

Newsletter Issue 2 February 2010

NOTE FROM YOUR AREA CAPTAIN

Hello Everyone ! Hope you all had a Happy Valentine's Day and enjoyed a few treats without over indulging. This month has given us a little more snow than we would like to have but it helps to remember that Spring is "just around the corner"....hard to believe it's going to be warm and sunny in another couple of months ! Remember...the first week in March is when you elect your chapter officers for this year ! Don't forget to fill out the Master Chart, form L-001 and mail it to Marcia Jackson immediately following your election !Have you have considered running for an office ? Serving your chapter as an officer can be rewarding.

2010 Area Captain's Program

Please remember to order your "Stress Management" booklets in time for my visit if you would like them, They are \$3 each and I need to order them at least 4 weeks prior to my visit to your chapter.

Area Captain Visit Schedule

My chapter visits for March, April and May are.....
Mar 10th #NY672 Geneva
Apr 13th #NY531 Geneva
May 18th #NY 1083 Manchester
May 26th #NY 370 Ontario

I am happy to visit your Chapter on other occasions and always excited when Chapters invite me to share in a time of special recognition for your members!



IMPORTANT! PLEASE PAY YOUR CHAPTER MAINTENANCE FEE PROMPTLY WHEN YOU RECEIVE THE INFORMATION FROM MARCIA



Carol Walker, Area Captain

8841 Lyons Marengo Rd.
Lyons, NY 14489
315-946-4648

KNIGHTWALKERS@HOTMAIL.COM



Your Community

Are any of you collecting canned goods and non-perishable items for the local food pantry in your area ? I am happy to report that my chapter donated a full plastic tub this month !

NEWS FROM TOPS HQ

I have a great template from Headquarters that you can use for publication in your local newspapers to announce your new officers for the year. If anyone would like to have a copy, please email me and I will send it to you.



A North Carolina Area Captain shared with headquarters the following feedback from a program she did that dealt with members feelings, arguing among themselves, talking behind each others backs...you know the things that our members "never" do. In the Quick 'n Easy Programs, she found "Getting Over It and Moving ON". There are some really important messages in it about how negative remembrances can keep hurting our health and how we react to situations is more important than the actual situation ! They all decided to work on being "diamonds" as opposed to "lumps of coal". Your Leaders should have this information in the mailings that they have been receiving from Headquarters if you are interested in checking this program out.

Important Dates

Our Rally Day this year will be October 23, 2010. It will be held in the same place as last year. I received so many wonderful compliments about the Ramada on the lake in Geneva, that I thought we would go back there this year too ! We had a big turnout and I hope you all plan to attend again this year. Mark your calendars now and plan ahead !

DONATIONS

Last month I told you to look for our "cause" for this year's rally in the next newsletter. I thought of several different programs and finally decided on one that really can help people plan for a better future. This year we will be collecting school supplies for FLCC (Fingerlakes Community College) GED program. The college has GED classes in all of our counties and I have learned that many of the people, in all age groups, have little extra money for some of the things that they could use to help further their education while they study to take the exam. Better knowledge and a diploma lead to finding a means of support for themselves and their families. Let's help them with some simple tools they can all use to succeed. Here is a list of items to choose from.....

Closing Thoughts

Before I close, I would like to congratulate our recently reinstated KOPS. They are Linda Schwartz and Elizabeth Renner of #NY1082, and Patty Owen of #NY320 Newark.

Here's are my "closing thoughts" for you.....

- 1.) Don't go on a diet ! Diets can be helpful but if you think of yourself as being on a diet it's too easy to "go off your diet" ...mess up & go back to your old habits.
- 2) Don't deprive yourself. Your food plan should be about SATISFACTION not deprivation. Find foods you love...things that satisfy you but are better choices...that's the KEY !
- 3) Drink lots of water ! It's good for you, it's good for your skin, and it's good for your metabolism. It helps fill you up. Plus, not getting enough water can make you cranky and more likely to make bad food choices !
- 4) Listen to your body. It knows things ! If eating cereal for breakfast makes you hungrier throughout the day, then don't eat cereal in the morning. Pay close attention to your body cues. This will help you tremendously.
- 5) Live one day, (or even one meal) at a time. Don't be discouraged and beat yourself up if you fall off the wagon and eat badly...just be aware and make better decisions at your next meal.
- 6) Get exercises with activities you enjoy.
- 7) Let yourself cheat a little, it's totally normal but get right back on trackand keep a journal..."If you bite it, write it "!!! Have a great month...HUGS, Carol Walker Area Captain.

Pocket Folders, pens, pencils, colored pencils, highlighter markers, rulers, protractors, compasses, erasers, spiral notebooks (especially needed !), assignment pads, notebook paper, pocket dictionaries,Let's really get collecting , start now.....we have 3 counties that can use lots of help for their GED students !