But we did have a very good turnout; In Springfield we had about 60, #MO1098 won first place for having eight members and #MO0320 came in second and in Lebanon we had about 60, #MO1002 won first place for having 10 members and #0543 came in second. I want to thank each and everyone that came. And a special thank you to #MO1098, Springfield and #MO1164, Lebanon for hosting them. A special thank you to Cheryl Tucker from #MO1173, Springfield for doing some hula dances for us, and trying to show Randy and I how to, but I think we need a lot more practice. She did a wonderful job!!! I hope all went home and shared with the rest of your group what they missed.

I hope everyone is doing well with the challenge of keeping in the black for the end of the month. If we all try and do this we will be following our dreams to goal!!!

Our theme for Fall Rally is the Olympics with Follow your Dreams!!! And will be at the Oasis in Springfield on November 6th 2010. You will be getting more details later on. So mark your calendars and get ready to "Follow Your Dreams"!!! "Go confidently in the direction of your dreams"!!!

I want to thank each and everyone that took an office this year; I look forward to working with you and losing weight with you. If there is anything I can do, please don't hesitate to ask me. I am here for you. (417) 654-2430 or email cjgaylord@live.com . THANK YOU!!!

Congratulations' April KOPS:

#MO0326, Springfield, Esther Israel – 8 consecutive yrs. 04/24/10

#MO0468, Branson, Bessie Hume – 6 consecutive yrs. 04/19/10

#MO0924, West Plains, Bernice Barnett – 7 consecutive yrs. 04/21/10

#MO0924, West Plains, Pauline Hensley – 3 consecutive yrs. 04/09/10

#MO0945, Lebanon, Florence Small – 2 consecutive yrs. 04/23/10

#MO1055, Hartville, Janet Elmer – 12 consecutive yrs. 04/28/10

#MO1173, Springfield, Judy Ferguson – 1 consecutive yrs. 04/03/10

Keep up the great work!!! And if I have left anyone out please let me know.

Two more tips that control your appetite:

1. Getting enough calories – make sure you're not under eating or you'll get hungry again right away or over eat later.
2. Resolving emotional issues – fixing the causes of emotional hunger stops you turning to food for comfort.

You should have all received packets for SRD, so watch the deadlines and if you know now how many are going, don't wait, send them in now.

Don't forget to let me know about those "no gain meetings"; they are a great step to reaching our goals. I hope each of you are still keeping that "bunny brain feeling "front and center, so that we can achieve being in the black each month. Also there is the "Cut and Burn" that Barb Cadey challenged us with, cut a 100 calories and burn a 100 calories each day of what you normally do and you will be in the black each week. I am so excide to see what we can do!!!

Have a great month and you know where to find me!!!

Hugs & Smiles,

Claudia Gaylord- Area Captain ☺