

~! - Fall Rally - ! ~

Our Fall Rally is just around the corner, literally. It's being held in Helena on October 8th, at St. Peters Cathedral Undercroft on Park Avenue.

This year's theme is:

"TOPS Madhatters"

If you haven't sent in your registration yet, do it now, since the deadline was last Saturday. MT 0427 Helena and MT 0529 East Helena are hosting, and we look forward to seeing you there!

Mad Hatter Coloring Contest

With the last newsletter, your leader received a coloring contest for you to do and bring or send to Rally. There are two pictures. One is for recording weight loss leading up to the Fall Rally, and the other one is for recording meetings attended in the same time period.

I am looking forward to seeing how everyone did in the weeks leading up to Fall Rally!

~! - Recent NO GAIN Meetings (I've heard about) - ! ~

September 12th - MT 0414 Inverness - NO GAIN Meeting

September 22nd - MT 0529 East Helena - NO GAIN Meeting

September 27th - MT 0427 Helena - NO GAIN Meeting



~! - Chapter/Membership Highlights - ! ~

Newest Members (Late Aug - September)

MT 0487	Havre	Mary Laufer
MT 0529	East Helena	Lynda Milliron

Upcoming Chapter Anniversaries

MT 0193 GREAT FALLS - October 1st, 1968 - HAPPY 43rd ANNIVERSARY!~

MT 0558 LINCOLN - October 23rd, 2008 - HAPPY 3rd ANNIVERSARY!~

~! - TOPS on Facebook - ! ~

Laurel Parson, former MT State Queen, asked me to pass along this group from Facebook that quite a few MT TOPS members belong to in case you are interested. The group is called TOPS in Big Sky Country, and can be found at <http://www.facebook.com/groups/199883520067902/#!/groups/199883520067902/> If you haven't visited it yet, there's also the Official TOPS Club Inc. FB page, at <http://www.facebook.com/groups/199883520067902/#!/TOPSClub>.

~! - 4th Quarter Contest - ! ~

I've attached a coloring contest for 4th Quarter 2011 - you may color in a space for each quarter pound you lose from October 1st through December 31st 2011. For any quarter pounds you gain back, you must black out a space that you previously filled in with color, so the MORE Colorful your picture is, the better. When completed, you should mail them to me, or scan them and email them to me, and YES, there will be announcements and "PRIZES".

Local News: Please keep MT 0427 Helena member, Mary "Chris" Gordon, in your thoughts and prayers. She has been in the hospital for over two weeks, with severe GI issues, and things are not looking good for her.

I hope to be seeing you soon, either at a chapter visit or at our Fall Rally coming up October 8th.

See you later, lighter!

TOPS Hugs, Lisa B.

