

Area Newsletter July and August 2011

I can't believe it is time for another newsletter; the summer has been flying by. I have visited some of my chapters and am having a great time getting to know you. I love seeing where you have your meetings and giving the program on super foods. I have several new ways to incorporate them into my diet from your suggestions.

Had an adventure along the way to visit 152, Whitehall and 106, Belgrade. I stopped to tour Lewis and Clark Caverns. Even though I prepared by walking, it is not for the faint of heart, or should I say leg. But it was worth it.

I just returned from a family reunion in Colorado. While there I attended a TOPS Chapter in Grand Junction. They had taken a quiz from the TOPS web site and I found there was much that I didn't know. Leaders are you using this wonderful resource? If not please check it out.

As you know by now Linda Bursell has resigned effective October 1, 2011, as Coordinator and Deb Pier will be taking that position. I am sure Deb will do a great job. Let's all give her our help and support.

NO GAIN MEETINGS:

FOR JULY
TOPS #200 Seeley Lake
TOPS #51 Butte

Please let me know if you have no gain meetings.

We have 2 KOPS who have been reinstated.

Jerry Sue Buckingham from 343, Stevensville
Laura C. Bennett 169, Bozeman

FALL RALLY

Our fall rally will be October 22, 2011, in Seeley Lake. I know this is kind of late in the Fall however it was the best for host chapter. Invitations coming soon.

Are you doing your fall rally contest? It was designed to help us learn new and better habits to change our lifestyles for a healthier you.

HUGS

It's wondrous what a hug can do

A hug can cheer you when you're blue
A hug can say, "I love you so"
or, "Gee! I hate to see you go".
A hug is, "Welcome back again" and
"Great to see you!" "Where've you been?"
A hug can soothe a small child's pain
And say "I love you just the same."
There never could be any doubt
That we could even live without
A HUG!

Remember: If it is going to be it must begin with me.

BE SENSIBLE

Linda Orr

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