

October 6, 2011

Hi one and all,

Seems like the weather patterns are starting to change. This is a good time for each of us to find renewed enthusiasm (if needed) and make the good, healthy choices in eating and exercising. I like the crisp fall weather , the good soups, brisk walks,etc. Thank you all for coming to the Fall Rally. It was good to see all the friendly TOPS faces. Thank you to chapter 10 and Verna Wasserman, who led us in the singing and played the mandolin. They really added to the fun. That was fun to see them on Channel 8 news that evening. Thank you to Chapter 278 for registering and welcoming everyone. Thank you to Chapter 756 for overseeing the luncheon. I've heard from several that they really enjoyed the luncheon and time to visit. The salads were delicious and it was nice to share recipes. Thank you to Chapter 518 for selling the raffle tickets. The baskets were super and you all were very creative too. This was a fun addition also. Thank you to those members who stayed to help get the room back in order. I really appreciate the help.

Wasn't our speaker wonderful and so inspiring and she shared many tips that had helped her to lose over 150 pounds? Seeing her success helped us to know it is possible and it does take commitment and discipline. It sure does help to know that we are not alone in our quest for a healthier weight (our TOPS friends are there to encourage us).

I hope to be visiting you chapter meetings this fall. The area captain is to visit each chapter at least once per year. It is enjoyable to visit and thanks for welcoming me too. Give me a call (402-438-6363) if you have a certain date in mind. I have the Tops program to share and will be glad to answer questions or find information for you.

Yours in TOPS,

Joan Leitner