Area Captains Newsletter January 2014 for Barnstable & Plymouth Counties

Barbara Pacheco...7 Autumn Way Bourne, MA... 508-833-8805...
e-mail bptops@aol.com

Dear God,
My prayer for 2014 is for a fat bank account and a thin body.
Please don't mix these up like you did last year.
AMEN!

Hope you all had an enjoyable holiday season. We are all faced with a new year of challenges and hopes. I am looking forward to visiting all my chapters and presenting the 2014 Area Captain's program. Walking for weight loss.

Thank you to my chapters that attended our workshops or sent their resumes. By the time you read this all resumes should be done and mailed to Rosie. Please send in your maintenance fee to Rosie before the end of the month. You should have received the form a few weeks ago.

Our first Inspiration Workshop for 2014 will be Sat. February 8th, at the Carver Library, 108 Main Street, Carver. Registration will be $3.00. Don't forget your weight slips if you attended our last workshop on Nov. 2nd. Sue Pye, the leader in Halifax and a nurse at the VA Hospital in Brockton will be talking about heart health and other topics. Tracy Shea, the leader in Haverhill will also be doing a fun program. The library does not open until 10:00 AM. Registration will start at 10:00 and the program around 10:30-10:45. Wavering Wanda and Sensible Samantha hope to see you.

I hope you all have received your packet for SRD. If not please contact me. Your chapter should do a fundraiser to help defray the cost for members who are attending. One of your New Years resolutions should be to attend SRD. If you have never been to an SRD what better place to start "Where Dreams Come True" is waiting for you.

Here is a fun program you might like to try:

Everyone writes three things about themselves on an index card. The leader reads the first statement aloud and everyone tries to guess who it could be. If no one gets it right she then reads the next statement. Again, if no one knows the PC reads the last statement and hopefully the group will guess the correct member. The member whom the previous statements were about would then choose one of the index cards and read it aloud as described above. When all is done everyone should know a little more about each other and everyone would have stood up and spoken out loud in front of the chapter.

Thought for the month: “Life is a challenge, meet it! Life is a dream, realize it! Life is a game, play it! Life is love, enjoy it!”