



March Chapter Chit-Chat 2015
Barnstable & Plymouth Counties
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Leaders please read to your members

'Murphy, why don't you give up the drinking, smoking and carousing?'
said Mrs. O'Leary 'It's too late,' replied Murphy.
'It's never too late,' assured the virtuous Mrs O'Leary.
'Well, there's no rush then,' smiled Murphy

Below is the forecast Gail and I ordered for March 7th
Driving conditions should be great.



Saturday, March 7, 2015.
Wavering Wanda &
Sensible Samantha
Look forward to seeing
a lot of leprechauns there.
Wear something Green!!

Workshop on March 7th at the Faith Chapel Assemblies of God, 340 Pleasant Street. Bridgewater, MA. The cost is \$3.00 per person. Registration 8:45 AM-9:15 AM. Program starts at 9:30 – 1:00. We are still working on the details. I am sure it will be informative and fun. If you attended our last workshop May 31st 2014 be sure and fill out the weight slip if you had a loss or KOPS at or below goal. Will there be a pot of gold at the end of the rainbow???????

You will never know unless you are there!!!

I know a lot of chapters have missed meetings due to the weather the last couple of months. Just a reminder the deadline for SRD forms is March 14th.

A WEEKEND IN MASS VEGAS!!

April 10-11, 2015

Double Tree Hilton

99 Erdman Way, Leominster , MA

The following is some advice from
Scott Q.Marcus CRP (Chief Recovering Perfectionist),
www.ThisTimeIMeanIt.com

He is a motivational speaker and has spoken at TOPS IRD'S
You can go to his website listed above and sign up for free motivational memos.

Reach a little further than you thought you could.



Sometimes, contrary to popular belief, the key to success is not to "go for the gold" but rather to "reach for the bronze."

If you don't believe you can achieve your goal - whether you're right or you're wrong - you will not move towards it. Period.

End of story. Wrap it up and go home.

And when that happens, most people respond by giving up.

The better response to "lack of belief" is to change the goal and make it small enough that you believe you can actually do it. If you don't believe you can lose 50 pounds, set a goal for five. If you can't stop smoking, just pass on the next cigarette. If you're trying to control your temper, just control it for the next five minutes.

Go a little further than you normally would and congratulate yourself for the progress.

Remember, it's better to do something and get it done than it is to beat yourself up for planning to do everything and not moving forward.

Thought for the month

