

October News

Central Texas

Hello to all, and hope you're enjoying this cooler weather we have been having. It is a lot easier to get out and walk when it's not so hot and humid. I hope you are all taking advantage of this before the colder weather sets in.



I missed some of you at our fall rally this month, we really had a good time and our Texas queen Glenda Crysyp spoke and its always encouraging when you hear the queen's story. She is such an inspiration. She says she changes her motivation from week to week sometimes. It keeps her on her toes. She will be having her 2nd hip replacement this next month so let's be thinking of her.

I am planning on having an area walk at the Confederate Park in Belton on November 20th and hope to see all of my chapters Participate.

The Kops Honor Society meets on December 11th in Burnet at The Tea-Licious Tea Room, come and join us, we will be having our Christmas celebration.



If your chapter has any news you would like to see in the newsletters let me know also if you hear of any health fairs going on.



Have a safe Halloween and enjoy the little ones that will be trick or treating.

Your area captain
Jackie Martell