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August Newsletter



Hello, everyone! Summer has flown by so far, hasn't it? I hope you've had the opportunity to do a few fun things!

It was terrific to see some of you at SRD! Once again it was very inspiring and motivational! In 2010, Montana TOPS members lost 5,125.25 pounds! Isn't that amazing!

Our area chapters had a couple of honors at SRD. MT 376 Malta took the award for having the highest average loss per member in the state of Montana! They lost 11.88 pounds per member. Wow!

Dagmar Farstad of MT 418 Malta was honored her 25th Anniversary as a KOPS! Well done, Dagmar!

Doris Flesch of MT 287 Lewistown was honored as her chapter's angel for her willingness to always help, share her ideas, and take officer positions. ☺

Donna Newby of MT 418 Malta was also honored as her chapter's angel for her enthusiasm and encouragement of others. ☺

In June, I was able to drive through the area shortly after MT 323 Scobey did their Adopt-a-Highway Cleanup. Nice job, Ladies! What a great community service and a way to get a little exercise!

MT 490 Sidney hosted our Spring Workshop and did an excellent job! We

missed the rest of you! Linda Bursell sent you information on the Leadership Skills that were presented. Please let me know if you have any questions about them. I would be happy to discuss any of them with you when I visit your chapter or call me or email me!

I am looking for a host chapter for our area's Fall Rally. The date is not set yet as I would like input from the wonderful chapter that volunteers! Hosting the rally consists of finding a place to meet, decorating, and fixing the noon meal. Money is available to spend on it. It is great opportunity to meet new people and share some fun!

It's time to make my annual visit to your chapter. I have a very informational program on Super Foods! I will try to arrive at your weigh in time to set up. The program is about 25-30 minutes long so you might want to plan on a short business meeting if time is an issue with your members. My schedule is a little tight so if this date will not work, please let me know ASAP!

MT 422 Saco - August 8

MT 376 Malta - August 8

MT 418 Malta - August 9

MT 323 Scobey - August 12

MT 287 Lewistown - August 15

There is a hosted discussion in the TOPS.org chat room every Tuesday and Thursday from 6-7 our time. I stopped in the other night and Barb Hartley told me I was the first Montanan she had met in there and she'd been hosting since 1986! It's a great resource and a fun way to get ideas for your chapter!

Remember our website is www.TOPs123.com. There are many good ideas and lots of information. Come check it out!

See you soon –

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