

October 2011

Joyce's Jottings

What a great turn out for the SRD planning meeting September 9th. How pleased we were that so many came on Friday night to help us make decisions on things for SRD [ie tee shirt colors] Out of 5 colors, you voted on the white and lime green, so we will be a colorful group. Many of you stayed and "Slumber Partied" and checked out the area for eateries and shopping and where all of the festivities will be.



Saturday morning the rally room was packed out with eager members who then heard our 2010 State Queen, Karen Norrod, and 2008 State Queen Pat Osborn speak. We had such a great time I hated for it to end.

Then October 1st, I got to go to the rally in Athens where Billy Bodine, our 2010 State King spoke. So my cup is not just full, it is overflowing with the fellowship of another large group.

Recently a TOPS member attended a memorial for a former member and as she signed the book, there on display was the member's TOPS vest with all its charms and awards. The family said TOPS meant so much to her they just had to do it. I can understand her feelings after 41 years as a member of my chapter.

Happiness is being a TOPS member because I have friends who understand the "Joy" I feel when I have a successful weigh in and the frustration when that scale doesn't move when I stuck to my food plan. Oh I know it will show next week, but right now I just want to kick that scale for not recognizing my efforts. Then the members all encourage me. "You'll do better next week"



We borrowed the habit from Duncanville of really listening to roll call because when someone loses, the flying stuffed fish comes to them, or stuffed turtle manages to find you, if that is your case and then we have a duck for our KOPS that are at or below goal. It's a fun, maybe silly thing, but we have a good time with it. Sometimes a light hearted approach is what we need and each toy has a squeaker so sometimes we can't resist a little squeeze.

I went to the State Fair with 2 TOPS members and we were able to test our willpower by buying a couple of the "NEW FRIED" things by sharing and really were very sensible. Sharing is a great policy when it comes to food.

I am truly blessed now being an Area Captain, because I am part of each of your chapters and I feel your joys and disappointments too. Thank you for your friendship, support and TOPS love.

Please feel free to call me if I can help or encourage you in any way.

TOPS LOVE JOYCE

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DON'T FORGET DIETING IS A MATTER OF MIND OVER PLATTER