

March Newsletter 20011



Hello everyone, the March winds are blowing and spring is just around the corner and after the winter we have had I am ready. I hope you are taking advantage of this beautiful weather and have started your walking regiment by putting on those comfortable shoes, strap on a pedometer, grab your water bottle and perhaps some of your favorite music and get into step. One mile of brisk walking you will lose a pound and of course the faster you walk the more calories you burn.

As you have had your elections I know as members you will give the new officers all the help and cooperation you can for the year of 2011. If you have not done so PLEASE send immediately the L-001 officer's chart to Caryl.

SRD is fast approaching I'm sure many of you are planning to display your name tag, decorate a Butterfly and shadowbox all to theme "Wings Of Change" GOOD LUCK to all of you. I'm sure it will be a fun time. I am looking forward to seeing you all there. Be sure to stop by and say HI.



I had five chapters to send in their Monthly Best Losers for the month of January. Thanks so much.



# TX 1766, Lovelady, Monthly Best Loser was Mary Adams with a loss of 3.50 #



# TX 1836, Huntsville, Monthly Best Loser was Pam Johnson with a loss of 6.0 #



# TX 1881, Crockett, Monthly Best Loser was Wilma Taylor with a loss of 4.50 # they also had no-gain meetings on 1/14/11 and 1/28/11



# TX 1790, Trinity, monthly Best Loser was Benita Linden with a loss of 9.75 #



# TX 1522, New Caney, Monthly Best Loser was Brenda Storey with a loss of 10.75 #

Please let me know of your chapter happenings so I can put it in the newsletter. You can call me or email me at the information below. **PLEASE make a note of my email change** my other one got lost somewhere in cyberspace never to be found again!!!



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Until next month  
Hugs  
Jan