

OUR NEWS LETTER MAY, 2010

OHIO SRD is over for another year and we had lots of winners!! Congratulations to all.

SPECIAL CONGRATULATIONS

Norma Schlaback #883, Akron
State Queen Runner –Up

Lloyd King #883, Akron
State King Runner-Up

Richard Lang #883, Akron
Male Division 1 Second Place



Please remember to send your workshop fees to me. Those that have already sent yours I thank you so much. If you don't know the amount you are to send please contact me.

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If you have a place in mind that we can use for a Workshop, please let me know. I would like to do one central to Portage and Summit counties.

More Congratulations are in order. I am so proud of the chapters that are bursting at the seams with new members! Since February 1 these are the chapters that I have with new members!

#883 ~ ~15 new members	#978 ~ ~ 8 new members
#558 ~ ~ 7 new members	#300 ~ ~ 5 new members
#220 ~ ~ 4 new members	#1523 ~ ~ 4 new members
#595 ~ ~ 3 new members	#657 ~ ~ 2 new members
#240 ~ ~ 2 new members	#1174 ~ ~ 2 new members
#1182 ~ ~ 2 new members	#1384 ~ ~ 2 new members
# 2078 ~ ~2 new members	#1762 ~ ~ 1 new member
#1941 ~ ~ 1 new member	

CONGRATULATIONS TO ALL

THE GARDEN OF ENTHUSIASM

We have enthusiasm in our group for everyone to share. It spreads like wildflowers in the field. It shows us that we care.

It gives us strength to carry on when weight gains get us down.

It puts a smile upon our face and takes away the frown. It lingers like a clinging vine and spreads across the room. It gives us hope we'll soon be thin, brings gladness where there's gloom.

It seeks out those who need our help . It stretches far and wide.

But most of all, it helps us try, and gives us back our pride!



If you have a no gain meeting please let me know also if you have anything you would want posted in our newsletter please let me know.

CALORIE TALLY

Forty-Seven percent of Americans overestimate how many calories they should eat daily. An easy way to know..... your weight X 11 = the number of calories per day you should be able to eat and still lose a pound a week. I was given this by a TOPS member from a magazine. I don't know how true it is.

I hope everyone has a good month. I will be doing a newsletter monthly now. I hope this will help everyone. If there is anything I can do to help or encourage your chapter please let me know.

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