

TOPS NEWS LETTER
NOVEMBER 2011.

Happy Thanksgiving to each and everyone.

During this season of family and friends, may your Thanksgiving be filled with a bounty of blessings and memories that you will treasure always. Hope your Thanksgiving Day is a day of love and a special time to feel richly blessed, abundantly happy, and deeply thankful.

T—is for our thank fullness for joys and blessings.

H—is for our homes so warm and bright.

A—is for Autumn, time for harvest and abundance.

N—is for nature's beauty and delight.

K—is for the kitchens, where good food is cooked with love.

S—is for spicy fragrances in the air.

G—is for the gathering of family and friends.

I—is for the inheritance we share.

V—is for the vision that the Pilgrims held so dear.

I—is for high ideals in all they planned.

N—is for our native country brave, great and free

G—is for Gods great goodness to our land.

I have many things to be Thankful for. My health, family, friends and all you TOPS members, for your support, friendships and your willingness to help and cooperation in all our adventures. Thank You.

One of our members E-mail the following to me and thought it might be helpful to all the members.

Just for today—I will stay on my healthy foods plan.

Just for today—I will write down everything I eat.

Just for today—I will count calories and measure my foods.

Just for today—I will busy myself during my difficult times.

Just for today—I will take the time to think about what I do before I do it.

Just for today—I will be in control of the emotions that sends me into the kitchen time and time again, searching for something that isn't there.

Just for today—I will act like the intelligent person that I am, realizing that I am not perfect and that I can fail without the world coming to an end.

AND IF I FAIL?.....

Well just for today—I will pickup the pieces and try again

Hope everyone will be spending some time with family and friends during the Thanksgiving Holidays.