

Area Captain Newsletter for October

Hello Leaders and TOPS Pals,

I was just driving home tonight and thought, did I write a newsletter for the month of October? I came home, checked, and low and behold I hadn't written one, so here goes. So some of the chapters will be a little late in getting these, so I apologize.

Fall, is my favorite time of the year. I love the way the trees change into their colors. So many different shades of red, yellow, and orange, it really is very beautiful. It also reminds me of change, a thing that so many of us are not very comfortable with, including me.

That probably might be why we do the Rallies in the Fall. We really all need that extra help to make it through, as I like to call it, "The Bermuda Triangle" These next few months are BIG ones for all kinds of comfort and emotional eating. We really need to pay attention to our eating habits these next few months. We can do so well in the past months and then, "The Bermuda Triangle" gets us in the last 3 months.

For those who came to the Rally, I hope you all had a good time I know that I did. Feel free to let me know what you liked and what you did not like. All comments can be applied for next year. I know how hard everyone works on these Rallies and not always does it go as planned, but it still goes and gets done.

Now, for my Stanislaus area, there is going to be a workshop in Manteca. This is closer to you than the workshop in Watsonville, although if you like you are more than welcome to attend the Watsonville workshop. These are workshops for the Weight Recorder in November. Everyone can still attend.

Workshop November 19, 2011

Almond Blossom Mobile Estates
1901 East Yosemite Avenue
Manteca, CA 95336

Supplies @ 9:00 A M

Workshop @ 10:00-NOON

(Watch for Franki's Newsletter to confirm)

Now the workshop in the Watsonville area is below. Please have all Weight Recorders attend and other members.

Workshop November 12, 2011

Pajaro Valley Community Health Trust
85 Nielson Street
Watsonville, CA 95076
Walk @ 8:00 A M
Supplies @ 9:00 A M
Workshop @ 10:00 - NOON

I was thinking about doing a walk at the Watsonville workshop. Members that might not be able to participate in the walk, we can do chair exercises on the inside. So if you are interested in being the leader of either of these please let me know. The walk would have to be around 8:00 A M

Leaders please announce this workshop at your meetings so we can have a big turnout. Call me with ideas so I can make a plan with everything and get it all organized. I am so excited. Thank you for all your help and support!

As always, please read these newsletters to your chapters, if you have any questions feel free to contact me as my information is always at the end of the newsletter. I hope you all have a Spooktacular and safe Halloween

Take care, Becky

Rebecca Cabral

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