

JOYCE'S JUNE JOTTINGS

2011



Hope you all are not totally toasted yet in this heat and I almost feel guilty going to IRD next week in Milwaukee since the paper has been showing the temp there 20 degrees cooler than here.[Did you note I said I almost feel guilty].I really am looking forward to going and seeing and hearing all the success stories so I can share w/you to encourage and inspire you

When i visited one of my chapters this month I was impressed with what they did at the end of their meeting. Everyone would pull out their food chart. Yes I said everyone, and the leader would call a name, then a day and a meal and that person would read what they had recorded. Perhaps that is why they have a new KOPS and 2 more almost there.

I've been around long enough [41 years] that I remember a lot of our old fun things we would do to make us think about our achievements like the vests, banners or jackets or long badges we would decorate to indicate our losses or other awards. Our chapter did rows of daisies for pounds lost..I saw some w/little safety pins lined up on bigger ones for each 5 or 10 lbs. Of course, we used charms too. Were there any other things you did to show your weight loss? Let me know because we can do things to encourage each other. Sometimes we need to go back to the old way of doing things just to "juice" things up a bit.

I'm looking forward to the fall fun days that will be held at the hotel we will use for SRD in April so we will see what is available .I saw the proposed t/shirt pattern and it is really great.

Part of a recent program at my chapter was "The importance of walking". Seriously walking is a wonderful exercise and helpful in eating up some calories. I even found a diet I want to share with you. It's called the Walking - Pasta Diet and it really does work!

- 1 You walk pasta da bakery
 - 2 You walk pasta da candy store
 - 3 You walk pasta da Ice Cream store
 - 4 You walk pasta da table and da fridge
- AND YOU WILL LOSE WEIGHT**



Going to send you a great recipe for diabetics and people avoiding sugar that I really liked..Remember I won't be available July 3-11 so enjoy your 4th, just not too much.

TOPS and KOPS LOVE Joyce

Please see that all your members receive this. Thank you.