

July report

What a great trip to Orlando to IRD! If anything will inspire you, and recharge your batteries, it's seeing all those great winners. You will notice I am including a list, and if your weight recorder will keep it with her records, members can check the winners in their own divisions to see what can be done. Our royalty was so impressive with their losses and their great stage presence.

The most touching moment to me was when they read royalty success stories. The runner-up queen was from Wasilla, Alaska (my home state) was asked if she preferred to sit as they read her story since she has obvious health issues, She, of course, said no and chose to stand. As they started reading, she was having a problem and a young boy division winner got up and supported her the entire time. It was such a blessing to see such a thoughtful young man!

I'm almost done with my chapter visits doing the required program and you have all responded so graciously to the suggestion to journal. Please make sure you remember positive thoughts written down will result in positive actions and you will see the results!

I was trying to figure the best way to encourage you to use all the "tools" available to help you and here's my thought: if you wanted to repair something you would gather all you needed before you started to make the job easier and get it done. My "tools" were a good calorie book, a calorie chart, measuring cups and a food scale. If I left anyone of these out, I would not have succeeded. Now we have even more "tools" "The Choice is Mine" and great programs furnished by TOPS. Use and lose!

If you haven't arranged to be more aware of the importance of food charts in your chapter, please consider it. Our chapter has a fine of 50 cents if you don't keep one and all who keep one are in a drawing for a dollar prize.

As I write this I may have forgotten something so please forgive me because I'm at friends since my computer has totally crashed and will not even turn on.

Please know how much I appreciate each of you and thank you for the support you give me. Most of all just because you make me feel loved.

I've been blessed with a new chapter in Hubbard (near Hillsboro) and my new Frisco chapter is starting to grow so I'm excited about these new friendships.

Top Love
Joyce