

May in the Southeast

Important Dates:

May 1 Chapter Audit due

June 17 Dollar Contest entries due

June 23 "Take TOPS Out to a Ballgame" 7:00

June 30 Annual By-Laws Review due

July 7-9, 2011 IRD "Happy Days with TOPS" in Milwaukee, WI

September 17 Fall Rally registrations due

October 8 Fall Rally in Troy at Park Memorial United Methodist Church

Please make note of the dates above. You won't want to miss these events.

Have you sent in your Chapter Audit? If not get please get it in to Shirl today. The deadline was May 1. This Audit is required yearly to protect your chapter.

Your Chapter By-laws review will be due soon. This is the time to read over your by-laws and make sure that any changes made during the past year have been added to your official by-laws. It is important that all members have an up-to-date copy of the Chapter By-laws for their own use. Deadline to send to Shirl is June 30.

Fall Rally letters have been mailed. You should receive it very soon. I hope all chapters will plan to attend Fall Rally in Troy on October 8th. Start keeping track of your chapter points for the Summer Contests on June 1st. It is not fun to sit in the audience and watch everyone else win, so keep track of your points! The only way you can win is to participate. Be sure to read the contests to your chapter so everyone will know how to earn points. Last year we had 101 registered. Can we register more this year? I know we can!!

Summer is a time for fresh fruits and vegetables, picnics, and outdoor activities. Keep active, enjoy the season, and remember portion sizes. You can add small treats to your daily food plan occasionally, if you plan for them.

Please check your local events calendars. Do you have a Health Fair or any event that we could promote TOPS coming up in your area? If you do, let me know so I can arrange to have a TOPS table at the event. With obesity rising to an unimaginable rate, we need to let people know we are here for them.

If you have any question or concerns, please contact me. No problem is too large or too small. I'm here to help you and your chapter.

Happy Anniversary!
No Chapter Anniversaries this month.

My contact information:
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334-793-5281 or 334-798-2378 (cell)

"If you think you can--you can. If you think you can't--you're right!"

Join me on the "Road to Success."
Kathy