



Catholic Elementary School

4005 North Sutter Street Stockton, CA 95204 \*209-464-0801 \*Fax 209-466-1150

September 2009

Dear Friends;

Everyone is settling in on their couches for the new fall lineup of programming. Flicking the remote, the one advantage or living alone these days, I noticed the show, "The Biggest Loser". While not watching the whole program, I realized that I should sign myself in or at least try to imitate some of the exercises expected of the participants. Weight has become a major issue for me and I am not going to wait for a life threatening day to change.

Already I have been under the care of my local physician who thinks I am a lost cause...but little does he know that I have started to walk with a purpose each morning. A friend has committed me to a walking program daily with the idea that we may be big girls but we will be fit! Her arrival each dark morning keeps me rolling out of bed and the talking and sharing keeps me moving once awake. Already we figure we have logged about 75 miles this month.

So, how does this matter to you? I have decided to up my investment in the idea of being committed. I am writing to all of you in hopes that you will help me. I would like to work on two goals at once. I want to walk away some pounds and I want to increase the funding of the Principal's Scholarship to help the children who want to be here. May I propose to you a sponsorship of my weight loss. I will commit to a publicly advertised weight loss attempt and monthly updates on progress if you will consider sponsoring me at 'dollars per pounds' for the Scholarship Fund. We will all be winners! I may lose and be healthier, you have a great tax write-off donating to the Scholarship, and some lucky children may attend our school due to funding available. It is a WIN-WIN!

For those of you willing to help out in this manner, the commitment you make needs to be in a monetary amount in relationship to pounds I will shed. To keep me honest and fair to all I will have Doctor Daftary write a note at the end of May stating how much my total weight has changed over these nine months. Each pound I lose will be a gain for a child in scholarship cash. I am hoping for overwhelming support but realize some may not be able to pledge 'a dollar a pound'; the amount doesn't matter - I am looking for a cheering squad to keep me faithful to the goal. What can one expect me to lose? I am hoping for an average of 2 pounds a week as they advocate in Weight Watchers, giving me a total loss of about 50-70 pounds.

If you are up for this challenge, please send in a response as soon as possible. I am looking for support in the form of those who believe I can do it. I've set my mind to it and think I can despite my older age...help me try! I thank you in advance! Pat Simon

I wish to be a part of Pat's Big Loser Program! I, \_\_\_\_\_,  
(address \_\_\_\_\_)

Pledge to donate to the St. Luke Scholarship Fund at the rate of \$\_\_\_\_\_ for each pound she sheds.  
Progress may be checked monthly on the School web site; [www.stlukestockton.com](http://www.stlukestockton.com) . My donation will be due June 1<sup>st</sup>.