

JANUARY 2010

BECAUSE I AM WORTH IT

Twas the month after Christmas, and all through the house,

Nothing would fit me, not even a blouse.

When I got on the scales there arose such a number!

When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared,

The gravies and sauces and beef nicely rared.

I said to myself, as I only can,

"You can't spend a winter disguised as a man!"

So—away with the last on the sour cream dip,

Get rid of the fruit cake, every cracker and chip.

I won't have hot biscuits, or corn bread, or pie,

I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,

But isn't that what January is for?

Unable to giggle, no longer a riot,

Happy New Year to all and to all a good diet!

CHAPTER NEWS

IN 998, Cloverdale had a no gain meeting on December 8, 2009. They had 14 members weigh in for an 11.5 lb. loss.

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"Because you are worth it!"

Bob Day