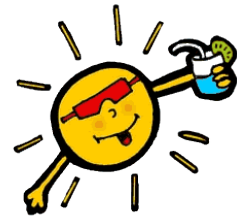


HI EVERYONE



HERE IT IS JUNE AND ALREADY SO HOT MOST OF US DON'T DO ANYTHING BUT TRY TO STAY COOL. IT CUTS INTO OUR WALKING UNLESS YOU ARE ONE OF THOSE THAT GETS UP REALLY EARLY! I AM NOT ONE OF THOSE! I HOPE MOST OF YA'LL ARE BETTER THEN ME ABOUT DOING ANY EXERCISE!

I AM VERY LATE IN CONGRADULATING ALL OF YOU "NEW" OFFICERS. I KNOW YA'LL ARE DOING A GREAT JOB. SOME OF YOU HAVE NEVER BEEN AN OFFICER BEFORE AND SOME OF YOU HAVE BEEN ONE SEVERAL TIMES. THOSE OF YOU THAT ARE REALLY NEW TO THE JOB, WELCOME. THOSE OF YOU THAT ARE "REPEATERS" WELCOME. PLEASE LET ME KNOW IF YOU HAVE ANY PROBLEMS OR NEED ANYTHING.



I STILL HAVE A LOT OF YOU TO VISIT TO PRESENT THE PROGRAM FROM HEADQUARTERS. I PLAN ON GETTING TO YOU ALL BUT IT WILL BE LATER THIS SUMMER. I WILL BE ON VACATION FROM JULY 1ST TO JULY 15TH. MY HUSBAND AND I ARE GOING TO MONTANA WITH OUR SON AND HIS FAMILY . I AM HOPING IT WILL BE A LITTLE BIT COOLER!

HAVE YOU BEEN ENJOYING THE ROAD TRIP? I LOOK FORWARD TO SEEING ALL OF THE BUSES AND HOW FAR YOU HAVE TRAVELED WHEN I COME VISIT. DO ANY OF YOU REMEMBER FLAT SALLY? SOME CHAPTERS HAD A CARDBOARD DOLL CALLED FLAT SALLY AND WHEN SOMEONE WENT ON A ROAD TRIP THEY TOOK HER AND TOOK PICTURES ALONG THE WAY WITH HER . WHEN THEY RETURNED THEY SHARED ADVENTURES AND PICTURES THEY HAD WITH FLAT SALLY. SHE HAS BEEN TO A LOT OF PLACES ALREADY BUT IT COULD BE FUN TO DO THIS WITH OUR ROAD TRIP. SHE DOESN'T HAVE TO BE VERY BIG, EVEN AN OLD PAPERDOLL COULD BE USED. LET ME KNOW IF ANY OF YOU USE FLAT SALLY IN YOUR TRAVELS THIS SUMMER.



I HAVE PROBABLY USED THIS BEFORE, BUT I THINK OUR ATTITUDES ARE VERY IMPORTANT IN OUR FIGHT AGAINST OBESITY.



**ATTITUDE** IS IMPORTANT! I WILL RECOGNIZE THAT WITH A POSITIVE ATTITUDE AND OUTLOOK, LOSING WEIGHT MAY BE EASIER THAN I HAD EXPECTED.



**TAKING TIME** TO PLAN MY MEALS, EXERCISE AND ENCOURAGE OTHERS HELPS KEEP MY ATTITUDE IN A POSITIVE, HELPFUL STATE.



**TALKING** ABOUT MY PROBLEMS WITH WEIGHT CONTROL WITH OTHERS IN THE SAME

SITUATION HELPS ME TO KNOW THAT I AM NOT ALONE IN THE BATTLE.

**I** I WILL REMEMBER THAT MY ATTITUDE TOWARD DIETING AFFECTS ALL ASPECTS OF MY LIFE AND ULTIMATELY DETERMINES WHETHER I SUCCEED OR FAIL.

**T** **THROWING** AWAY NEGATIVE THOUGHTS OF MYSELF AND OTHERS KEEPS MY MIND CLEAR AND OPEN TO THE GOOD THINGS THAT LIFE HAS TO OFFER.

**U** **UNDERSTANDING** MYSELF HELPS TO PREVENT UNFAVORABLE REACTIONS TO EVENTS THAT OCCUR DURING MY DAY. I WILL TRY TO RECOGNIZE THESE FEELINGS AND NOT LET THEM INTERFERE WITH MY WEIGHT LOSS GOALS.

**D** **DETERMINATION** TO SUCCEED AT MY REDUCING PLAN WILL TAKE ITS PROPER PLACE IN MY DAILY LIFE. I WILL BE DETERMINED TO PLACE MY NEEDS TO LOSE WEIGHT ON AN EQUAL BASIS WITH OTHERS NEEDS OF ME.

**E** **EVERYONE** HAS A BAD DAY ONCE IN A WHILE. I WILL RECOGNIZE THIS AND LEARN TO **CONTROL MY EMOTIONS** SO THAT A "BAD DAY" DOESN'T TURN INTO A "BAD WEEK".

I HOPE THIS WILL GIVE YOU SOMETHING TO THINK ABOUT AND HELP KEEP YOU ON TRACK. IT IS SO EASY TO BE SIDE TRACKED FROM OUR GOALS.

HAVE A GOOD MONTH.



TOPS HUGS  
GRACE POWELL