



Chapter Chit-Chat 2019
Barnstable & Plymouth Counties
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Leaders please read to your members

After listening to some bedtime stories. Alex, a little boy, said to his father. Snow White was poisoned by an apple, Jack found a giant on a beanstalk, and look at what happened to Alice when she ate the mushroom. And you wonder why I won't eat fruit and vegetables.

Thanks to my chapters who have sent their resumes. Gail and I will be expecting the rest of you at our workshops Sat. Jan 5th and Sun Jan 6th. You all know the time and place. Any questions give me a call.

BEGIN AGAIN

**One of the best things we can do in our lives is this: BEGIN AGAIN
Begin to see yourself as you were when you were the happiest and
strongest you've ever been.**

**Begin to remember what worked for you (and what worked against you),
and try to capture the magic again.**

**Begin to remember how natural it was when you were a child -- to live
a lifetime each day.**

**Begin to forget the baggage you have carried with you for years: the
problems that don't matter anymore, the tears that cried themselves away,
and the worries that are going to wash away on the shore of tomorrow's new
beginning.**

**Tomorrow tells us it will be here every new day of our lives; and if
we will be wise, we will turn away from the problems of the past and give
the future -- and ourselves -- a chance to become the best of friends.**

Sometimes all it takes is a wish in the heart to let yourself ...

begin again.

Collin McCarty

MY WEIGHT LOSS CHALLENGE.... 2018 HAS ENDED

Weight/recorder or leader please send me the names of anyone who has lost 15 pounds since their first weigh-in **JUNE** cash prizes will be given to the winners and announced in my February newsletter.

**THE DEADLINE FOR ME RECEIVING NAMES WILL BE JANUARY 25TH.
YOU CAN E-MAIL ME THE NAMES, CALL ME, OR SEND SNAIL MAIL.**

My chapter challenge in 2017 was very successful so I am going to do that again for 2019. 2017....10 chapters had a net loss of over 290 pounds.
165 members signed up I matched that for a total of \$330.00
The winning chapter was 9487 Yarmouthport with an average weight loss of 6.16%. They had 10 participants so each person got \$33.00.

WEIGHT LOSS CHAPTER CHALLENGE 2019

Leaders..... Please encourage your members to participate

Weight loss competitions are a good way to motivate people to lose weight. However, going strictly by pounds lost is not fair to all participants. We will be calculating an average percent weight loss among chapter teams.

**THIS IS VOLUNTEER ONLY....ANY NUMBER OF MEMBERS
FROM A CHAPTER CAN PARTICIPATE.**

Rules: every participant puts in \$1.00 and I will match money received. Your first weigh-in January 2019 (does not have to be the first meeting) and your last weigh-in June (does not have to be the last meeting) the contest ends the last week in June. I realize people might be away a week or more in January or June so I did not want to discourage them from participating. **Invest a dollar in yourself and your commitment to lose weight in 2019. Your chapter could be the winners if you're the losers!!!!!!**

I have received the new Area Captains Program "Seeds of Change" for this year. I look forward to visiting my chapters. As most of you know the most recent change is Rosie retired as of December 31st, Judy Pettit will fill in until Feb 28th. Change is never easy for any of us. Our MA. Tops members are the best and we will work together as we continue on our journey to take and keep off pounds sensibly. This is a great time of year to recruit some new members. Invite a friend or neighbor to a meeting, you are the best advertising for TOPS.

Thought for the month:

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."

Roy Bennett