



Dear Chapter Members

I hope you all enjoyed Spring Fling! I have had a few e-mails saying they really had a good time and looking forward to going back to chapters and passing along what they learned or already knew but needed to hear it again.

I am looking forward to the next event, SRD. I hope many of you are busy making plans to go. I hope to see a representative from each chapter there. Many of the chapters are raising money to pay for as much of the expense as they can so members will not feel a hardship. Isn't this a good idea? I am sure those members, who have this opportunity, go and get so much more from the activities and lectures. SRD has so much to offer its members. A chance to meet members from other chapters and exchange phone numbers and ideas they might be using in there weight loss or ideas to use in chapter meetings.

The grand ending is awesome. The different divisions are recognized. The crowning of the MO. State King and Queen. We get to watch so much it sometimes is hard to take it all in so

you go back to chapters and let them know, what happen and how you want to go back next year.

Be watching for information on Fall Rally. The contest has been decided and we are getting a place to have North Mo. Fall Rally. I am planning on having it in Cameron. I just am not sure the Community of Christ Church can hold everyone.

I am waiting to hear some good news from chapters so I can include it in my newsletter.

I think it is a good program when you have a tasting at your chapter meeting. Some of the receipts look good. I think this way you can have new food introduced to your taste buds, without going out and doing the shopping and bring it home and then preparing it and finding out you do not like it. This way it is a tasting surprise. Let me know if you are doing this at your chapter and what the results are? Remember, it is only a taste or a sample of that food and not a full serving for each member. A good measure is to serve it in the plastic medicine cups.

Are you having a successful contest on weight loss let me know and I can include it in the newsletter for next month. I am sure there are chapters that need to get new ideas.

Let's make our weight recorders and ourselves happy at showing in the black at the end of April. If we can do it then we

can do it each month. It just takes making up our mind to just say NO to the foods that we know are very high in salt and calories.

I am going to do my very best to visit all chapters in the month of June with a program and a happy face. These visits will all be after SRD. We will have a lot to talk about. I hope to present information about 10-16-10. I am trying to get something together and surprise Randy. Something we all can do together. And he can watch. I think this will be fun. Some of you have already been ask as to what you think of us doing something as a big group

Until my next letter I would like you to think about not drinking any soda (diet or regular) this is something I am trying to do. I want to hear from you. All chapters have my address so let me know by land or e-mail. And I will let you know what I have done. Maybe next month you can challenge me. Lets give this a try.

Hugs,

Jeanie