

November Letter

WOW !!!! how fast this year has gone.!! Time seems to go faster and faster as I get Older and Older !!!!

Here it is holiday time. Time to think about how to enjoy all the wonderful food and not gain. Portion control, we all eat, we just have to remember portion control.

This has always been my favorite time of the year. Time to celebrate family and friends. We can and still not over eat or if we do, we can EXCERISE ! by walking. It is almost as much fun to get everyone out walking after a huge meal as it is to enjoy the meal. If your family is like mine, you have mature, middle age, teenage, and children. Start a challenge for each age group, to see who gets back to the house first - (don't tell them the first ones back get to do the dishes !).

KOPS Honor Society meets for their Christmas party on Dec. 3rd. Jackie Martel will be sending out all the information soon. If you are with in 10 lbs. of your goal weight you can join in the meeting. KOPS meetings are informative, fun and helpful. They give you an insight into how other KOPS cope with the same problems you might be experiencing. The meetings help you know that others have gone through the same problems and the same achievements you might be facing.

International Memberships go up in Jan. 2012 to \$28.00. If you have a Nov. or Dec. renewal and you don't send it to Kay before Jan. 1st 2012 , it will be \$28.00 - no matter what is on the renewal. She is closing her books on Dec. 25th 2011, so please get your renewals to her ASAP.

I have been going with Kay to fall rallies all over her area. I have been picking up lots of new ideas for area challenges. Jan. is going to start a fun and exciting year for our area.

In Jan. Jackie and I will be holding a fun(work) shop. We will be starting some of those new challenges and talking about a lot of interesting things. We are going to have a time allotted for some "Did You Know's" and time for learning about leadership. We are also going to have special guest. Plan on joining us on Jan. 21st in Florence. In my Dec. letter I will give you more details about the meeting.

If you are planning an open house in Jan. or Feb. - please let me know. I will help you anyway I can. I will also be there if you need or would like for me to be there.

SRD is in April - sounds like a long time away! It will be here before you can turn around! The letter will go out in Jan. I hope you are planning on attending SRD in Addison, Tx. Cindy Moore and her area captains are working hard to make it a special time.

Have you checked out the new looks on the TOPS web site? It is really nice and informative - check it out soon.

I would **like** to ask all my chapters to start sending me a monthly report. It will let me know how you are

doing between my visits. It will also help me with some of the new ideas I have gotten from other area captains.

Just a thought:

"Happiness is different from pleasure.

Happiness has something to do with struggling and enduring and accomplishing."

(George Sheehan)

I hope all of you have a great and safe Thanksgiving.

Grace Powell