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THANK YOU FOR READING THIS LETTER AT YOUR MEETING!

June 2, 2010

Dear TOPS Members:

What lovely weather that we are being blessed with! I hope that you are all able to feel the sun on your faces and the warmth in your hearts as we move through the great month of June! I have truly adapted the TOPS theme "It's My Time" to my thought processes and have decided that if we truly want to lose the weight and think positive thoughts the results will be there. And as we reach out to help each other through our TOPS families, the sky is the limit as to what we can accomplish! When we give, we truly receive.

Our spring quarterly held at Luck and hosted by WI 261 Luck was a wonderful and inspiring morning. Thanks to all who invested in themselves by attending and a huge thank you to 261 Leader Judy Randall and all of the Luck members for all that you did to make this so successful. You are all very much appreciated!

We had several members recognized in the 10 to 25 pound loss categories and great job to Sharon Lewis from WI 714 Rice Lake on her 35.25 pound loss. Many of you had perfect attendance and kudos to those who went all quarter without a single gain! WOW! It is always great to see all the KOPS receiving their awards. The accomplishments are many!

The traveling trophy went to WI 1372 Webster with a 4.90 average loss per member followed closely by WI 1205 St Croix Falls with average loss per member of 4.60 pounds and in third place was WI 714 Rice Lake with a 3.09 average pound lost per member! What accomplishments!

The TOPS Spirit member award went to Edith Cope from WI 1464 Rice Lake for her many years of reaching out and helping other TOPS members. Edith has been a KOPS herself for over 20 years and as I have been given the

privilege of knowing Edith personally I can say that it has been an honor and she has personally helped so many others and me. Edith is very active in her community as well. She is a true amazement!

The TOPS Spirit Chapter award went to WI 708 Ladysmith. This group of individuals all give so much to each other and by striving to build TOPS as a viable and worthwhile entity in their community they are reaching out to give folks the gift that is TOPS. They are very innovative in their thinking and remain so positive in their endeavors. They are already a true success. It is my pleasure to know them!

Now that the spring quarterly is becoming a pleasant memory in our minds and hopefully moving you onto your goals, I want to let you know about the summer quarterly!

It is being hosted by WI 514 Osceola and being held at Osceola Medical Center. It is on Saturday July 10th with registration starting at 8:45 am and the meeting to start promptly at 9:35 am. There will be lots of motivation and inspiration. The speaker will be Richard Kretzschmar and he will be giving a presentation on edible wild plants. (What a way to dress up a salad!) There is no registration fee for this event.

Directions:

From the north: Take WI-35 South thru downtown Osceola past 243 and Seminole Ave. Osceola Medical Center (OMC) is about 1 mile south of downtown on the right side of the highway.

From the South: Take WI-35 North through Farmington. OMC is just before you get to the downtown area of Osceola and will be on your left.

Signs are huge! Can' t miss it! Go into front entrance of hospital and the signs will guide you to the Cascade Room.

VERY IMPORTANT: I will need quarterly reports by July 5th!! Sorry about the time crunch but it takes me approximately 3 days of working on the quarterly just in making awards so please don't delay! I want to make sure that all members who have earned awards get them! Please email me your attendance number. As always, I hope that each chapter sends representation to this event!

The no- gain- all- quarter member award will have a new requirement **effective the 2nd quarter of 2010: Member who receives this award must have weighed in at least 7 times in the quarter to earn this award.** This is **very** important—sorry weight recorders for the extra tracking in figuring out who receives this. If anyone has questions as to why this change was made please ask me.

In closing, please remember that our minds are our most valuable asset. Please take great care of what you put in there, as that is what you get out of life!

My best to all of you,

Theresa

Your Area Captain