

Dear Chapters,

June, 2010

It looks like June is almost all gone already! I don't know why these days go by so fast. Are you taking advantage of all the fresh fruits and vegetables? Remember to stop at the Farmers Market for good fresh produce.

Remind weight recorders to call, email or mail me their quarterly reports next week. Our next quarterly meeting is Saturday, July 31st at the M&I Bank...10-noon. Also have the weight recorders read up on how to weigh a person who weighs more than your scale records. It's on page 27 in the Chapter Manual. Practice it a few times in case you need it one day.

Diane wants you to notify her when a member has passed away. Sometimes family members get upset receiving mail for a deceased person.

Have all of you been displaying your TOPS sign that I gave some of you? I didn't have enough for everyone so gave them out who came to our quarterly meeting in May. I put ours at the end of our driveway as we live on a very busy highway.

Remember we want songs/skits at our Fall Rally on October 9th. A fun time is needed by all of us.

The walk around Lake Superior started Memorial Day and I hope it will result in some nice losses! ALL exercise counts! 15 minutes = 1 mile.

To try to get new members in your chapter give your old TOPS NEWS to some businesses, Dr. office, etc and put "free...take me home" on the front. Mine disappear all the time so I keep replacing them. Posters are nice to display also.

Enclosed are some programs from TOPS Headquarters. I did send them via our computer but I don't know how many of you get "Leader" information. They are wonderful chapter programs so please share them with your members! Designate each program to a different member to do. Good leaders designate!!!!

Enclosed are some programs from TOPS Headquarters. I did send them via our computer but I don't know how many of you get "Leader" information from the TOPS website. They are wonderful chapter programs so please share them with your members!!! Designate each program to a different member to do.

REMEMBER...GOOD LEADERS DESIGNATE!!!!!!

Happy 4th. of July!!!

Your Area Captain....Bev Leppala