

Elaine's Chatter

November 2011

Greetings San Antonio Area TOPS,

We are nearing the halfway point of our 2011-12 Road to Success Journey. I trust that your road trip so far, has been chock-full of fun and excitement along the way. Are you looking forward to what the New Year brings on the second half of the journey?

Where do you want 2012 to take you on the "Road to Success?" Do you want to reach KOPS? Lose ten...twenty...thirty pounds? Are you willing to make the necessary plans to assure that your road trip is successful and rewarding?

We have two holidays ahead of us that we need to pay close attention too, Thanksgiving and Christmas. These wonderful days of celebration with our families can set us back on our road trip if we do not make careful plans on how to make them days of celebration, without becoming days of overindulgence and feasting on unhealthy food.

Reach Out for Success...

2012 San Antonio Area Theme & contest

I have been getting a lot of positive feedback about our area theme and contest for 2012. This is going to be a lot of fun and I can hardly wait to hear the progress reports on your new members. Remember, please take before pictures of your new pseudo member, and create a profile (brief story) with name, why he/she joined TOPS, then send it to me. I will be featuring, from time to time, our new members in my monthly newsletters. Next month I will send out a special weight chart to each chapter to use for the pseudo member contest. ***This contest runs from the first meeting in January 2012 until the last weigh-in of September 2012.***



A date to remember...

Leadership Workshop January 21, 2012
Florence, Texas

This will be a joint workshop with Austin/Killeen Areas. Please...please make plans to be there. This highly important

meeting is required by TOPS headquarters for Field Staff to present to all chapter leadership (officers).



Thanksgiving Friends

Thanksgiving is a time
For reviewing what we treasure,
The people we hold dear,
Who give us so much pleasure.
Without you as my friend,
Life would be a bore;
Having you in my life
Is what I'm thankful for.
- Joanna Fuchs -

I truly, truly treasure each one of you, my dear friends, with all my heart! I consider myself highly blessed with such wonderful friends. You all mean so much to me. Wishing for each of you a happy, blessed, and safe Thanksgiving.

Love you...love you...love you,



I give Thee Thanks...

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.
Ralph Waldo Emerson