

WHISTLE A HAPPY TUNE

May 14, 2010 News Letter Connie Crane area captain

I am happy to report that excitement is already building for our summer meeting to be held on Saturday, July 31. The exact meeting place is Southport Baptist church, located at 2901 E Banta Rd, Indianapolis, IN 46227. I will send directions and a map closer to meeting day but rest assured it is easy to find. The fun will start with a 9:00a.m. TOPS walk and the meeting will begin at 9:30 a.m.

It is so exciting to have TOPS President, Barbara Cady coming to our "Christmas In July" meeting. We are so lucky she was able to fit us in her busy schedule. Barb is a very motivational and entertaining speaker. I hope all TOPS members in our area take advantage of this opportunity.

I am also planning time for several members to tell us about their successful weight loss journey. If you have someone in your chapter who is interested in telling their story please let me know.

We are having a raffle with each of the 2 winners taking home a large pre-lit Christmas tree. Tickets are \$ 1.00 each or 6 for \$ 5.00 Once again.....yes, I will deliver your tree if necessary!!

Remember, I am asking all chapters to bring at least 1 pound of non-perishable food items for each person listed on your chapter roster. Of course, this is voluntary, although my hope is to donate 500 pounds of food to Servants Heart, a local food pantry in Beech Grove.

When I visited chapter IN 264,Greenwood, they told me of their plan to start gathering canned goods in June so they will have lots of food to contribute at our July meeting. What a great idea!!!

We will have lots of "Christmas" door prizes(I am providing prizes) and we will do some other fun things as well.

Good job chapters!!!!!! We have had several "no gain" meetings recently. IN 1497 Rushville....6 weighed in, IN 1344 Liberty....13 weighed in with a 9 lb loss, IN 237 Indianapolis....12 weighed in, IN 1444 Columbus.... no gain meeting and 2 members reached 50 pounds lost. IN 264 Greenwood ...also had a recent no gain meeting.

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

