

Thank you for reading at chapter

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June 26, 2010

Dear Chapter Members,

Summer greetings one and all. We have a date, place and host for the August quarterly meeting. A huge thank you goes to WI 969 St. Joseph for stepping up to the plate to host. Here are the details and directions so please reserve the date and I hope to see you there.

DATE & TIME: Saturday, August 14 with registration at 9 am and the meeting will start at 9:40.

There will be coffee, water and trail mix for refreshments. During registration there will also be sales at the TOPS table and a special T-shirt raffle.

PLACE: Northside Community Police Center – Station #2 – 713 St. James St. – La Crosse, WI 54603 (North La Crosse).

DIRECTIONS: Coming from the North - take 53 south to St. James (53 South at Clinton St. becomes a one way going South) - turn left on St. James - go 2 1/2 blocks - building on left (next to Laundromat)

Coming from Sparta Area - take 16 towards La Crosse - turn right on Gillette Street (North La Crosse) - take Gillette to 53 So. - turn left on 53 - follow to St. James St.

PROGRAM: I will be presenting a program on Leadership Skills and following that, you will be participating in small group discussions. We will have a good time. Please put this on your schedule and plan to attend.

I still need a chapter to host the Fall Rally any Saturday in October that you choose. We need a room that can hold about 80 members along with space for Chinese Auction tables, TOPS sales table and registration. Once again, I have a special program to present so you don't need to find a speaker. If we need to pay rent on a room, we can go up to \$50 but less is better. Our Fall Rally clock theme is **"It's The Perfect Time."** Please let me know ASAP if your chapter can host this very important and fun day in October.

In closing, I hope everyone is enjoying our short WI summer, water fun, vacation and especially the fresh fruits and vegetables. The Farmer's Markets have opened up here and it's so easy to get our daily quota of 4 fruit exchanges and 2 vegetable exchanges for those on a 1200 calorie food intake. On 1500 calories, you get to bump up the fruit exchanges to 5 and double the vegetables to 4. A word to the wise: If you're going to overeat, do it on fruits and vegetables.

Out of the office: Regional Director Ruth Gielow and I will be at IRD in Halifax, Nova Scotia, from July 10 to July 19. You may send e-mails as usual or leave a phone message but just know I can't answer until I get back.

Together We're TOPS,
Diane