

Area Captains Newsletter September 2013 for Barnstable & Plymouth Counties

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Leaders, Please print and read to your chapter

Calories...tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

D.I.E.T... Did I Eat That??????

Hope you all enjoyed the summer. As usual it went to fast. Looking forward to seeing you at Fall Rally October 5th in Leominster. Peace, Love and TOPS is the theme and I am sure Ron has a great day planned. The name of the hotel has changed from Four Points Sheraton to Double Tree. The contests ended the last week in August. Get your paperwork mailed in and come and enjoy a groovy day.

We recently had an AC meeting with Rosie and I am passing on a few highlights:

Our TOPS news magazines will now be every other month.

There is a clarification on TOPS Rule #9,c : Members who choose to not weigh in at a meeting may not vote on any matter or enter into discussion of business.

However, they may participate in the program, songs, pledges and general weight discussion. Rule #9 If an Officer chooses not to weigh in but stay at the meeting they may not hold their duties as an Officer that night.

The on line member must bring in their proof of payment and the Chapter must send that to Rosie along with a Membership Application with the first date and weigh-in that the on line member came to the Chapter.

A Raffle ticket with the Chapter Number will be put into a box weekly for each new member that joins your Chapter. A \$100 award will be given to a chapter at SRD 2014. The more new members you have the better chance for your Chapter to win the \$100.

The registration and re-instatement fees for KOPS has been increased from \$4.00 to \$5.00 beginning in September.

Save the date for Inspiration Workshop Saturday, November 2, 2013 in Duxbury. Bring someone who is not a member they might get inspired to join your chapter. We have decided to put the officers workshop on hold for now. If you have any questions or concerns about your chapter you can speak to us at the workshop. Details and directions will be in the October newsletter.

As we all know our net weight losses for the month are not always what we would like them to be. To our surprise..... 224 East Falmouth had a net weight loss in July of 88.75 pounds. Good job to all. Let's try to do that again.

**381 Buzzards Bay is doing the following team challenge in their chapter.
The team with the most points get free dues for a month. Thanks for sharing.**

**TOPS MA#381 BUZZARDS BAY – 10-WEEK TEAM CHALLENGE,
RULES**

**THE CHALLENGE STARTS ON SEPTEMBER 5 AND ENDS ON
NOVEMBER 14, 2013.**

**CHALLENGE IS VOLUNTARY TO TOPS & KOPS EACH MEMBER OF
A TEAM CAN EARN FIVE POINTS EACH WEEK. TEAM MEMBERS
MUST WEIGH IN TO EARN ANY POINTS. POINTS ARE AWARDED AS
FOLLOWS:**

**ONE POINT FOR EACH:
KEEP A FOOD JOURNAL
EXERCISE THREE DAYS EACH WEEK
DRINK 6-8, 8OZ GLASSES OF WATER OR OTHER
ACCEPTABLE LIQUID.
CALL A TEAMMATE
LOSE WEIGHT (KOPS, STAY IN LEEWAY)**

EACH TEAM MUST MAKE UP A SONG, CHEER OR POEM.

**EACH TEAM APPOINTS:
COORDINATOR
SCORE KEEPER
HEAD MOTIVATOR
SONG/CHEER/POEM WRITER (OR A COMBINED EFFORT)**

**EACH TEAM WILL HAVE THEIR OWN CHART ON WHICH TO KEEP
TRACK OF TOTAL POINTS EARNED.**

Enjoy reading the following to your chapter:

No nursing home for us. We are checking into the Holiday Inn! With the average cost for a nursing home care costing \$188.00 per day, there is a better way when we get old & feeble. We have already checked on reservations at the Holiday Inn. For a combined long term stay discount and senior discount, it's \$49.23 per night. That leaves \$138.77 a day for: breakfast, lunch and dinner in any restaurant we want, or room service. Laundry, gratuities and special TV movies. Plus, they provide a swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free toothpaste and razors, and all have free shampoo and soap.

\$5 worth of tips a day will have the entire staff scrambling to help you. They treat you like a customer, not a patient. There is a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp).

To meet other nice people, call a church bus on Sundays.

For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there. While you're at the airport, fly somewhere. Otherwise, the cash keeps building up.

It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And you are not stuck in one place forever, you can move from Inn to Inn, or even from city to city. Want to see Hawaii? They have a Holiday Inn there too. TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience.

The Inn has a night security person and daily room service. The maid checks to see if you are ok. If not, they will call the undertaker or an ambulance. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation.

The grandkids can use the pool.

What more can you ask for?

Thought for the month: Searching for that big happy moment in life, how many special little moments will we let pass us by?