

**AUGUST 2014 CHAPTER CHIT-CHAT  
BARNSTABLE & PLYMOUTH COUNTIES**

**Barbara Pacheco...7 Autumn Way Bourne, MA... 508-833-8805...  
e-mail [bptops@aol.com](mailto:bptops@aol.com)**



I know you are probably saying to yourself I just received the newsletter for July. Hopefully, I am back on track and they will be done by the first week of the month.

I trust your elections are finished and the L-001 form has been mailed to Rosie. Whether you are a new officer or a returning one I wish you and your chapter great success on your weight loss journey. You should have received the new Making Your Chapter Great manual. Mail in the coupon on the orange sheet for an additional free one. You may also purchase them for \$2.00 a piece plus shipping and handling. I have some chapters who are purchasing them for all their officers and weight recorders.

**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) 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

If you are attending the walk please contact either Gail or myself and let us know

# Let's Get Physical

Saturday, October 18<sup>th</sup> at the beautiful  
**Westford Regency Inn & Conference Center**  
219 Littleton Road Westford, MA 01886  
Telephone: 800.543.7801

The end of the month is the deadline for the fall rally contests. Be sure and get your paperwork in by September 20<sup>th</sup>. Have clothes left over from the 80's that still fit???? You will be right in style.

256 Brockton had a no gainer week on July 29<sup>th</sup>. Total loss was 19 pounds for 14 weigh-ins. YEA YEA

97 Whitman no gainer week of June 24<sup>th</sup>. Monthly net weight loss was 22.5 pounds average weekly weigh-in 10 members. YEA YEA

Let's see if any other chapters report a no gainer week.

## THE 7-UPS

1. Wake-up.....decide to have a nice day
2. Dress-up.....the best way to dress up is to put on a smile
3. Shut-up.....learn to listen and say nice things
4. Stand-up.....for what you believe in
5. Look-up.....to your fellowman
6. Reach-up.....for something higher
7. Lift-up.....your spirits

Thought for the month: Nothing changes IF nothing changes