



JoDavie~Ogle~Stephenson & Winnebago Counties 2010 TOPS June Newsletter & Good News



Hello Chapter leaders and all TOPS members,

Summer has arrived; are you prepared for the hot humid days that will be soon coming? Take advantage of the cooler days before those hot humid ones are here. Go for a walk in your neighborhood, your local bike path or city park. Call a pal, walk your dog, put your grandkids or kids in a wagon and go on an adventure! Check out the flowers and your neighbors gardens on your walk. Get lots of fresh air and exercise while on your walk. Take note of the wonderful things that are all around you and just breathe it all in! Life is wonderful, so start **NOW** – **TODAY** – to begin your journey to get healthier!

Don't Forget

“CUT ‘n BURN” SUMMER CONTEST CHALLENGE – For Leaders



Reminder: Leaders; keep up with your Cuts/Burns on the “Cut ‘n Burn” Contest Challenge Chart for Fall Rally. Avoid being a **procrastinator** – **don’t wait** till August to realize you really need to start working at losing weight and getting healthier! Start **NOW** and have a great summer weight loss! Chapter members encourage and support your leader so they will have that great summer loss!

My personal goal is to have all 24 leaders on stage at Rally with their charts showing their loss. I have a fantastic gift for each leader and a totally cool gift for one very lucky leader.

REMEMBER - You do **NOT** have to do both the cut and the burn every day, choose which you want to focus on, or if you choose , do both. To help you, the leader, stay motivated, have your entire chapter participate along with you & make monthly or weekly awards for members’ accomplishments.

If you have any questions, please contact me so I can help with any confusion.

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HERE'S SOME GOOD NEWS!!!

Congratulations are extended to all that attended & especially to the area TOPS members who were honored and recognized at the 2010 Northern Illinois ARD recently held in Naperville, on May 21st & 22nd. Coordinator Barbara Farr and her Area Captains were the hosts for this year's ARD.

The following TOPS members from our area were honored;

ARD Division Winner – Division II, 2nd Place, #IL2108, Machesney Park – Carla Andrews.
Way to go Carla, keep up your motivation & determination!!!

Leaders - #IL712, Rockford – Helen Graves, #IL986, Rockford – Sandy Stewart, #IL2108, Machesney Park - Penny Cychosz, & #IL812, Loves Park – Pam Steinhilber.

Before/After Parade Participants - #IL712, Rockford – Helen Graves, #IL2108, Machesney Park – Penny Cychosz, Joy Chappell & Carla Andrews.

Past Century Award Recipients - #IL2108, Machesney Park, Joy Chappell - 9 years, & Penny Cychosz – 1 year, #IL712, Rockford, Helen Graves – 4 years, #IL986, Rockford, Ron Wenberg – 34 years.

Past ARD & State Royalty - #IL986, Rockford, Ron Wenberg – 1974 ARD Queen & Illinois State Queen Runner Up.

KOPS Alumni - #IL986, Rockford, Mary Kay Weimerskirk – 1 year, Betty Lawson – 11 years & Ron Wenberg – 34 years.

TOPS Forum Workshop Participant - #IL986, Rockford – Judy Johnson

“TOPS Celebrity Fashion Show” - #IL986, Rockford – Sandy Stewart, Judy Johnson, Donna Schuler, Rhonda Schmitt, Mary Kay Weimerskirk, Nancy Kehoe, Gloria Greene, & Phyllis Nilsen.

Hopefully I didn't miss anyone – if so, **PLEASE** let me know & I'll add the info in the next newsletter.



#IL812, Loves Park reports - Judy Schandelmeier has gone 30 weeks with just 1 gain & Carol Alexander has gone 23 weeks with just 1 gain. WOW! Amazing results gals!

#IL #34, Rockford reports - They had a No Gain Week in April with a next loss of 7.6 pounds!

#IL815, Loves Park reports - Mary Aueswad has lost 15lbs. so far this year and is at her lowest for the year. You GO GIRL!!!

#IL986, Rockford reports - Judy Johnson has been doing the “Cut ‘n Burn” Challenge that TOPS President presented to the members and has lost every week but one, and now has lost over 20 lbs. this year! Keep cutting & burning Judy!

#IL1689, Freeport reports - On Tuesday, May 25th they had a no-gain week and a 3.75 pound weight loss!! Leader Joanne Modica says “That with summer coming and all the pairs of shorts in the drawer I guess we have a bit more incentive.” You bet ya Joanne!