

# Elaine's Chatter

April 2011



## OH, YES I CAN!

I was sitting in the Doctor's office, reading a magazine, waiting for my turn to see the Doc, when I came across an ad for a drug company. These words leaped off the page at me..."OH, YES I CAN!" I do not even remember anything else on that page but that bold statement. This has become my new battle cry! "OH, YES I CAN!" I not only can, but I will, get the rest of this weight off! If not this year, then the next! Will you all join me in making this your battle cry too? We are already into the fourth month of 2011, what are you doing to proceed toward your goal? Have you made a plan? Have you set a goal for yourself this year? What do you want to accomplish? We must make plans to succeed. I hope that you will let me know if you have made plans to succeed and have made..."OH, YES I CAN", your battle cry too! I want you all to know that I care and I believe in you! You can email me at [ke.luce@att.net](mailto:ke.luce@att.net) with your commitment...remember, I care! I'm waiting to hear from you!

Goals are the fuel in the furnace of achievement.  
**Brian Tracy**



"Wings of Change"

2011 Texas SRD

We had a wonderful time at SRD! It is hard to say what I enjoyed the most. Being with all my Texas TOPS family is always such a joyful time for me. The success stories of each division and contest winner are always so touching, especially when they happen to be the success stories of members from the great San Antonio Area!

I want to say congratulations to the following members from our area who worked hard in 2010 to accomplish their dream. I want you all to know just how happy I am for each of you. You make me so proud to be your Area Captain.

**Male**

**Division 1**

1st place - David Luce, TX 1454 Pleasanton, lost 41  
pounds

**Division 2**

2nd place - William Kennedy, TX 1603 Kerrville, lost 37  
pounds

**Female**

**Division 4**

2nd place - Glenda Truax, TX 1897 Bracketville, lost 40  
pounds

**Division 5**

2nd place - Elizabeth Brandt, TX 1456 Hondo, lost 23.5  
pounds

**Women's Greatest Improvement**

**Division 1**

1st place - Dori Schwartz, TX 1734 San Antonio

**Division 2**

2nd place - Katherine Littleton, TX 1734 San Antonio

**KOPS Charm & Beauty**

**Division 1**

2nd place - Joan Harclerode, TX 1734 San Antonio

**Division 2**

1st place - Laura Hanselman, TX 1235 San Antonio

2nd place - Andrea O'Bannon, TX 1734 San Antonio

**Century Club**

3-year alumni, Marilyn Eldridge, TX 360 Randolph AFB

2-year alumni, Elaine Luce, TX 1454 Pleasanton

Two new inductees:

Tricia Kilian, TX 334 San Antonio

Kat Hanselman, TX 1235 San Antonio

**Best Average Weight Loss Chapter**

TX 1456 Hondo, 21.36 pounds per member

**KOPS AWARDS**

10-year consecutive KOPS, Ellen Kilian, TX 334 San Antonio

10-year consecutive KOPS, Connie Kirkpatrick, TX 334 San Antonio

5-year consecutive KOPS, Barbara Tyler, TX 360 Randolph AFB

5-year consecutive KOPS, Linda Gorham, TX 360 Randolph AFB

5-year consecutive KOPS, Nina Jones, TX 360 Randolph AFB

**2011 Graduates**

Valerie Bedell, TX 334 San Antonio

Elizabeth Brandt, TX 1456 Hondo

Laura "Kat" Hanselman, TX 1235 San Antonio

Janet Harding, TX 360 Randolph AFB

Richard Merker, TX 334 San Antonio

Cathy Newman, TX 1456 Hondo

*That some achieve great success, is proof to all that others can achieve it as well.*

*Abraham Lincoln*

I hope I have not missed anyone in this list of winners and award recipients. If you find that I have, please, please, email me at [ke.luce@att.net](mailto:ke.luce@att.net) so that I can include them in next month's newsletter. I want everyone to receive recognition for his or her accomplishments.

**APRIL'S MONTHLY ROAD SIGN**



**"CROSSWALK"**

**WALKING FOR EXERCISE IS THE FIRST STEP TO GREAT RESULTS**

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**"The road to success is always under construction"**

**Lily Tomlin**

Love you all bunches,

**Elaine**