

Anoka, Chisago, Isanti, Ramsey & Washington Co.

Hello Friends in Tops,

It's midsummer now and I'm wondering how you're doing on your contest and your quest for good health? It is not always easy because life has so many interruptions. However, you are in control of your destiny.

This has been an interesting and exciting month because we just completed this year's (IRD) International Recognition Days. The theme was Happy Days with TOPS. Dress code was back to the 50's. Remember those poodle skirts and the music from the 50's. It was all there.

Ruth Gielow, our Minnesota Regional Director was in charge at this IRD. Many field staff had some kind of job to perform. I worked back stage in the theater as well as set up the receiving line for the royalty and division winners. With about 2000 people going through the receiving line it took some doing to keep the crowd moving. How many pleasant ways can you say get moving?

On Thursday we had three speakers including Cynthia Mack talking about the exchange system and the TOPS dinner. Barb Cady, our TOPS president, who spoke about the role each of us have in making ourselves happy. Later that day we heard from Amy Goldwater one of the authors from our own TOPS magazine talking about being happy, healthy and fit.

On Friday afternoon we heard from Patricia Amborn with the subject "Be Well: Get Happy". Following her was KINZA, a belly dancer and humorist. Her subject was "Laugh and Live Your Dreams." They were all so interesting that I came away inspired and ready to take charge of my life.

The highlight of the convention was the four General Secessions where we honored the royalty from all the states including our own Queen Gloria Goble from our Stillwater chapter. We were very proud of her for her 103 pound weight loss. There were also more than 300 KOPS in attendance including a lady who was a 50 year KOPS.

I'd like to send along my thanks and appreciation to those chapters that contributed to the Area Captain Fund. You made it possible for me to attend. I personally came back motivated by what I saw and heard. I learned it takes determination and persistence to find and maintain good health. If they can do it, so can we. So hang in there and it will happen for you and me.

Warm Regards and TOPS Hugs, Diane Carmichael