



Shirley Atchley

Area Captain Newsletter

November 2010

Please Make Note

Our new Coordinator has a new address.
Please update your records.

Franki Borowski
6587 Sunnyfield Way
Sacramento CA 95823
Office 916-405-6168
Cell 916-820-0601
franki@TOPS601.com

Weight Recorder Workshop

Please attend if at all possible. Very informative and mix and mingle with fellow TOPS!

Saturday - December 4

Trinity Baptist Church
429 E March Lane
Stockton CA 95207
Supplies/sales 9 am
Workshop 10 am - noon

FYI

Very shortly you will receive chapter programs #75 and #76. Be sure to share with your members, they are grrreat! Also you will receive your year end Chapter Resume, form L-010. Please pass this on to your weight recorder asap.

Alert!

Please remember to share your good news and new KOPS information so that I can share it with everyone. We can all use the good news.



All in a Word

T for time to be together, turkey, talk, and tangy weather.

H for harvest stored away, home, and hearth, and holiday.

A for autumn's frosty art, and abundance in the heart.

N for neighbors, and November, nice things, new things to remember.

K for kitchen, kettles' croon, kith and kin expected soon.

S for sizzles, sights, and sounds, and something special that abounds.

That spells ~~~THANKS---for joy in living and a jolly good Thanksgiving.

Our Fall Rally

If you were not there, you missed a great time. We decorated and flew our kites. We enjoyed brown bag lunches with our TOPS pals. We laughed and sang together. A great speaker taught us about the truth in advertising and Franki shared The Esther Manz Story and a little meditation too!

