



Hi Members,

March is National Nutrition Month, www.eatright.org and March 22 is World Water Day, www.unwater.org . Check them out for program ideas.

When you're filling out your 2010 officer's chart, please make sure that you list someone as e-mail chapter contact. It needs to be someone who checks their e-mail daily. We have a lot of chapters that don't have an e-mail contact and we realize that there are people who don't have computers or e-mail. There are times that headquarters, Linda or I send information out by e-mail and we don't want your chapter to miss any news.

- ❖ Are there any health fairs coming up in the future in your area? Please let me know, I have things to set up a display table. Help us get the word out about TOPS.
- ❖ Has your chapter changed scales? Please let me know so I can come and pick up your old scales. We use them to start new chapters.
- ❖ Are you planning on going to IRD 2011 in Milwaukee, Wisconsin? If so and you would like to help, please fill out the enclosed form and mail it to Ruth Gielow.
- ❖ SRD registration deadline is March 27th. Looking forward to seeing you there.
- ❖ I'd be glad to install your officers for you, call me to schedule if you haven't already.

*****Welcome to new chapter, OH 2193, Dayton*****

TOPS Hugs to all,

Joyce

"Success comes in cans, not can not's. - Chinese proverb