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Dear Chapters,

I hope you all are surviving this hot, humid weather we have been having as of late. I know it makes it hard to exercise outside during the day, but that just means you have to compromise and do it indoors and early in the morning when it is cooler. With summer also comes the farmers market. I hope that some of you have been taking advantage of the fresh fruits and vegetables from the market. I sure know that I have been.

I want to thank all of you for making SRD/IRD a very memorable experience. I was surrounded by so much royalty, it was breath taking. We had some Royalty from our area go across stage at SRD. Our State Queen is Mary Linssen of 450 Green Bay with a weight loss of 106.75 lbs.

We also had several division winners. They are as follows:

Div. 4-1st place- Patsy Brefczynski of 382 Manitowoc with a loss of 49.75 lbs.

Div. 5-1st place- Melissa McCarthy of 510 Sturgeon Bay with a loss of 18.75 lbs.

Div. 6-1st place-Alexis Riemer of 878 Two Rivers with a loss of 14 lbs.

Congratulations to all of our winners and keep up the great work.

Our total weight loss for all of Wisconsin was 25,491.50 lbs. That is an amazing amount of weight.

The quarterly will be held in Kimberly on August 13. Registration is at 9 am and meeting starts at 9:15. Come and check out my new items that will be available for purchase. Plus I will be having a sale on some existing products.

I will need a volunteer to help me hand out certificates at this meeting as I am having surgery on July 28th and will just be getting my splint off on August 11th.

I know this is a ways away, but Fall Rally is November 12 in Suamico. The cost is \$5 per person. The theme is TOPS Going the Extra Mile. I am looking for a host chapter for this event. You may ask what do we do and what is in it for us. You come at 8am and make coffee and help pass out song books and organize Chinese Auction items. There is compensation in it for your chapter. Please let me know as soon as possible if you are interested. (Call me or e-mail me) There will be two contests for Fall Rally. One is for the person who has lost the most weight in Quarter 3. (Must be present to win) The second contest is called DO THE EXTRA MILE IN STYLE. Here is the opportunity for you to dress in the costume that best describes the person you know who has gone the EXTRA MILE. This could be a movie star, sports hero, politician, etc. In other words, who is your hero? Who do you admire?

In closing Don't put off until tomorrow what you can do today, because it may never get done.

TOPS HUGS