

# TOPS

## October Newsletter 2011

Hello All, (Leaders, please read or have read at the meeting).

It was so nice to see many of you at the Fall Rally in Columbus! Remember if you have not already sent the payment for Fall Rally, (even if the chapter did not attend), to Jackie Marks. She has to pay for the facility regardless if your chapter attended. It was a lovely time had by all. Great speakers, great contest and just a nice time to come out and get rejuvenated for the last quarter of the year! By the way, time for the next quarterly meeting: November 12th at Arlington Community center. I really would love to see you all there. Weight recorders are **EXPECTED** to attend this meeting. We will be going over the resume procedures. So mark your calendars! See you there.

I hope that you are all thinking about your Super Foods, now that the seasons are changing. There will be different fruits and veggies that will be in season, to get your best healthful benefits from your foods. Try some squash for Vitamin A. Remember to eat food in the simplest of ways. Raw apples are a wonderful treat, filling, full of fiber and you know the saying *an apple a day keeps the doctor away*. So eat healthy and have a lovely Autumn Season.

### TOPS AREA news:

**Quarterly Meeting:** Quarterly meeting is fast approaching again  
Saturday, November 12<sup>th</sup> at 9:00 am til around 11:00 at the  
Arlington Community Center.

- 200 Commercial Street, Arlington WI

**WEIGHT RECORDER TRAINING:** This is the meeting where special training is held for all weight recorders and assistants. The weight recorders are supposed to attend this meeting. So mark your calendars. This meeting is to review how to fill in your chapter's annual resume. These resumes are due after the last weigh-in of the year and are turned in with the official weight charts. Chapter officers are encouraged to attend also, as always.

**Resumes** to be filled out at the end of the year and turned in to Jackie Marks by January 8<sup>th</sup>, if you have problems or questions, you can contact me or Jackie Marks.

**Watch out for goblins, or even worse: *Goblin' too much!***

See you soon or see you in November!  
Your Tops Friend and Area Captain

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