

Leader: Please share at your next meeting.

**Our Oregon Royalty, Dione Housden, is TOPS International Queen ! ! ! ! !
She was crowned at IRD on July 9th.
Complete results are enclosed with this letter.**

Note from Southern Oregon Area Captains:

*Hello to all Oregon TOPS Chapters, We – Arlene Ammons, Fran Sequeira and Jo Tegge – would like to say THANK YOU for your help in making it possible for us to go to IRD in Milwaukee, and enabling us to come back and share the motivation and knowledge that we learned and will share with our chapters as I know Wynona, Kay and Bonnie will with you. It was great, and IRD will be in San Diego next year, which will be closer and enable many of you to go to “California Dreamin’”. Wow! You will have a fun time and learn a lot. Again, thank you so much and hope to see all of you in Portland next year at SRD, as we are looking forward to seeing you.
TOPS Hugs, Arlene, Fran and Jo*

I know all the area captains who attended IRD were very grateful for your generosity. Six of them attended, and they each received \$570+ to help them attend. Invite them to share their experience with you.



Beginning August 1st you can make your hotel reservations at the Red Lion in Jantzen Beach for **SRD 2012, TOPS Treasure Quest. Dates are May 18 & 19.**

Call Globetrotter Travel at 1-888-774-2272, press 2.



RETREAT in HAWAII in 2012. There will be a TOPS Retreat held on Oahu February 5-10 for females 18 and older. Cost is \$450 (not including airfare); space limited to 38. Watch for registration opening dates – they’ll be in the *TOPS News* and on the TOPS website.

FALL RALLY Info:

New award this year: “Busy Bee” – for the member who is always there to help (set up, clean up, assist with programs, etc.). There will be no chapter angel awards given at Rally. Angel charms will be available for you to purchase and award at your chapter. Don’t forget the apron contest! Prizes will be awarded.

We want skits for Rally!! Stanfield -Sept. 24 Canby – TENTATIVE Oct. 8

Leaders, check out the “Leaders Corner” on the TOPS website. There’s a great new quick and easy program called “Using My Plate”, which replaced the food pyramid. I plan to use it at my chapter real soon.



No-Gain Report

There’s a chapter no-gain report enclosed - please pass it around for everyone to see. When will your chapter be on this list???

Thought for the month: It is never too late to become what you were meant to be.

Be tenacious, stay focused, and never give up on yourself.

Take care.....I care,