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**MILWAUKEE COUNTY TOPS NEWSLETTER**

October 22, 2011

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

Dear Milwaukee County TOPS Chapters:

**FALL RALLY:** The rally in Columbus on October 8<sup>th</sup> was a great success. Over 200 TOPS members were in attendance. The speakers were well received and the Chinese auction drew over 30 contributed auction items, which was much appreciated. Thank you to all who contributed!

**QUARTERLY MEETING:** Reminder the next quarterly meeting is set for Monday, 11/7/11 at 8700 Watertown Plank Road, Wauwatosa. The details were set forth in my September newsletter.

Weight recorders, please come early for annual resume training at 6:00 p.m. Also, remember to send me your chapter's quarterly report for the third quarter of 2011 ASAP.

**TOPS WEBSITE:** Wonderful changes will be unveiled this month, so stay tuned whenever you sign in to the website.

**TOPS RULES:** Please be aware that the TOPS Rules will be printed in the centerfold of the Dec/Jan issue of TOPS News and should be removed and saved.

**CHAPTER MANUAL:** There are changes to some pages and the chapter will receive two sets of the changes in the packet with this year's Chapter Resume form and new weight charts. Keep an eye out leaders!

**EDUCATIONAL PROGRAMS:** Beginning in February, all programs shall be printed in TOPS News. They will also be on the TOPS website.

**DOOR SIGNS:** Next year leaders will receive a door sign to display at the door of your chapter meeting each week, so passersby will be alerted that TOPS is there to help any and all.

### **WEIGHT LOSS TIP**

**Change your lifestyle.** If you're calling this a "diet," then you're going to gain all the weight back (and more) within a few months of losing it. Diets do not work. Diets are temporary. When you change your dietary lifestyle, however, you're changing your habits – and you're putting yourself on track for long-term and continued success and weight maintenance. Don't ever tell anybody you're on a **diet** – ever. Say you're eating healthier and more wisely!

***"It is not the mountain we conquer but ourselves."***  
***Edmund Hillary***

*See you soon!*

***Roe WiersGalla***  
***TOPS Area Captain***