# WEIGHT DOWN NEWS

**Issue #20, June 8, 2011**

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Happy June everyone:

I do believe that summer has finally arrived. I don't know what is worse the hot weather or the rain. Nonetheless, it is the time of the year when we get to go work in the garden, walk or just enjoy the great outdoors.

Are your chapters taking advantage of the good days, with outdoor fund raisers, exercising or just plan moving all those body parts that were dormant thru the winter? It is not too late to start planning for SRD next year. I would like to see more chapters from my area attend. It is a great experience and a time for making new friends and seeing old ones. There are workshops and other activities, and the Circle of Lights is just beautiful.

**Congratulations!** To Deb Kiefer of IN 1000, Middlebury on becoming a **KOPS.**

To those of you that are going to IRD in Milwaukee, I bet you are getting excited. I know that you will have a wonderful time. Be sure and bring back information to share with your chapter.

What's going on in your chapter? Would like for all chapters to email or write me what is happening. Whether it is a new contest, recipe, or whatever, chapters are always looking for something different to do or try.

Until next time: "Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice." (Anonymous)

Hugs

Sally