

JULY 2011 NEWSLETTER

I want to share with you a few lines from a song that was in the musical Spam-a-Lot. The title is "That's your Grail". Keep in mind that the definition of **grail** is "a thing that is earnestly pursued or sought after". The song goes as follows:

If you trust in your soul. Keep your eyes on the goal. Then, the prize you won't fail. That's your grail. That's your grail.



So be strong. Keep right on. To the end of your song.

Find your grail. Find your grail. Find your grail!

Life is really up to you. You must choose what to pursue. Set your mind on what to find. And then there is nothing you can't do. So keep right to the end. You'll find your goal my friend. You won't fail.

Find your grail! Find your grail! Find your grail!

When I heard this song, I got the chills and knew I wanted to share the words with you. I hope that they make you feel the same way. Here is some of your TOPS family who is on their way of finding their grail.



#414, Longview – Monthly Best Loser – James Embree – 5.75 lbs. lost. Second best loser – Rebecca Moore – 4.00 lbs. lost. James has also lost 3 weeks in a row.



#449, Jacksonville – Monthly Best Loser – Freda Bittner – 3.75 lbs. lost. Second best losers were Mark Martin and Mary Ann Wilbourn – 3 lbs. lost. With a three weeks loss was JoAnn Brantner. Cordie McCullough received her 21 years KOPS pinnate this month.



#471, Tyler – Monthly Best Loser – Pat Allen – 3.50 lbs. lost. Second best loser – Mae Kersk – 3.25 lbs. lost. Welcome to new member – Peggy Gonzales. Many wishes with her weight loss and her "Road to Success".



#530, Lufkin – Monthly Best Loser – Martha McGaughey – 11 lbs. lost. Second best loser Deana Davis – 7 lbs. lost. With 4 weeks consecutive losses are Martha McGaughey, Gaylon Wright, and Suzette Temple who has also had a total of 50 pounds lost. Welcome to new member – Jenny Scarbrough. Many wishes with her weight loss and her "Road to Success". This chapter had a monthly loss of 32.25 pounds. Wonderful.



#837, Lindale – Monthly Best Losers - Dleta Hall, Terri Morgan and Peg Raspberry –all with 3 lbs. lost – Second best loser – Rachel Brohough – 2.50 lbs. lost. Three weeks consecutive loss – Peg Raspberry and with 4 weeks loss – Ann Staples. Ann also was re-instated as a KOPS. The chapter had one no gain meeting this month with a 21 lbs. lost as a chapter. Great job.



#917, Marshall – Monthly Best Loser – Imogene Thomas – 2 lbs. lost.



#1329, Lufkin – Monthly Best Loser – Terry Webster – 7.75 lbs. lost – Second best loser – Audie Piper – 3.00 lbs. lost. Both with 4 weeks consecutive losses is Shirley Poindexter and Virginia Knibb.



#1579, Athens – Monthly Best Loser – Cody Albritton – 3.50 lbs. lost. Second best loser – Mary Albritton. With consecutive losses are Shelia Callahan – 2 weeks, Cody Albritton – 6 weeks and Mary Albritton – 8 weeks.



#1677, Carthage – Monthly Best Loser – Elle Shirley – 5.00 lbs. lost. With a 50 weeks consecutive losses is Margaret Lweirman. Great job Margaret. Congratulations to Judy Borytte on becoming a KOPS.

The total losses for these chapters are 55.25 pounds.

I am sending this early due to IRD. I will be unavailable from July 3rd-11th. Callahan and I are driving to Wisconsin. Will post pictures on Facebook.

Remember Life is really up to you and you only. So find what you want to pursue and go after it. There is nothing that we cannot do if we put our minds to it!

As always, if you have any questions or concerns you may either phone or email me and I will do my best to answer your questions or concerns.

SAVE THE DATES:



October 01, 2011 – East Texas Area Fall Rally, Athens, TX. Theme – Let's Take a Ride on the TOPS Bus. We will be having two contest. 1. Make and decorate a mode of transportation for you chapter. Size is no large than 15"x15". 2. Decorate a picnic basket for the club.



April 13&14, 2012 – SRD, Dallas TX. Theme – InVest in TOPS. Denim, Diamonds and Lace.

TOPS Love,

Shelia Callahan

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