

John's Quick Reminders

JUNE 2011

Leaders please share with the members at your next meeting.

Hello to all my wonderful chapter members Just a few quick reminders. I have enclosed with this mailing the Tops and Kops Summer contest. If you do not plan to attend Fall rally in your area, this still would be a good tool to use in helping you keep on track during the summer months. Note: there is a form for Tops and one for Kops. Your chapter leader will make copies of the appropriate form for you to use to chart your weight loss program over the summer months. If going to Fall Rally the chapter will send them to me after the last weigh in of August. Awards will be presented at Fall Rally for your accomplishments by the Coordinator. ‘

Also as a reminder the Rhinestone BELIEVE pin will be a presale Item. Please use the order form sent to the chapter, order as a chapter with a chapter check payable to Tops Fall Rally. This pin will not be sold at the Rally.

We have had record attendance at most of the Workshops and your Area Captain and I thank you for giving up one day of your weekend. The questions that were asked was a benefit for most of the members in attendance and I hope the information you received will help you and your chapter.

When I became Coordinator I wanted a different format for the workshops and I hope the Fun/workshop concept is working for you. I am always open to suggestions and comments to improve the workshops. Thank you for all you cards, notes , and for the stamps they are greatly appreciated. My Chapters and the members are the BEST.

Congratulations to Our newest **Tops Chapter OR 1168 Myrtle Creek**, with 10 members welcome to our Tops family.

It is with sadness to announce the recent passing of Nola Hess a long time Tops and Kops member of **OR 0019 Albany**. My condolence goes out to her family and her chapter members, she will be missed by all.

My closing Quote : Life is short, forgive quickly, love truly, laugh uncontrollably, and never regret anything that made you smile. Hugs John