



2014 CHAPTER CHIT-CHAT
BARNSTABLE & PLYMOUTH COUNTIES

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Having lost weight over the past few years, a lady was discarding things from her wardrobe that no longer fit. Her 5 year old granddaughter was watching as she held up a large pair of slacks. "WOW: said the lady,"I must have worn these when I was 200. Her granddaughter looked puzzled and asked, "how old are you now?"

We are half-way through 2014.....have you been successful losing weight?
It is never too late to get started. Smaller portions, more exercise, drink plenty of water

360 East Bridgewater walking contest was for 5 weeks. 2 teams 7 members on each team. The winning team walked 195 miles and the other team walked 176.9 miles. All the participants received a prize. They are continuing for the Fall Rally walking contest. Great job!!!!

97 Whitman.... No gainer week of June 24th YEA YEA. Monthly weight loss for June was 26.25 pounds average of 12 members weighing in.

This is election month be sure to send your new officers chart L-001 to Rosie Smith, 17 Davida Road, Burlington, MA 01803.

SAVE THE DATE
Sunday September, 7 2014
Cape Cod Canal Walk 10:30 A.M.

We will be meeting at the Sagamore Recreation Area (right behind Friendly's) and walking towards the Herring Run. You can walk as far or as little as would like. Can't walk a lot bring a chair and sit by the canal. If you would like to bring a lunch and a chair we can enjoy a picnic. Water will be provided
Gail & Barbara

By now you have received your Fall Rally packet. Hope to see a lot of you up on stage for the summer contests.

I have 2 t-shirts size 3X and 3 t-shirts size 2X from SRD "Where Dreams Come True"
If you are interested please e-mail me. They are \$18.00

It was my pleasure to visit your chapter to present the TOPS walking program. I have 1 more chapter left. I am so fortunate to have such great chapters. We all lose our enthusiasm now and then but we are a wonderful support group and we know we need each other for the good times and the bad times. I wish you all continued success on your weight loss journey. Never give up on yourself or TOPS!!!!

Thought for the month: Don't focus on a diet that has an expiration date...Focus on a lifestyle that will last forever.