



TAKE OFF POUNDS SENSIBLY

DARLENE'S DOODLES

SEPTEMBER 2011

Please read this at chapter

FALL RALLY I was glad to see so many of you there. It was a fun time. I had almost 100% participation in the Summer Point Contest for those attending from my area. I hope you had fun with it. If you won, Congratulations! If you didn't, I hope you win next year. Thank you to all those that gave skit and songs. Wow, we are talented. Also special kudos to those poodle skirt gals from 1030 Mill Creek. They did an outstanding job as song leaders, as usual. We are lucky to have them. There was a couple of new things this year that our area hasn't done in the past, the chapter angel, the name badge contest (you need to bring your own) and the poster contest was back. Thank you to those that participated.

FALL WEIGHT RECORDER WORKSHOP

November 5, 2011 1:30pm to 4pm

Stillaquamish Senior Center

Stilly II building 3rd floor

18308 Smokey Point Blvd

Arlington, WA. 98223

All chapters need to have a representative at this workshop. Carlene will be going over weight chart and resume procedures. The chapters from my area that had perfect year-end resumes: 217 Lynnwood, 325 Everett, 433 Arlington, 1030 Mill Creek, 1035 Darrington, 1039 Oso, 1042 Monroe, 1055 Smokey Point. Those that attended rally received a pinnette.

KARING HEARTS KOPS SOCIETY The next meeting is October 8, 2011 noon.

The meeting is on the third floor of the Stilly II building at the Stillaquamish Senior Center. The address is the same as the weight recorder workshop.

Bring a dish to share at our potluck. Also, plates, utensils and cup. Coffee and tea will be provided. You are invited if you are a KOPS or 10lbs to your goal.

The dress is Halloween (a prize will be awarded) Hostess is yours truly. I also have the program. Jean Shirley from 1258 Lake Stevens will be bringing the

Contest. The winner of the door prize in August was Shirley Tuengel from 292 Snohomish. She will bring the door prize for October. December's meeting will be December 10. This meeting is traditionally a box lunch exchange and a white elephant exchange. For information KOPS Kaptain Thelma Niemi 425-334-5273.

SRD 2012 MAY 11 & 12 OCEAN SHORES

"TOPS LIGHTS THE WAY" (LIGHTHOUSES) Put this on your calendar now and start planning how your chapter can go. We are going to have a great time. If you want to help contact Carlene at carlenegary@comcast.net

CHAPTERS OVER FORTY YEARS OLD

41 years WA 0627 Monroe
42 years WA 0534 Freeland
43 years WA 0433 Arlington and WA 0447 Freeland
44 years WA 0349 Marysville and WA 0325 Everett
45 years WA 0292 Snohomish
46 years WA 0214 Edmonds and WA 0217 Lynnwood

HEALTH FAIR We are participating in the Everett School District's Health Fairs October 4th, 11th, 12th, and 13th. I have volunteers to help me man our table from 292 Snohomish, 1258 Lake Stevens, and 325 Everett. If anyone else is interested contact me ASAP.

Hugs from me
Proud to be your Area Captain

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