

VIRGINIA BUZZ BY JUDY



June 2011

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

Hope everyone is doing well and staying cool during the hot days... I hope that all Father's had a great Father's Day! Are we off to a great start for the summer? Are we all on the Road To Success!! Watch out for all of the summer picnics. Learn to control your emotions during these peak periods of eating!! We still have 6 months to get on track and lose some weight before the end of the year. We are half way thru the year. Can you believe it. Where is time going?

IRD 2011 – We have 4 Area Captains that will be traveling to Milwaukee in the next week. I would like to THANK YOU, THANK YOU, THANK YOU to each chapter that donated to the Love Offering! It will make it a little easier **for them and** their expenses. Rick Booker, June Byers, Kathy Eanes and Fay Dunmire will be attending from the state of Virginia. I am so excited about going and hope to come back with a lot of knowledge and inspiration to share with all at Fall Rally.

Fall Rallies – Your Area Captain is in the planning stages of Fall Rally. Each of them puts a lot of work and energy in making your Fall Rally the best. Please plan on attending and giving them your support!!

September 10th – Vivian Hamrick – Richmond

September 17th – June Byers – Lynchburg

September 24th – Kathy Eanes – Martinsville

October 1st – Gilda Sheets – Bluefield/Tazewell

October 15th – Judy Pruett – Virginia Beach Area

October 22nd – Lynne Pennington – Coeburn

October 29th – Rick Booker – Hampton

Fall Rally theme this year will be “Going for the Goal”. You will be getting your information soon.

SRD 2012



Plan Ahead!!!! SRD 2012 will be April 21 – 22, 2012 at the Hilton McLean Tyson's Corner. Theme: Bee Happy! Bee Inspired! Just Believe! The Co-Chairs this year Vickie Bland and June Byers will be looking for volunteers to help work. If you are interested please contact your Area Captain and they will be glad to get you in touch with either of these ladies. Make plans on attending now.

If you haven't read your last TOPS news get it out and look on the back cover. Frances Tate of Danville wrote a letter about the lady that fell at SRD. It was a great article and I think it expresses the love that TOPS members have for each other. Thanks Frances!

Membership Contest – Don't forget about the membership contest I am running. From last Fall Rally to this Fall Rally each time a chapter had a NEW member a ticket was put into a pot plus money. At your fall **rally**, I will be pulling out a ticket and if your chapter ticket is pull you will be receiving the money that is in the pot. The chapter **MUST** be present to win!!

Membership Applications – Please don't let your membership lapse. When you get your renewal please renew. So many members are waiting until the date or a week or so later to renew. After one day of your renewal date, your membership is considered inactive. Also when your chapter sends in membership applications make sure you have a date and weight on the form. This will prevent your membership from further delay.

If you have any problems please contact me or your Area Captain first. If we don't know the answer we will get it for you. So many chapters are contacting headquarters and then headquarters contacts us to help with the problem. Headquarters has a lot of members and chapters that they have to worry about. Let's try to solve our problems before they go to headquarters. If you need me the best way is by email. I check my email several times a day...maybe hours....

Hugs to each of you!!!
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