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NEWSLETTER

July 30, 2011

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

Dear TOPS Chapters of Milwaukee County:

SRD:

Our State Recognition Day on July 6th at the Milwaukee Hilton was very exciting in a beautiful setting. Mary Linssen of Chapter 0450 Green Bay, with a loss of 106.75 to goal was crowned state queen. The state king was Larry Orlando of Chapter 0154 Delavan with a 100 pound loss. Runner-up queen was Barbara Thompson of 0694 Cornell, with a loss of 70 pounds, and runner-up king was Rick Biere of Chapter 0202 West Allis with a 33 pound loss.

Milwaukee County state division winners named were:

Men's division 4 – 1st place – Steven Haessler of WI 1514 Milwaukee with a loss of 19.5 pounds
Men's division 4 – 2nd place – John Werderitch of WI 0463 Milwaukee with a loss of 11.75 pounds
Men's division 7 – 2nd place – William Berdan, Sr. of WI 1514 Milwaukee with a loss of 68 pounds
Women's division 7 – 2nd place – Cynthia Galvan of WI 0456 Greenfield with a loss of 24 pounds

Chapter 1514 Milwaukee was the best in the state for 2010 with an average loss per member of 16.5 pounds.

Congratulations to all state award recipients. It was a very proud day seeing such wonderful successes.

IRD:

As you know, the TOPS International Recognition Days were held in Milwaukee this year. Milwaukee County KOPS who were recognized on stage on July 8th at the Milwaukee Theater and took part in the memorable circle of light were:

2 year KOPS Mavis Stanwood-Trester of Chapter 1282 Milwaukee
4 year KOPS Millie Casey of Chapter 1381 Milwaukee
9 year KOPS Charlotte Dupree of Chapter 0042 Milwaukee
23 year KOPS Carol Starr of Chapter 0042 Milwaukee

FALL RALLY: It is scheduled for October 8th at the High School in Columbus. You will receive details soon via a newsletter from Coordinator Jackie Marks.

SRD 2012: The dates are May 11 and 12, 2012, at Country Springs Hotel in Waukesha. Special detailed information will be mailed to all chapters after the first of next year.

IRD SPEAKER:

Dr. Jon Mueller of Milwaukee was one of the inspirational speakers at IRD this month. He shared his **TEN KEYS TO LONGEVITY**. A graduate of the National College of Chiropractic, he has dedicated his career to helping people of all ages and walks of life to reach and maintain their optimal level of health and well-being. He first became interested in health care when he served in the Navy as a hospital corpsman and he is a competitive marathon and ultra marathon runner and is a certified chiropractic sports physician diplomat. He told us there are 70,000 centenarians in good health in the U. S., and 80% are women. He said 25% of their good health is due to genetics. Other habits that contribute are strong social relationships, they are expert at managing stress, and many use acupuncture and yoga. Other notable factors are they maintain passion and purpose in life, practice eating healthy foods, exercise regularly, never stop learning, are adaptive to change, have a sense of humor, and are optimistic and spiritual. He said 90% of them say they use chiropractic care as part of their health care regimen. Dr. Mueller further stated we all need to push ourselves to experience growth, and that we should become students of health and wellness, and we should create not only a financial retirement plan, but also a **HEALTH RETIREMENT PLAN**.

Remember, an excellent source of information and support with regard to your **health retirement plan** is to participate in all TOPS events and never miss a weigh-in!

***There is a fine line between an irresistible impulse
and an impulse not resisted.
-Dr. Phil McGraw***

We'll see you lighter!

***Roe WiersGalla
TOPS Area Captain***