

BETTY'S BULLETIN

Please read the April bulletin at your next chapter meeting!!

Calendar of upcoming events:

Workshop: Saturday, May 21st, 9:30 to noon—at the Community Room, Mc Kinley Mall.

State Recognition Days, June 3-4; Lake Placid, TOPS Imperial Gardens Fall Rally, October 29th, at Holiday Inn, Amherst; theme is TOPS Road Trip.

WORKSHOP!!!! Are you bored at your meetings? Are you running out of ideas for contests, programs and lack enthusiasm?? I have a place for you to go!!!-- TOPS Spring Workshop!! If you are an officer please plan on coming!! Remember workshop is also for all TOPS members. I will have a packet for each chapter. Let me know if there are forms that you need. Throughout the next few workshops we will start to learn 9 leadership skills that will help make your chapter more fun and inspirational meetings.

TOPS Walk: Remember the walk will be held just before the workshop. Plan on meeting at 9:30 at the community room. Wear your favorite TOPS shirt!! Bring a sign if you plan on not walking and cheer us on.

Congrats: Reinstated Kops: Shirley Pfalzgraf, # 1230, Farnham.

WOW: The new area captain program on Super Foods has been a big hit!! Lots of information. If you have not set up your visit you will have a chance at workshop.

Topsi Tip: A Tops tool, in the new TOPS News issue, first chapter that finds it and sends me an e-mail letting me know what it is will receive an incentive at the workshop.

Betty's Tips: Here are some of my favorites:

1. Eating in private shows up in public.
2. Exercise needs to be a good fit – find one you like.
3. Habits are ingrained!!
4. Make your “ weekends “ stronger by taking time to plan.
5. Keep your mind busy!
6. Everything in moderation!

May your TOPS Road Trip be a success for you!!

Thincerly, Betty