

Thank You for reading at your next chapter meeting



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July 18, 2011

Dear TOPS of Northern Wisconsin,

I have returned from a fantastic SRD/IRD in Milwaukee. We truly had "Happy Days with TOPS." The inspiration and motivation of the speakers, sessions and winners stories sent me home with renewed drive and determination to get my weight losing program on track. Thank you to all who were able to attend. I offer an even bigger thank you to anyone and everyone who helped in any way, shape or form to make these recognition days a huge success. We most certainly had some challenges starting with a bus breaking down on the way there. My hip gave out and I spent 1 ½ days in bed. I'm very thankful for friends, electric scooters and a walker. Thanks for the cards, calls and caring. I am much better now and thankfully did no permanent damage to these artificial hips.

I am enclosing the list of SRD and IRD winners. The weight loss numbers are incredible. Congratulations to each of you on a great accomplishment. Some winners and chapters were unable to attend, therefore, I will be sending your certificate and/or pinettes to you.

Remember the new member contest from last IRD to the end of June? We had 438 tickets from Northern WI that went into Ruth Gielow's drawing. A chapter from Ohio won the \$250 this year but to sweeten the pot, Ruth donated a TOPS watch to each Coordinator and the chapter who won in our area is: WI 49 Shawano. Congratulations and I will be sending your watch for you to award or use as you please. Thank you Ruth.

I hope you are enjoying our late arriving summer and have been able to be outdoors plus get some extra exercise fit in. Eating healthy during the summer with local Farmer's Markets or your own home grown goodies is a plus in my book.

I hope you're all looking forward to the Fall Rally in your area. Rallies are a good time for your chapter to get involved. The captains all appreciate your help, ideas and participation. Ask how you can help or if she needs a host chapter or chapters. These rallies are for you.

Thought For The Day: Happiness is like potato salad. When you share it with others, it's a picnic.

Together We're TOPS,
Diane

(OVER FOR OUR SRD WINNERS)