

June



To start off I must apologize for the lateness in this newsletter and for the many chapters I have had to cancel on in this past little while. Many of you know I have been struggling with some health issues which are not clearing up as quickly as I would like. Some days I don't feel too bad; others I can't get out of bed. I have been tested for many things and hopefully some of these tests will soon give me some answers. In the meantime, I would like to thank everyone for their patience and understanding while I try and get this sorted out. Also a big thank you for the calls and email expressing their concerns and get well wishes. You guys are great.

I was contemplating perhaps stepping down as our Area Captain - as I am the kind of person who when I do a job I like to give it my 100% and I know lately I have not been able to do that. I have decided that I am continuing on as I really do get much joy from the position and things do have to look better soon - right?

On to brighter things -

[PRD](#) in Peterborough was great. By now most have probably heard my sister was crowned as **TOPS Ontario Queen** with a total loss of **164 lbs**. I will be putting her story and picture up soon - along with other PRD winners. She is off to Halifax for [IRD](#) to represent Ontario in July.

A big welcome out to our newest chapter - [TOPS ON 5394 St Marys](#). Their Leader is Sharyl King and they meet Wednesdays at GraHam Energy, 88 Queen St W in St. Marys with weigh in starting at 5 and meeting at 5:30.

[TOPS ON 5360 St Marys](#) have a new meeting day and time. They will be meeting Tuesday morning with weigh in at 9 and meeting at 9:30 at the Salvation Army Church, downstairs still.

Harvesting the Pounds



TOGETHER WE CAN RALLY
2010



[TOPS ON 1092 Stratford](#) and [TOPS ON 5357 Stratford](#) have been busy preparing our "Together We Can" Rally for Saturday, October 30th in Stratford. The theme will be "Harvesting the Pounds with **TOPS**." More details to follow soon.



The date has been set for Saturday, July 24th at my house. My house is located at 4339 Line 32 (Lorne Avenue) Stratford. All funds received from this yard sale will remain for our area to help in workshops, contests, etc.

If you have things you would like to donate to this yard sale, please [contact me](#). I plan on making a trip to Woodstock to pick up items for the Yard Sale and will hopefully soon have a date set for this. I would like to have all items if possible the weekend prior to give me time to price the items. If you have any questions about this let me know.

Reminder: Quarterly audits are due to Carol Harper at the end of June (after you have received your June bank statement). If you need any assistance with this please contact Carol or myself.



Happy Birthday to all **TOPS/KOPS** celebrating a birthday in June. [Click here](#) to see if you share a birthday with a fellow member.

KOPS Celebrating Anniversaries in June

Diane S - [TOPS ON 5191 Woodstock](#) - **2 years!**

Bernice H - [TOPS ON 5191 Woodstock](#) - **2 years!**

Ann Marie from [TOPS ON 4759 St Marys](#) has been a **TOPS** member since **June 11, 1964!**

In closing, I wish all Father's in TOPS a Happy Father's Day and all TOPS members a wonderful month.

Talk Soon and Take Care

Rhonda

THOUGHT TO PONDER

"Worries are the dark room negatives are developed"

~seen on a church billboard~