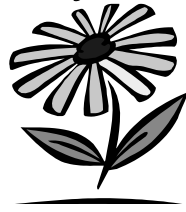


*Maryland and DC  
TOPS Newsletter*

*July 2010*



**Fall Rally**

“Christmas with TOPS” is our theme for Fall Rally and will be held October 23 at the Ridge Volunteer Fire House, in Ridge, Maryland.

The auxiliary will have their famous soup and salad bar with sugar free Jell-o at a cost of \$8 per person.

The awards given at Fall Rally will be from the last weigh-in in May, to the last weigh-in in August.

Awards given will be:

Perfect Attendance	Net Loss Each Month
8 Weeks Consecutive Loss	KOPS At or Below Goal
Chapter Angel	Summer Best Loser

Awards are given to the members attending Fall Rally.

We hope all chapters will plan to attend. Start thinking about a skit your members could do for our entertainment.

Don't forget about our membership challenge from SRD to Fall Rally. Awards will be given for the top 10 chapters.

**TOPS Retreat**

Don't forget about the 2 TOPS retreats being held close to Maryland this year. The first will be August 22 – 27, 2010 at W.E. Skelton 4-H Education Conference Center in Wirtz, Virginia. The cost is \$425 per person which includes all retreat activities, room and board for 5 nights and 6 days.

The second will be a weekend retreat October 1 – 3, 2010 at Camp Speers – Eljabar YMCA in Dingmans Ferry, PA.

The cost for this one will be \$175. Terri Ord will be the Retreat Director for both. The retreats are open to adult female members 18 years and older.

Check your TOPS News or [www.tops.org](http://www.tops.org) for more information.

**TOPS Cut & Burn Challenge**

Making small changes produces big results.

Barb Cady has asked all members to cut 100 calories from your daily food intake and burn an extra 100 calories with an activity.

This would be a total of 200 calories per day, and for that you could lose 20 pounds in a year. It's a small change that could really add up in pounds lost.

Let's all give it a try.....

**International Recognition Days 2010**

I will be leaving very early Sunday, July 11 for a couple of days in Niagara Falls. And then arrive in Halifax on Tuesday, July 13. After IRD, I will have time to tour Nova Scotia and will return late on Wednesday, July 21. We have 4 Area Captains attending this year as well; Pat Clunies, Parilee Barber, Dawn Williams and Suzy Zabel. Dawn Williams, our Maryland State Queen, will represent us this year during the introductions of State and Provincial Royalty.

Barb Cady, our TOPS president, has asked each of the TOPS Coordinators to place one ticket for each new member in their chapters from SRD 2009 to SRD 2010. There will be one winning ticket drawn from each Regional Directors area. Each winning chapter will receive \$100 from TOPS Club, Inc.

We will announce the top 5 chapters at Fall Rally for our area.

Good luck to all of you.....

*“The future belongs to those who believe in the beauty of their dreams”  
Eleanor Roosevelt*



### Gold Star Chapter Award

### **Frozen Strawberry Lemonade**

Lemonade                      1 ¼ cup frozen unsweetened strawberries

Place ingredients in blender. Blend on high until strawberries are blended.  
*You can make your own lemonade or use some of the sugar free mixes.  
Any frozen unsweetened fruit will work.  
¾ cup blueberries, 1 peach, 1 cup raspberries, or 12 cherries  
1 serving                      1 fruit*

We will have our Gold Star Chapter Award again this year. The time frame will be April 1, 2010 thru March 1, 2011.  
The award will be given at SRD 2011 in Annapolis. I hope we have lots of chapter that will participate. I enclosed a list of items that should be completed and recorded in the last newsletter, or you can go to our MD/DC TOPS website to get the list.

### A FEW THINGS TO REMEMBER

1. Please keep a close watch on renewal dates. We don't want any memberships to lapse.
2. Correspondence that comes to the Leader is to be shared with all members of the chapter.
3. PLEASE be sure weights are on ALL membership applications before you send them to me.

## Hot, Hot Summer

This has been a very hot summer so far. Be careful if you exercise or work outside.  
Be sure to drink plenty of water.  
Plan your activities for the early morning before it gets so hot.  
Be sure to wear skin protection from the sun.

I hope you are enjoying the fresh fruits and veggies so far this year.  
We have a neighborhood ground hog that has found his way to my garden and loves my big tomatoes. He has also broken and eaten all of my sugar snap peas. I have been putting moth balls out around the garden and that has helped. Hopefully, he will leave us a few to enjoy.

I hope you all have a great summer and we look forward to seeing you at Fall Rally on October 23 in Ridge.

Please remember, I'm here if you need anything.....



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### State Recognition Days 2011

SRD 2011 will be held on March 25 & 26, 2011 at the Annapolis Sheraton Hotel in Annapolis. Our theme will be "TOPS is a Sure Bet".  
If you or your chapter would like to help in any area, please let us know.  
Dawn Williams and Deneice Fisher will be the chairpersons.

*"The way to get started is to quit talking about it and being doing"*  
Walt Disney