

**Waukesha Area Chapters'**  
**Newsletter**  
**June 2010**

*Please read to members and distribute copies.*

**Area Meeting:** The next area meeting will be on **Monday, August 9, 2010, beginning at 7:00 p.m. at St. John's Lutheran Church.** Following a short presentation of awards and trophies, we will be motivated by our speakers, Coach Ray Lilley and Rebecca Scott from the C.O.R.E. Academy discussing being committed, obedient, responsible and engaged. For those that saw Coach Ray and Rebecca speak at SRD, please spread the word to your fellow chapter members about how motivating and inspiring they were. For those members who did not attend SRD, you will not want to miss this meeting!

We will be having a "share the wealth" drawing at the next area meeting as well. You may purchase a ticket for \$1.00 and the winner will receive half of the funds taken in. (The second half of the funds will be given to our speakers for volunteering their time.)

I have attached a revised area meeting form. The revisions on this form merely help to clarify some of the categories that I am requesting information for. Please have this form filled out and returned to me by mail or email no later than **July 20**. You will be reporting on the second quarter of 2010 which is the last weight of March to the last weight of June.

Finally, I would like to hear some feedback from the chapters about holding our area meetings, or possibly every other area meeting, on a Saturday morning at 10:00 a.m. The location would remain the same. Is this something that you would prefer? Is this something that would increase attendance at these meetings? Please let me know.

**Our Fellow Members:** I just wanted to let you know that I contacted our fellow chapter 0992 Eagle. While a couple of the chapter's members did sustain some home damage from falling trees, no one was impacted quite so severe as those less fortunate. We are grateful that you are all safe and well in Eagle.

**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.

This is also a time to start fundraising for your chapter to attend IRD. Registration for IRD is \$50 but that cost can certainly be cut back for the members if your chapter can do some fundraising for those attending.

**Monthly Website:** <http://www.amihungry.com>. Am I Hungry is a site by Dr. Michelle May. I was given this website info while at a recent TOPS retreat. A lot of information is contained in this website about mindless eating, why you are eating, etc.

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

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**ENJOY THE WEATHER -  
TAKE A WALK IF YOU CAN...**