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**Area Captain NEWSLETTER – April 18, 2010**

**PLEASE COPY AND DISTRIBUTE TO EACH MEMBER**  
**AND ALSO READ AT MEETING**

Dear TOPS Chapters of Milwaukee County:

**QUARTERLY MEETING:** The next county quarterly meeting will be **Monday, May 3, 2010 at 7 p.m.**, in Community Room One at the Wisconsin Athletic Club/City Market building, **8700** Watertown Plank Road, at the intersection of 87<sup>th</sup> and Watertown Plank.

**DIRECTIONS:** Drive north on 87<sup>th</sup> about a quarter of a block north of Watertown Plank, until you see an entrance marked **“COMMUNITY ROOMS”** on your left. This will be on the **east side of the building near the back parking lot.** We will meet in Community Room One. Parking is available on all sides of the building, but be sure to use the **EAST** entrance marked “Community Rooms,” otherwise you will be wandering through halls trying to find us!

**MEETING TOPIC:** This meeting is the annual officer training workshop, which will take place after the awards. **EVERYONE IS WELCOME, NOT JUST OFFICERS!** Please be sure all your officers and weight recorders attend this important event, but be aware that this will be an interesting presentation for non-officers in attendance also. **Everyone** is encouraged to attend. Please – let’s see all chapters represented!

**AWARDS:** Along with awards for Milwaukee County best male and female losers for each of the last two quarters, and for KOPS at or below goal, and TOPS with no gains, there is a traveling trophy awarded to the chapter with the best average loss for each of the prior two quarters. If a chapter receives the trophy for **two consecutive quarters**, they will keep the trophy permanently. At the last area meeting Chapter 1486 Milwaukee won, with an average loss of 7.84 lbs. We look forward to such successes at our meeting on May 3.

**OUTSIDE SPEAKERS:** The following speakers are willing to visit our chapters and speak on health and fitness:

Fitness expert Amy Goldwater - 414.962.7963  
Personal trainer Jeff Mrochinski - 414.510.6939  
TOPS member Claudia Fritz – 414.477.0887

**SRD SUMMARY:** The state convention last week in Oconomowoc was a great success, with almost 500 attendees. Eleven KOPS graduated, including Barbara Jean Flanagan of WI 0313 Oak Creek.

There were 91 alumni KOPS honored, including these Milwaukee County members:  
Carol Starr, Charlotte Dupree and Catherine Phipps of WI 0042 Milwaukee  
Donna Rautio of WI 0284 Greendale  
Mavis Stanwood-Trester of WI 1282 Milwaukee  
Millie Casey of WI 1381 Milwaukee

Our new state queen is Ruth Olsen of WI 0611 Brookfield, the queen runner-up is Barbara Jean Flanagan of WI 0313 Oak Creek, and the new state king is Roscoe Tackett of WI 0047 Fond du Lac.

SRD state division winners from Milwaukee County were:

Rick Biere of WI 0202 West Allis

Linda Snyder of WI 0344 Wauwatosa

Kevin Eide of WI 0344 Wauwatosa

Cynthia Galvan of WI 0456 Greenfield

June Parsley of WI 0649 South Milwaukee

Brittanni Tillman of WI 1486 Milwaukee

Congratulations to each of them for such wonderful weight losses!

**IRD 2010:** It will be held In Halifax, Nova Scotia and is scheduled for July 15 through 17, 2010. Registration deadline is in May, but this is an event for which you can register at the door if necessary. Please seriously consider attending, as it is a wonderful, motivational experience. Remember, a passport is required to enter Canada.

**CHAPTER VISITS:** I have been calling leaders to set up my annual Area Captain visit and I will be presenting a program. I always enjoy my visits and look forward to seeing you all again.

**CHAPTER BY-LAWS:** Every June each chapter should review their by-laws at a meeting; if any changes are made, the proposed document should be sent to Coordinator Jackie Marks for approval before adoption. No need to send if no changes proposed.

**TOPS NEWS:** The magazine can now be viewed in the member section of [www.tops.org](http://www.tops.org).

**AREA MEETING FEES:** The annual invoice for \$15 to cover area meetings was enclosed with my last newsletter. If your chapter has not remitted, please do so soon.

**ATTN: WEIGHT RECORDERS: WEIGHT REPORT FORM:** Once again enclosed is another **CURRENT** Quarterly Meeting Weight Report form. I have mailed this form to each chapter twice before, and still have received some reports on an obsolete form. Please destroy all old report forms, and pass this current one to your weight recorder, to be completed and sent to me immediately so that your chapter successes will receive the recognition deserved.

*Roe WiersGalla*  
*TOPS Area Captain*