

WHISTLE A HAPPY TUNE

July 21, 2010 News Letter Connie Crane, Coordinator

I am so excited to be your new coordinator. There are 87 chapters in my area and I encourage each chapter to contact me for any reason including..... questions, problems, health fairs, parades and festivals in your area, publicity opportunities, member accomplishments and anything else pertaining to TOPS.

I just returned from IRD (International Recognition Days) in Halifax, Nova Scotia. It was an inspiring experience attending the workshops and listening to the stories of the winners. Thank you very much to those chapters who contributed to the Area Captain fund to help with expenses to attend IRD. Your generosity is always appreciated.

Are you aware that next year IRD will be in Milwaukee, Wisconsin? I have talked to several chapters that are having fund raisers to help their members attend this event. I believe everyone should try to attend IRD at least once and next year will be the closest to us for a few years.

Our TOPS President, Barbara Cady's is still challenging us to lose a million pounds this year. She said if we all lose a little we can accomplish her goal. Barbara has also decided to challenge us to do the Cut and Burn program for another year. The goal is to cut 100 calories a day and burn an extra 100 calories a day. To meet her challenge you must have a 10 pound weight loss from now until next year at IRD

I hope to schedule a few chapter visits in the upcoming months. Don't worry.....I don't usually just show up.....I call first!!!

Until next month.....Whistle a Happy Tune
connie

