



May Chapter Chit-Chat 2016
Barnstable & Plymouth Counties
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Leaders please read to your members

A woman walked into the kitchen to find her husband stalking around the kitchen with a fly swatter. "What are you doing she asked" Hunting flies, he responded. Oh, did you kill any she asked? Yep, 3 males, 2 females he replied. Intrigued she asked, How can you tell them apart. He responded, 3 were on a beer can and 2 on the telephone.

I hope by the time you are reading this you have already signed up for our workshop.

We will be having our annual luncheon Inspiration Workshop May 14th. RobbTopolski our State King and Diane Trayah Area Captain from Middlesex County PM will be presenting programs. **PLEASE BRING 2 NON-PERISHABLE FOOD ITEMS FOR THE ABINGTON SENIOR CENTER.** Thank You

PLACE: ABINGTON SENIOR CENTER
441 Summer St, Abington, MA 02351
TIME: 8:30 REGISTRATION 9:30 START
COST: \$6.00 PER PERSON (LUNCH INCLUDED)

If you need a special type of food please feel free to bring it.
Please let us know by May 5th how many will be attending
from your chapter

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Sensible Samantha.....bptops@aol.com 1-508- 833-8805

- **CHAPTER NEWS:**

#123 MIDDLEBORO had a no gainer night April 27... 3 KOPS in leeway, 6 members lost 9 pounds and one member has lost weight 14 weeks in a row. YEA YEA. YEA

#487 YARMOUTHPORT also had a no gainer the same night April 27th. Ten members weighed in and lost 22 pounds with a range of .6 to 4.4 lbs. Weigh-to-go

If I have not already visited your chapter I will see you soon.

THINGS TO GIVE UP TO BE HAPPY.

Give up self-defeating self-talk....How many people are hurting themselves because of their negative, self-defeating mindset? Don't believe everything that your mind is telling you---especially if it is negative. You are better than that. The mind is a superb instrument if used rightly. Used wrongly, it becomes very destructive.

Thought for the month: Strive for progress.....not perfection!