



Hi All,

Can you believe this year is almost half over? I hope that each of you are having the success that you were hoping for, if not then today is the day that you can turn it around. Others can inspire you, but in the end it is up to you to do the work that it takes to become a "LOSER" and that is what we are all striving to become.



Be sure and mark your calendar for Oct. 15 that will be our Fun Day at Burkburnett. We have several chapters that have not been to a Fun Day in over a year, I want to encourage each of you to make the determination now that your chapter will be in attendance. Fun Day is a time that we can get real encouragement from other members and other chapters, more info will be following but be aware now so you will have that day reserved.....FOR YOU!!!!

We are also working on SRD plans for next April 13 and 14, already a lot of you have your jobs and have started working on them, I may be calling on some more of you to help me out.



We are encouraging chapters to make small items to be sold in the souvenir room, people really like to go in and shop for items they can take back and share with members, we are talking about 25 - 50 cents or \$1.00 items, small magnets, bookmarks, we have done some plastic canvas TOPS and KOPS tags.

Start making them now and when April comes you will all be ahead of the game and they will be finished.



I hope your chapter is working on the Hot Air Balloon contest, remember each person's name will be entered in a drawing for each 5 pound loss they have. I still have some balloons to get out and will be getting your to you.

I have started doing my Area Captain program and will be contacting your chapter for a visit real soon. The A.C . program is on Super Foods, and I have it on power point so you will really enjoy it.

We need to work on new members, to do that you have to get TOPS word out to the people, if you need any handouts please let me know, I have plenty.

Here is a recipe I found for a salad I really like, hope you will try it.

Beet Salad

1-----15 oz can of sliced beets, drain and save juice, cut beets into ¼ sticks

1----20 oz can crushed pineapple, drain the pineapple and add to the beet juice then add water to make 3 cups liquid. Bring liquid to a boil and add 2 small packages raspberry jell-o stirring to dissolve, let this mixture cool then mix in pineapple and beets. Put in a 9 X 9 in. container to jell.

This makes a very colorful healthy salad.



I hope you will start introducing some new vegetables and fruits into your diet for the summer. Now is the time you might start to find fresh vegetables so support your farmers market.....OR....your neighbors garden!!!!!!

Have a great healthy summer and lets see the pounds start to come off.
TOPS HUGS,



Vernie