

Vernie's Vibes

Hi Everyone,

I hope that you are well on your plan for 2011, if not it is not to late to get started. I am hoping you have a plan set out before you and each day that you are working to achieve it.



I want to encourage you to try something new this month. It is the month of Saint Patrick so we need to be thinking “GREEN”, is there a green vegetable that you have never eaten? Now is the time to try it, incorporate more green into your meals, some of the green vegetables you might consider, broccoli, spinach, Brussels sprouts, avocado, green beans, edamame, snow peas, okra, kohlrabi, asparagus, artichoke, fresh greens such as collards or turnip greens, the choice is endless. I challenge you to try a different green each week and you might even like it, I have gotten to cooking turnip greens, know my husband is tired of smelling them when he comes in, but I have kinda gotten hooked on them and cook at least two large bunches a week, so everyday no matter what I have fixed I always heat up a serving of turnip greens for myself.

You should by now have already mailed your new officer list to Cindy, if you have not done so PLEASE do it immediately. You will be installing your new officers the first of April, if I can assist you in any way please feel free to ask.



Fun Day is Sat. March 19, I hope your chapter is planning to have a large group to attend **Sham--Rocked** and will get the inspiration that you need to get regrouped. I will have the hot air balloons at Fun Day for everyone that has not gotten one yet. Remember your name will go in a drawing, once for each 5 pounds, you are the one that will decide how many times your name is in the drawing. At the spring fun day 2 members will receive special Hot air balloon clocks.



I hope you are planning a special recognition for the winners you had in your chapter. It is always nice to honor all winners in some way, so be creative in the way that you recognize them.



In less than one month many of you will be headed south to Beaumont. You will be representing your chapter, so be sure and take a lot of notes and come back and encourage the ones that did not get to go. When you get back you

might even consider going to another chapter that did not get to go and inspire them with some of what you learned and experienced. That would be awesome if every chapter chose another chapter to go and share with!!!!!!!!!!!!!!



Warm weather is coming so you need to dust off those walking shoes and get ready to hit the sidewalk outside to enjoy the joys of spring. See you on the trail.

TOPS HUGS,
Vernie