

*TOPS INFORMATION FROM YOUR
COORDINATOR: GWENN SMITH*

MAY, 2010

Spring Workshops were fun! Thanks to the host chapters and all who attended for participating!

Read the new TOPS Chapter Manual (and recycle the old TOPS Chapter Guide and TOPS Guide to Weight Recording).

MN SRD was fantastic, as usual. It was great to see so many of our members and the stories were phenomenal. Such success—and all the credit goes to TOPS! Plan now for next year’s MN SRD at St Cloud May 13-14, 2011.

TOPS WALKS IN THE PARK SCHEDULED!

June 23, Wednesday at Hibbing Bennett Park from 5:00 to 7:00 pm

June 24, Thursday at Moose Lake Historical Museum on Hwy 73 at 5:30-7:30 pm

We will walk and talk and then eat our own bag lunches while Carrie and I talk!! Wear your TOPS tee-shirts for publicity, please.

Want a TOPS WALK IN THE PARK in your town? Let’s schedule one! Contact me or your AC.

Leader’s Corner at www.tops.org has new power points that you can download and share at chapter! Click on meeting ideas, and then click meeting ideas—there they are—one is on being satisfied with ourselves and the other is on motivation. Check it out!!

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YES, TOPS MN _____ donates \$ _____ to the

FALL RALLY DATES FOR 2010:

- Sept 11 at Ely
- Sept 18 Open
- Sept 25 at Moorhead
- Oct 2 at Ironton
- Oct 9 at Park Rapids

Y – O – U

*You are the person
Who has to decide
Whether you’ll do it or toss it aside.
You are the person
Who makes up your mind
Whether you’ll lead or linger behind.
Whether you’ll try for the goal that is far
Or be content to stay where you are.
Take it or leave it,
There’s something to do,
Just think it over,
It’s up to YOU!!*

Health Fair in your community? Let’s get a TOPS booth there so more people can learn about being healthier and happier! Contact me

IRD July 15-17 in Nova Scotia, Canada. Help our MN Area Captains to attend by sending a donation. Thanks for being so generous. Use the form below, please. Deadline: June 10

Reminder: Two signatures are required on all TOPS checks. Thanks for complying.

HAPPY SUMMER TO ALL—SEE YOU LIGHTER!!!

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TOPS Area Captain Fund. Check # _____

