

## **PLEASE READ AT YOUR NEXT CHAPTER MEETING**

### **September Correspondence from Cubbie's Corner**

**Well it looks like Summer is behind us and the beauty of Fall is about to make its entrance!**

**September has been a busy month, getting ready for Fall Rally and going to a TOPS Men's Retreat in Fombell, PA. I had a great time and was able to learn a lot about the exchange system and how to prepare a weekly menu or meal plan; we also looked at emotional eating and ways to overcome it. The comradery and support that comes from TOPS members from all over the country is awesome and inspiring and great for your own self esteem. I would recommend a TOPS Retreat for any and all of you if the opportunity arises.**

**I have been informed by TOPS Headquarters that membership is down by 10,000 since last year, internationally. Please consider having an Open House in the coming months to gain new members. We do have brochures and informational items at our disposal for this purpose.**

**Please mark your calendars for these special dates: November 12<sup>th</sup> 2011 Fall Workshop at the Valley Chapel Baptist Church at 3415 State Rt. 19S Warsaw, NY, and November 19<sup>th</sup> 2011 KOPS Glow Honor Society Luncheon at Terry Hill's Restaurant in Batavia, NY. Remember that all KOPS, Leaders, and any members within 10 lbs of their goal are invited to attend. Please keep in mind that Dues are \$10.00 each for all KOPS and were due in August and need to be sent to Laurie Reger 3499 Truesdell Rd. Warsaw, NY 14569-7503 Treasurer of KOPS GLOW Honor Society ASAP.**

**In the month of September, I attended a TOPS walk in Rochester, which is fellow Area Captain Sandy Friday's area, and a Fall Rally in the Jamestown area put on by my fellow Area Captain, Frankie Lewis. It is inspiring to meet and visit with other members around the area.**

**I know that all of you have been busy getting ready for Fall Rally Day at Terry Hills in Batavia on the 15<sup>th</sup> of October and I know that it is going to be a great rally. I can hardly wait to see all of you there. Anyone who is not able to attend is going to miss an awesome and inspiring time.**

**Please remember to be enthusiastic and loud with your Shout Out during roll call. Don't forget your NON-PERISHABLE ITEMS for the Food Pantry.**

**I look forward to seeing all of you at Terry Hill's on the 15<sup>th</sup>.**

**TOPS Hugs to all.**

**"CUBBIE"**