



PLEASE READ AT CHAPTER

THANK YOU to all that responded to my questionnaire on electronic communication. This will be my first electronic newsletter. A quick reply that you received it and will read it at chapter is much appreciated.

TAX SEASON is over and I am ready to hit the road to visit all of you. I would like to get a date scheduled for all of you as quickly as possible, even if it will not be until fall. I have a great program on "Super Foods". Kudos to 392 Mill Creek, you are the first chapter to schedule a visit. Thank You! E mail me at darlenechuc@aol.com or call 360-658-1311 with your available dates.

FALLY RALLY You should have received the first letter on Fall Rally, September 17th. Included was the Point Contest. This is a great way to keep motivated during the summer. Make a copy for each member and they will know what to be working on. The theme is "Crusin' and Losin'" with TOPS... What a fun we can have with that. Are you practicing your chapter cheer? It doesn't have to be a new one. I have been to chapters where this is part of their meeting. Everyone has fun cheering it. Not a frown in the house! Two bits, Four bits, Six bits, a Dollar!! Everyone for weight loss, stand up and holler!!! YEA!!!!!!!

TOPS WALK is this coming Saturday, May 21st. It was moved up as SRD in Spokane is on our traditional day of the first week-end in June. Make sure you wore your TOPS shirt. We want people to know we are TOPS . Get those forms into Carlene ASAP. Always make copies for your records.

SRD 2011 is in Spokane June 3rd and 4th. Theme "Growing together in TOPS" Spokane Convention Center. Hope to see you there!

IRD 2011 July 7- 9th. Milwaukee, WI "Happy Days with TOPS".

SRD 2012 May 11th and 12th at Ocean Shores. The theme is "TOPS Lights The Way". It is at the convention center. Let me know if you would be interested in helping. I already have my bag packed and am planning the decorations!!

KARING HEARTS KOPS SOCIETY next meeting is 6/11.

Stillaguamish Senior Center
18324 Smokey Point Blvd STILLY II Bldg 3rd floor, watch for the signs
Arlington, WA 98223
Kops Kaptain Thelma Niemi 425-334-5273
You are welcome to visit if you are within 10 lbs to goal.

WEIGHT RECORDERS WORK SHOP

November 5 9AM to 12PM

Stillaguamish Senior Center (at above location)

ALL weight recorders should attend

HEALTH FAIR The Everett School District has asked us to participate in a Health Fair the following dates: October 11-12-13-18-19 from 2: 30 PM to 5:30PM.

I am looking for volunteers to help me man the table for these dates. I need positive TOPS members who enjoy talking about the pluses of belonging to TOPS.

Contact me at darlenechuc@aol.com or 360-658-1311.

Attached is the **LOSERS UNITE** poster that I sent out last year. Some of you were wondering how we can get the word out about TOPS. Here is an additional tool. Copy and put on church bulletin boards, grocery store bulletin boards. Anywhere you can think of. Let me know what you did.

"I CARE REPORT" is attached. It is not mandatory, but a good way to interchange ideas between chapters.

WITTY, an acronym I picked up from our new team members.
(We're In This Together, Yea!)

PROUD TO BE YOUR AREA CAPTAIN, Darlene

Area Captain
Darlene Wascher
18709 Smokey Point BLVD
Arlington, WA 98223
360-658-1311
darlenechuc@aol.com

Coordinator #680
Carlene Wellington
6902 128th ST E
Puyallup, WA 98373
253-845-8693
carlenegary@comcast.net



Please note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis, or treatment. If you are concerned about your health, please contact your licensed health provider.