

Waukesha Area Chapters' Newsletter **April 2010**

Please read to members and distribute copies.

SRD 2010: What fun! TOPS camaraderie, meeting members, making new friends, information galore, health tips, entertainment, awards, joyful tears, proud moments and a circle of light...

Thank you to all that volunteered your time to the SRD Committee and Field Staff. And another big thank you for those that volunteered to hostess for me.

If you have not been to an SRD, please try to attend one in the future. You will not regret it. (We will talk about SRD comments at the next area meeting).

Congratulations to ALL the winners and especially all of the Waukesha County winners (my area)!! A super congrats is sent to out to Ruth Olsen 0611 Brookfield - WISCONSIN STATE QUEEN!

Area Meetings: Our first area/quarterly meeting will be on: **May 10, 2010, at 7:00 p.m.**

I should be in possession of two quarterly reports from every chapter. One for the last quarter of 2009 (last weight in Sept. to last weight in Dec.) and one for the first quarter of 2010 (last weight in Dec. to last weight in Mar.)

The May 10 meeting will include an officers' and members' workshop, along with quarterly awards for the reported-on quarters (last of 2009 and first of 2010). The meeting will be held at St. John's Lutheran Church (southeast corner of Barker and Davidson Roads). Please try to have at least one or two members from your chapter attend the meeting. Just a little reminder as well to 0518 Waukesha to bring the traveling trophy -- are you going to be taking it back again ??

Officers' Chart: All Chapters should have their Officers' Chart to Jackie Marks by now. If you have not, please send it to her or myself ASAP.

Area Meeting Fees: I am still missing a couple invoices for the \$15 are meeting fee, as well as your yearly weight loss pledge. I will have a list of those chapters at the area meeting and if you are unable to attend, I will be contacting you after May 10 by email.

Weighing In: Reminder that members are allowed to attend their chapter meeting without weighing in, but they must be marked absent (AB) for that date on their chapter weight chart, unless they are on a medical excuse from their doctor. It is up to the individual chapter to decide how you want those members counted for your chapter contests.

IRD 2010: IRD 2010 Nova Scotia from July 15-17. See your TOPS News for or the TOPS website for all information.

IRD 2011: IRD 2011 will be in **MILWAUKEE** on July 7-9. Happy Days!! What an awesome opportunity for members to reach their goals by the end of December, 2010 so that they can graduate at an IRD. It is truly an event to remember. Let's see how many Waukesha members we can get on that IRD stage in 2011.

Monthly Website: <http://www.nutritiondata.com/tools/nutrient-search> The base of this website, nutritiondata, is a great site in itself. However, the above link, which is a nutrient search, is very helpful in finding foods that are high or low in a certain nutrient, one that you might need more or less of. You can generate a list of low carb foods, or foods that are high in starch, or high in fiber. It contains just a generic listing, as well as name brand foods. Check it out!

You can also find information on the website for TOPS of Southern Wisconsin at www.topspride.org/Wisconsin/index.html, as well as copies of my monthly newsletters.

Amy Bowman
Southern Wisconsin Area Captain
Waukesha County

209 Cambridge Avenue
Waukesha, WI 53188
(414) 651-6164
amy@emilebanksllaw.com

SRD 2010 Oconomowoc

