

## June Newsletter 2010

Dear TOPS Family,

School is out. Fresh fruits and vegetables are available at local Farmers Markets. You now have time for yourself. No excuses to not Cut and Burn those calories. We all need to refresh our minds, and eating changes. Open the Choice Is Mine. Journal your way to weight loss success.

SRD was inspiring, and fun. The Magician that entertained us made us laugh, and laughter is good for our health. We were inspired by our winners' stories of success. They are TOPS members like all of us. Just normal people wanting a healthier lifestyle. What makes them successful is having a goal in mind and working towards it. **What is your goal as a member of TOPS?**

Fall Rallies are being planned for Oct. 23<sup>rd</sup> at Owens Community College, and Oct. 30<sup>th</sup> at Lakeland Community College. Forms will be mailed in July.

**TOPS NEEDS YOUR HELP!!!!** After a previous month of membership growth we are again down in members. What and how can you help? I have some suggestions. (**Forgiveness Night**) Invite members back to your chapter that have not renewed or have been gone for several months. No chapter back dues or fines are charged. They must update their National Dues if it has lapsed. Have members put on paper and submit to your board what programs or changes they would like to see. Welcome ideas with an open mind. Remember, change is good.

I will again be having a Chapter Growth Contest with the Rally forms. Having an Open House is part of the contest. Coupons will be given to all chapters with growth to use same as cash when sending me renewals. The more growth, the more money for your chapter treasury.

Bring A Friend to TOPS. If we all brought one friend to an Open House and they joined, Wow, we are on our way to building TOPS membership. We need to promote this special organization every way we can so we can continue to give affordable help to those with a weight problem.

IRD will be in Milwaukee Wisconsin in 2011. That is close to Ohio. As Co-Chairman I can share with you that we are planning a fun event. If you are planning on attending we could use your help. It takes a lot of volunteers to cover a lot of jobs. I will forward the names sent to me to the Chairman in charge. Hostesses, Promotion Room, Registration, and Hospitality Room are just a few where your help is needed.

The fun part of my job is being invited to chapters and meeting the members in my area. If you would like me to visit let me know. Is there a particular program or questions you would like discussed let me know in advance.

I will be at IRD in Halifax from July 10-22<sup>nd</sup>. My Area Captains and I will be driving.

Have a safe and successful weight loss summer.

I Care,

Tana O'Donnell  
Coordinator