

## BETTY'S BULLETIN

Happy Spring!!!! As I look out my office window I see signs of spring all around!!! Patches of green grass, the first robin, longer and sunnier days and every now and then a hint of a warm breeze. Tops pals tell me they have a lot more energy. So what are you doing with your energy? Get out there and walk!! Spend some time on renewing your plan on reaching your goal for 2011!!! Give out hugs, take a dance class, stick with your TOPS commitment!!! Renew yourself!!!!

Congrats: Reinstated Kops, Carollyn Grzywna. Also all newly elected officers. Please support them by doing programs.

Kops Honor Society recently met with 22 Tops members attending. Program was given by Terri Goodlander and Kaptain Delores Lenkowski presented awards. Was your chapter represented? If not you will have another opportunity: Next meeting will be August 27<sup>th</sup>.

News: Spring workshop: Sat: May 21 at Community Rm., McKinley Mall. Tops walk starting at 9:30-- meet at the Room, with workshop to follow. Wear your favorite TOPS shirt for the walk!!

Topsi Tips: IRD information: March TOPS News, pg. 11. Many of you have asked if I will be attending. I will not because of a prior commitment. Also note the upcoming dates and places for future IRDS- - Pg.14. Want a new Tops shirt for the walk?—pg. 18 sports the new theme shirt. Need a contest idea? Check out pgs. 22-23: The Road To

Success. Need a program idea? Pgs. 26-27: The TOPS Ten. Put your TOPS News to good use!!!

Chapter Visits: I would like to have my visits complete by July 1<sup>st</sup>. Many of you have already set yours up, if you have not please let me know what date is good for you. Also a special thanks for your donations toward my traveling expense. With the rising cost of gas I appreciate it!!

Open House: Remember to let me know when you have your open house, it earns you points in the end of the year contests.

Betty's Tips:

Motivation: When I travel and do motivational talks this is sometimes a response I hear: I loved your talk but for me motivation doesn't last.

My response: Bathing doesn't either, that's why I recommend it daily!

Thincerly, Betty