

## **Waukesha Area Chapters' Newsletter** **May 2010**

*Please read to members and distribute copies.*

**Area Meetings:** What great successes shared at our area/quarterly meeting on May 10. We are still short of getting all chapters to be in attendance. There were some members that did miss out on their awards because there was no representation there. Please try to have a representative at every area meeting.

*Congrats to all of the winners. Enjoy the awards and the trophies.*

Traveling trophy for the Best Chapter Average Loss went to 0518 Waukesha!! Keep it up. Better watch out -- I think Ellie will be on you all this quarter to keep that trophy!

The next area/quarterly meeting will be held on August 9, 2010. We will be having a speaker at this meeting following presentation of awards and trophies. Coach Ray Lilley and Rebecca Scott from the C.O.R.E. Academy will be talking about 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!

**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.mayoclinic.com> Just a plethora of information on diet, exercise, and just your overall health issues in general.

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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**SRD 2010:**  
**beautiful**  
**KOPS**

