

July 2011

I just returned from IRD Milwaukee!! What a great time had!! The 2010 International Queen is from Portland OR. Dione Housden lost a total of 228.5 pounds and the International King Tom Carano of Wakefield, MA lost 230 pounds. They both are such inspirations to all of us.

Fall rally is around the corner. I hope you all are filling out your forms. If not let your area captains or I know how we can help you.

I am asking for a chapter from Omaha area and a chapter from the Kearney area to step up and be hostess for Fall Rally. I have not set the dates for the event but I will let you know soon. Area captains and myself will be sending out Fall Rally letters the first part of August. Please be watching for them.

It is over half way through the year. Have you evaluated your weight loss goals? Where do you want to be at the end of the year? How will you help your TOPS Pals meet their goals? Sometimes you need to restart your engine and get back onto the Road to Success. I want you all as my passengers because I can't do this by myself.

At SRD 2011 we did pen pals. I hope you and your partner has been inspiring each other to Keep off and loss your unwanted weight.

Keep up the good work and get out and spread the word about TOPS. With all the county fairs in full swing have you checked to see about a health booth? If there is let me know so we can get TOPS name out there to help others.

Congratulations to the new KOPS and Longevity awards through July 9, 2011.

280, AURORA – BEVERLY WALL – 10 YEAR KOPS

280, AURORA – MILDRED WITT – 5 YEAR KOPS

280, AURORA – JACKIE KEMLING – 10 YEAR KOPS

137, VALENTINE – BARBARA WANTZ – 5 YEAR KOPS

143, OMAHA – BARBARA FITZPATRICK – NEW KOPS

1056, LOUP CITY – GEORGIA DORSEY – NEW KOPS

Do you have any KOPS that has earned a longevity award? They receive recognition every 5 consecutive years. Make sure they get the honors that they deserve. I am very proud of my KOPS!!!!

Enjoy the rest of the summer!

Jessica Burnett, NE Coordinator 687

PO Box 42

Anselmo, NE 68813

308-880-1452

nebraskatops@yahoo.com