



## *Mary's Topsy Turvie News October*

*It's hard to believe this year is almost gone. October was an eventful month. We started the month off with Rally in Moses Lake. It was awesome!! Such great summer losers we had. We had a great speaker Dion our International Queen she had a 228.50 pound loss. Her story was wonderful. Thanks to all who helped with rally.*

*We had workshop in Wenatchee. Barb reminded us that our new weight charts will be coming soon. Mark with "YELLOW HIGH-LIGHTER" on weight charts month members membership is due. Member must sign weight chart to receive credit for weight loss from chapter---state---international. Member cannot be weighed if membership has lapsed. All weight charts and Resume must be sent to the coordinator by January 8th, no matter what the year. PLEASE USE REGULAR MAIL. If you need help please call Me or Barb.*

*From now on ALL Chapter PROGRAMS will be in your TOPS news Magazine. Be on the lookout for this.*

*If you receive an e-mail from the I.R.S. don't do anything with it. Headquarters will take care of this. Barb also reminds us to keep history cards on your members.*

*Check out the tops website it has changed and it's wonderful. There are lots of program ideas there. There's a wonderful program called "My self-care" would be a great program for you chapter it can last for a month.*

*There's still time to be a loser for the year. We have 2 months to go until the end of the year. Remember to eat your veggies and fruits. Walk an extra block or two, or just around your house. Drink your water. And get lots of rest. Journal, "good or bad". Keep track of what you do during the day.*

*If your chapter needs anymore of the "Daily Do It" books I had when I visited your chapter please let me know by Nov 6th I will be ordering more on Monday November 7th. You can e-mail me or call me 509-760-0774*

*Have a great month if you need anything please call me*

*Area Captain  
Mary Falconer  
509-760-0774*

