

TOM'S TOPS TWEET

Newsletter for: Ashland, Erie, Holmes, Huron, Knox, Lorain & Wayne Counties

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16728 Gifford Road, Oberlin, Ohio 44074 SEP, 2011

First I want to tell you that there will be a workshop in Wooster at the Wayne County Library 220 West Liberty Street. October 8th 2011. Registration at 9:45 am meeting starts at 10:00 am. Please don't come early the library doesn't open till 9:30 am. We are going to cover "You, and Your Chapter" Hopefully this will be of benefit to new and seasoned members alike.

"TOPS SELF CARE PROGRAM"

There is a series of videos on the TOPS website , These were for a 25 week self help program. I have viewed most of them and can tell you they are great and would make wonderful programs. check it out.

It's not that some people have willpower and some don't. It's that some people are ready to change and others are not.
James Gordon

Fall is coming, It is a wonderful time for a chapter walk. Why not invite other chapters to your walk. Remember that your walk counts points for the Fall Rally "Bucket Contest"

"If, during the course of your meal, you should find that you are no longer hungry, place your fork on the table and stop putting food into your mouth."

Well I want to report that MY chapter Oh 2147 Oberlin had a NO-GAIN meeting the

end of August! Woo Hoo.... Have any of you had a no gain meeting lately? Let me know so I can put it in the newsletter.

"Behave like a fat person and you'll become a fat person. Behave like a thin person and you'll become a thin person." - Anonymous

I believe that I forgot to announce that at IRD this year the chapter growth contest for our region (Ohio, Indiana, Wisconsin, and Minnesota) was won by Drum Roll Please ... OH 1209 Wooster Congratulations to them. I'm sure that they will find a use for \$250.00. Tana has told me the contest is continued for this year.

For each new member that joins your chapter Tana sends in a coupon with your chapter number. At IRD one lucky coupon is pulled. Could it be your chapter?

Remember you also get one free membership for each 4 new members joining in 2011. That is \$26 in your checking account. Go get those new members. Your chapter must have an email address, you will be notified by email from headquarters when you have the required new members.

The greatest gift you will ever receive is the gift of loving and believing in yourself. Guard this gift with your life. It is the only thing that will ever truly be yours. -- Tiffany Loren Rowe

TOPS WORKSHOP

WHEN: OCT 8 2011, 9:45 AM registration 10:00 AM Start

WHERE: Wooster Library 220 West Liberty Street, Wooster Ohio 44691

You and Your Chapter.

This is for all chapter members and especially for new members.

