

**Waukesha Area
Chapters' Newsletter
November 2009**

*Please read to members
and distribute copies.*

THE WHIRLWIND OF HOLIDAYS, PARTIES, GATHERINGS,
LUNCHEONS, ETC. IS STARTING. DON'T LET THIS TIME OF THE
YEAR ERASE ALL THE GOOD YOU HAVE DONE ALREADY.

REMEMBER THAT YOUR FELLOW CHAPTER MEMBERS ARE THERE FOR YOU!

TOPS of Waukesha County Walk:

Thank you again to the participants in the October 24 TOPS of Waukesha County walk! We need to get more people out there - with over 300 members in Waukesha County, we should have had a much larger turnout. Watch for info on a Spring walk in 2010.

Area Meetings: The area meeting was held on November 9. Congratulations to all of the winners and great losses. A big congratulations to Chapter #WI 0884 Waukesha for winning the traveling trophy. You've got yourselves a challenge to keep it the next time too! I hope everyone enjoyed the program as well.

Cut and Burn Challenge: Remember to keep cuttin' and keep burnin'! 100 and 100.

SRD 2010: SRD 2010 will be at Olympia Resort in Oconomowoc on April 8-10. Watch for your SRD information letter and registration materials soon.

IRD 2010: IRD 2010 will be in Nova Scotia! July 15-17. More details to follow in the TOPS News.

Monthly Website: <http://www.cspinet.org/nah/index.htm> This is the link for the Nutrition Action Health Letter put out by the Center for Science in the Public Interest. I have had these magazines at the area meetings for people to view. If you do not subscribe to this publication already, you can read a lot of their articles on their website.

TOPS Website: Take a minute and visit the TOPS website, www.tops.org. Click on the Enter button, go to the Support box on the left side of the page, and then click on TOPS Area Links. This will direct you to a list of more than 45 links with much information and ideas.

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.

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HAPPY HOLIDAYS EVERYONE!