

**November News**  
**From:**  
**Louisiana State Coordinator**

Hello Everyone!!!

What a show of clowns did I join throughout Louisiana as we celebrated so much recognition within the area. The Fall Rallies were fun filled and inspiring with the many letters written. Each area was unique. I am just so thankful to have been able to join everyone all across Louisiana for that fun filled day of events. Many of you were refreshed and inspired to stop clowning around and set your eyes back on the vision to reach for that healthy goal. I was very honored in the areas that we were able to have our State King & Queen join us. Their speeches were very encouraging and motivational as well. I can't wait to see how many of you will reach KOPS status before the end of the year to be hugged by our State King & Queen at SRD in Baton Rouge. Their challenge to you to reach goal came straight from their hearts. Thank you King, Tab Guidry and Queen, Maxine Richard for taking some time to be in our presence and another **B-I-G** thanks to all of you TOPS/KOPS who attended your Fall Rally.

Attention Leaders and Weight Recorders, this year we will not have a Resume workshop within your area. TOPS Club, Inc has hit a fifty pointer! They have created a PowerPoint on how to have a perfect resume. Leaders and Weight Recorders can view this in the privacy of your own home as each step is explained to you on this great presentation. Simply go to the TOPS website where you will find this wonderful tool within the Forms section. If you still have any questions after carefully viewing this presentation you can simply contact me. Weigh to go TOPS Club, Inc!!!

I want to tell you that I have no ugly holidays at my house. I see the holidays are approaching us very fast so join me in preparations of the holidays as I set my mind firmly on my goal and not the cravings of the stomach and mindless eating. Determine that food will not control you but that you will control it. We can all be festive and bright as we plan ahead. Will you stand with me to lose just a quarter after Thanksgiving for your Chapter meeting? Let me know if you do. I'm curious to hear how you stood the test. Would you email me or send me a line? Thanks friends.

I will be out of my home between Nov 10 through 22; if you need me please email me or leave me a phone message. I will check my emails nightly and have my secrehusband hopefully relay your phone messages to me so I can respond back to you.

Leaders be on the lookout for the SRD letter. If you do not receive this letter by the end of November please contact me immediately. It's time to start your plans. Yes!!!



Happy Thanksgiving!

Participation  
What you put in is what you get out