

AUGUST NEWSLETTER

Greetings from Vernie in this very unusual weather, please remember to stay well hydrated at all times. I hope that you have continued to find ways to do your exercise this summer by doing it early in the morning when it is cooler, or finding places you can exercise indoors. If you are still looking for suggestions then check out an exercise to do on CD or one of the new games----(which I know nothing about!!) We had a Dr. speak to us a few weeks ago saying diet is important but we need exercise incorporated with our eating program if we are going to be successful.

The Area Captain program is on Super Foods, I hope you are trying some new foods this summer, because of the severe weather you may have a hard time finding fresh, but remember there are a lot of frozen vegetables that you can use.

I had a wonderful time at IRD. Now you can enjoy some of the same excitement by attending The Fall Fun Day in Burkburnett on Saturday, Oct. 29. "Topsy Turvy Truck Stop" Now does that sound like fun or what????? You will be receiving more information in the days to come so keep watching for it. A very special event will be the TX State King Billy Bodine and Queen Karen Norrod will be at the meeting and sharing their story with us. Please make plans now to have your chapter in attendance. The Fun Day will be at the First Baptist Church.

I hope that your chapter has continued to have inspiring programs during the summer months. I know it is hard sometimes when the attendance is low to plan and have informative programs, but the ones that are there should be important enough to plan and present good information. I have found when presenting to even two members that I probably get more out of the presentation than do the others. I received a call about information about TOPS, she said she had visited a chapter last fall and all they did was sit and visit for awhile before they left, and she said "I really wanted some type encouragement and I wonder if that is what all chapters do? She would not say where she visited but I feel sure it was not a chapter in our area.-----or at least I hope not. Even 5 or 10 minutes of good information can encourage someone for the week to come.

Is your attendance down this summer? If so then the fall would be the perfect time to have a "Fall Roundup" to get all members back in and to reach out to others that may can use your help in improving their health. Remember improving health should be more important than losing weight, although the two actually go hand in hand. We are doing our friends and neighbor a great service when we introduce them to TOPS. I hope you are checking about having an article put in the paper, or posting leaflets in Drs offices so people can learn about our meetings.

State Recognition Days -----SRD---- will be April 13 and 14, 2012. We are planning a lot of seminars that will be of interest to all of us. Now is the time to mark your calendar and start making plans for your chapter to have several attend.....it is FUN----FUN-----FUN--- remember we are encouraging chapters to make small souvenirs to be sold in the promotions room, so people can take gifts home to members that could not come.

I will be contacting your leader soon about coming and presenting the "Super Foods" program for you. If you have any questions you can always call me 940-855-4308 or just send me an email at VNords5418@aol.com and keep up the good work I am proud of each of you.

See you in the near future