

# THE FORGET - ME - NOT

Issue 5

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May 2010

## N From the Area Captain

Spring Fling 2010 has come and gone. We had another record attendance with 40 people enjoying each other's company. Everyone seems to be enjoying the mix of fun and education. I hope that more of you will join us for our next quarterly. That brings to mind that I am looking for someone to host my Summer Rendezvous (quarterly). It can be in July or August. Let me know as soon as possible.

How are we doing? Are we feeling stressed? The program I am presenting when I come to visit your chapter is called "Stress Management". For those chapters that I have already visited, thank you very much for the help with gas money. It is greatly appreciated.



## STATE NEWS

Our IRD (International Recognition Days) this year will be held in Halifax, Nova Scotia on July 15-17. If interested, you can check it out on [www.topspride.org](http://www.topspride.org). There is room for a few more.

SRD (State Recognition Days) for 2011 will have the theme "Happy Days with TOPS." It will be held on July 6<sup>th</sup>, the day before IRD, in Milwaukee. We are looking for a number of volunteers from singers to EMT/Medical personnel, from host/hostesses to people to work promotion or hospitality rooms. If you can help please let Ruth Gielow or a field staff member know. I hope that many of you are planning on coming to this amazing event. You have plenty of time to plan for this event. I am hoping to arrange for a bus to avoid most of the driving for any interested persons. Let me know if you are interested in having a bus. I want to see if there is enough interest to put this together.

## LOCAL NEWS

For the first quarter of 2010 we had 50 KOPS in the black. That is the most I have had for this area. Keep up the good work. I had 18 out of 21 chapters report in. We had a total loss of 863.25 lbs. we had a gain of 482.70 lbs. that gives us a net loss of 380.55 lbs. Keep up the good work. January's best monthly loser is Shalee Jass (WI 0904 Stratford) with a 10.25 lbs loss. February's best monthly loser is Delores Hill (WI 0095 Schofield) with 12.50 lbs loss. March's best monthly loser is Linda Larson (WI 1304 Wabeno) with 12.50 lbs loss. Congratulations! The chapter with the greatest weight loss per member for the first quarter is WI 1013 Rib Lake with 4.38 lbs per member. Keep up the good work!

I would like to thank WI 0751 Rhinelander for hosting our Spring Fling. They did a great job! If your chapter is interested in hosting the Summer Rendezvous, please let me know as soon as possible

## Reminders:

The next quarterly forms are due in to me by July 15<sup>th</sup>.

I have posted the chapter visits on the calendar page so please take note of when I am coming to visit you.



## Calendar 2010

### May

**17<sup>th</sup> - chapter visit WI 0845 Merrill**

20<sup>th</sup>- WI1019 Florence 29<sup>th</sup> Anniversary

23<sup>rd</sup>- WI1411 Niagara 12<sup>th</sup> Anniversary

**24<sup>th</sup> - chapter visit WI 1304 Wabeno**

### June

4<sup>th</sup>- 6<sup>th</sup>- Retreat in Beech Groove, IN

6<sup>th</sup>- WI1478 Springstead 4<sup>th</sup> Anniversary

6<sup>th</sup>- 11<sup>th</sup>- Retreat in Carolina, AB

**7<sup>th</sup> - chapter visit WI 1013 Rib Lake**

**22<sup>nd</sup>- WI 0751 and 0949 Rhinelander and WI 0095**

**Schofield**

### July

**6<sup>th</sup> - chapter visit WI 1478 Springstead**

10<sup>th</sup>- Janet Turney WI0949 Rhinelander (42 years)

15<sup>th</sup>- 17<sup>th</sup>- IRD in Halifax, Nova Scotia

16<sup>th</sup>- WI0751 Rhinelander 36<sup>th</sup> Anniversary

**22<sup>nd</sup> - chapter visit WI 1133 Prentice**

**28<sup>th</sup> - chapter visit WI1411 Niagara and WI 1019**

**Florence**

### August

**5<sup>th</sup> - chapter visit WI 0985 Woodruff and WI 0644**

**Phillips**

**12<sup>th</sup> - chapter visit WI 0127 and WI 0950 Antigo**

13<sup>th</sup>- Dorothy Wysocki WI0095 Schofield (42 years)

13<sup>th</sup>- 15<sup>th</sup>- Retreat in Strasbourg, Saskatchewan

**18<sup>th</sup> - chapter visit WI 0756 Tomahawk and WI 0378**

**Park Falls**

22<sup>nd</sup>- 27<sup>th</sup>- Retreat in Wirtz, WA

26<sup>th</sup>- WI0845 Merrill 24<sup>th</sup> Anniversary

**26<sup>th</sup> - chapter visit WI 0087 Eagle River**

### September

11<sup>th</sup>- Jean Soberg WI0813 Schofield (41 years)

**12<sup>th</sup>-17<sup>th</sup> - Men's retreat in Aurora, NE**

13<sup>th</sup>- WI0683 Wausau 38<sup>th</sup> Anniversary

16<sup>th</sup>- WI0644 Phillips 39<sup>th</sup> Anniversary

17<sup>th</sup>- 19<sup>th</sup>- Retreat in Detroit Lakes, MN

25<sup>th</sup>- WI1133 Prentice 25<sup>th</sup> Anniversary

29<sup>th</sup>- WI0095 Schofield 42<sup>nd</sup> Anniversary

### October

1<sup>st</sup>- 3<sup>rd</sup>- Retreat in Dingmans Ferry, PA

14<sup>th</sup>- WI0756 Tomahawk 36<sup>th</sup> Anniversary

14<sup>th</sup>- WI1304 Wabeno 19<sup>th</sup> Anniversary

### November

2<sup>nd</sup>- WI0904 Stratford 33<sup>rd</sup> Anniversary

3<sup>rd</sup>- WI0798 Merrill 35<sup>th</sup> Anniversary

### December

27<sup>th</sup>- WI0378 Park Falls 43<sup>rd</sup> Anniversary

If you would like any dates added to this calendar let me know.

## Leaders Corner

I will be trying to help you with contests and ideas for your meetings. I am going to be pulling many of these ideas from the TOPS website. If you have anything you want to share with the other chapters, let me know and I will put it in this section.

Today I sent you a Quick & Easy program that came from the leader's corner on the TOPS website titled "Body Image". This is the program I used at the Spring quarterly. This way I can share it with everyone. I hope that you enjoy it.