

## November 2011 Newsletter

Hello Everyone, I hope you all enjoyed the Rally. I appreciate all that dressed to theme. Who knows there might be some costume judging next year. There were several awards and recognitions and I am proud of each and every one of you. There was a total of 369 # lost in the category of 10 # or more. WOW! Keep up the great loses also, there were around 15 KOPS present and I am so proud of them. I would like to thank all who attended and New Caney for being my host chapter and those who provided entertainment that is what it takes to have a successful Rally.

I had seven chapters who sent in their September Monthly Best Loser. Thanks so much, these help me know what your chapter happenings are. " Congratulations to # 424, Bryan who have two new KOPS, Berniece Thompson and Betty Hagen.

# TX 1737, Plantersville, Monthly Best Loser was Stella Yorek with a loss of 7.0 #

# TX 1881, Crockett, Monthly Best Loser was James Taylor with a loss of 7 #

# TX 823, The Woodlands, Monthly Best Loser was Judy Atkinson with a loss of 6.5 #

# TX 1790, Trinity, Monthly Best Loser was Marlene Thomas with a loss of 1.5 #

# TX 1522, New Caney, Monthly Best Loser was Anne Thies with a loss of 4.50 #

# TX 1766, Lovelady, Monthly Best Loser was Jean Little with a loss of 4 #

# TX 1836, Huntsville, Monthly Best Loser was Debby McHenry with a loss of 1.25 #

Leaders..... There are five changes to the chapter manual. PLEASE... replace the old pages with the new and throw the old ones away.

I would like to wish you a very Happy Thanksgiving and stuff the turkey NOT yourself. There are ways to revamp your favorite recipes to be more healthy by cutting down fat and calories.

Love and Hugs, Jan

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