

Scarecrow News



I hope that you have been able to start working your plan now that school is started and the kids are out from under foot. Now is the time for you to set up time for yourself. You deserve it cause if you don't take care of yourself then no one else will do it for you.



Everyone join me in welcoming a new chapter to our area. So new they have not received their number but Paducah organized on Sept 20 with 11 members joining and they are all excited and have made a commitment to each other to be there each week. Will let you know the number as soon as we learn it.

We have had several new members in our area, but we need to be reaching out to those who have become discouraged and dropped by the wayside. We must all remember we are not defeated until we give up trying. How many times have we fell of the wagon---or the "diet" we were on--- all of us have, but we must get up and get right back on track. Don't wait till tomorrow....do it the very next meal. No one will be perfect in doing it so we all just keep starting over again and again...till we eventually reach our goal...then we continue doing it over and over. We did not gain our weight over night and we will not lose it overnight, so take those loses one pound at a time.

A biii



REMEMBER::; our Fun Day is coming up. *** Denim, Diamonds & Lace **** so get out that denim wear, the fancy lace trims and all your diamonds and come on out and shine with all the TOPS and KOPS. Remember this is a time for you to get to know friends from other chapters and to have an inspiring day. I hope we see "SOMEONE" from every chapter there. The fun comes when everyone joins in so make sure your chapter has a skit, song, dance, or something to share with the group.

Don't forget to decorate your pair of jeans.....each member can bring a pair or the chapter can fix a pair.

A lot of you have had your open house and had some good results. If you have not had one you might consider doing that to bring in new members. You might want to have something to encourage back members that have dropped out, the membership in TOPS is increasing but we still need to reach out to people that need help.



I have most of my chapters visited with the Area Captain program and have some more planned, so if I haven't been to your chapter yet I will be coming soon.



You still have three months to lose your 10 pounds that President Barb Cady, challenged us each to lose this year. STOP and take a look at your plan and your goal and if you have not lost your 10 pounds decide what you need to do to reach that goal and help TOPS to lose the ONE MILLION pounds this year. I challenge each of you to go for that loss!!!!You

CAN DO IT!!!!!!

Looking forward to seeing you on Oct. 16. in Wichita Falls

TOPS HUGS,