

Through Thick and Thin

Area Newsletter for Kenosha, Racine, & Walworth TOPS Chapters

Please read at your next meeting or make copies for each member.

TOPS: "THE ROAD TO SUCCESS"

September 2011

Are you going to Fall Rally 2011 -APPLE HARVEST? I hope to see many of you on October 8, 2011 in Columbus, Wisconsin. Take this opportunity to join members from around Southeast Wisconsin for a morning of fun as we listen to good speakers, Share the Wealth with a raffle, try our luck at the Chinese Auction, and maybe even buy some brown bags. As I have been reminding you in my weekly emails, your chapter should try to bring a raffle item or basket valued at \$25 or more. Bring brown bags decorated valued at \$.50. And don't forget your non-perishable food items for the local food bank. Don't forget your apple poster. The doors will open at 8:00 AM and the rally will start at 9:30 AM.

As I have been talking and working with chapters, I have heard many of you confused about the new membership contest going on: One free membership for every four new members you get. Let's see if Fall Rally gives us a better insight in this contest. Otherwise, I will share with you what our chapter will be doing.

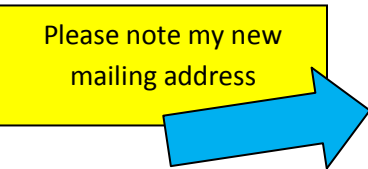
LIKE TO WALK OR RUN? Wanted to try a 5k but not sure? Now is your chance! The Kenosha area is sponsoring a 3k walk (just a little over a mile) and 5k walk/run (just a bit more than 3 miles) on Saturday, October 22, 2011, in Pleasant Prairie, Wis. Cost of \$15 includes a t-shirt and awards for those completing the walk or run. For more information, contact Christine Sheehan at rsheehan2@wi.rr.com. Come out and walk with fellow TOPS members and friends. I have included a flyer with this newsletter.

Walking is so good for you. But many say they can't walk. That doesn't mean you cannot exercise. Try just sitting in a chair (the easy part) and doing arm lifts or leg lifts. Exercise doesn't have to be hard—just consistent. You don't have to lose all your weight at once either. Just remember to do a food chart and take it one day at a time. Again, strive to be consistent. The choice is yours--don't ever give up!

SHINING STARS: SRD 2012 is May 10, 11, and 12 at the Country Springs Water Park and Convention Center in Waukesha, WI. We will be getting you more information on this after the first of the year.

Go to www.tops.org. Click the Member/Leader/Staff tab and sign on. Click Leaders Corner. Click Meeting Ideas. Scroll down the list for the contests, activities, etc. that you seek.

Please note my new
mailing address



Christine Sheehan, Area Captain

PO BOX 92, Salem WI 53168 262-620-1139

rsheehan2@wi.rr.com

Join us on FACEBOOK at: Official TOPS Club Inc