



TOPS Area Captain #6047




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Hello to Everyone,



Well I just wanted to say hope everyone has had a great  so far. Is everyone staying cool and drinking lots of water??? I still have problems getting enough water in, Paula encourages me every day to drink something besides coffee, tea and orange juice.



I would like to say a big  for the donations your chapter gave me so I could attend IRD in Milwaukee, WI. The weather was nice and cool; I would have like to be there again.

Area fundays, since I have 3 areas I will give you information about all them and hope you will be able to attend the one in your area. In some areas will be doing 2 quarters awards so be sure you turn in your funday report for each. The invitation will be coming out about 1 month before the funday.

The first is this Saturday August 6th in Quinton for southeast, hosted by TOPS #OK624, Quinton, invitation is out an awards are being made. Theme is beach party.

Then on August 27th in Midwest City, for Oklahoma City Area hosted by TOPS #OK122, Midwest City and invitation have been sent out. Theme is county fair.

Last for this quarter on September 24th in Duncan, for southwest, hosted by TOPS #OK113, Duncan invitations will go out toward end of August. Theme is luau.



I hope everyone is continuing to lose weight. I have scheduled visits for chapter; there is a note at the end of letter of when I plan to come. I want to be sure to get to all my chapters before time runs out. If this date will not work for your chapter let me know.

I hope if I have been to your chapter and did the new program from headquarters' on Super Foods you enjoyed it and trying new foods. I always enjoy visiting all my chapters.



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I'm proud of all my chapters for the way you have accepted me as your area captain. Remember I'm HERE for YOU! this isn't just a saying, I mean it.

TOPS care

I plan to visit your chapter on:

Wayne Rice

TOPS Area Captain