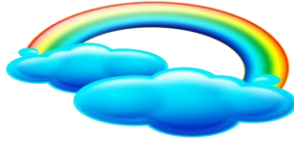


April Newsletter, A New Beginning



Thanks to all of our past Officers and welcome to our new Officers as they begin the New Year. Show your love and support to the officers by volunteering to help out, you will find the more you get involved, the better you will do weight wise.

WOW! What a great SRD! Congratulations to our members who were State Winners. For those who did not get to attend, you missed a wonderful time with other TOPS members from across Georgia and the opportunity to meet with our new Regional Director, Mary Reed from North Carolina. Georgia was her 1st SRD as RD and she was very pleased.

We look forward to seeing many more of you at next year's SRD in Augusta Georgia on June 1st & 2nd at the Augusta Marriott Hotel in Augusta, Ga. Start making plans now to attend. Room reservations can be made beginning June 20th, 2011 by calling 1-706-722-8900. Be sure to tell them you are with TOPS to get the rate of \$105.00 per room. **Theme for 2012 SRD is "TOPS RED CARPET AFFAIR"**.

April is noted for its many showers, but, don't let the rain get you down and forget about the exercise we all need to keep our bodies moving to burn those extra calories. Remember, to lose extra lbs you have to eat SENSIBLY and EXERCISE more! Remember the Pledge you entered in the Wishing Well contest at SRD, many of you pledged to lose xx number of lbs by the end of the year. I will be checking those at the end of the year when resumes come in and would love to see all of you lose what you have pledged to lose. That would be awesome.

Get a Chapter walk scheduled, get your community involved in a walk-a-thon. Have your family, friends, and local businesses sponsor you. This is a great opportunity to share TOPS with people whom you have contacted for support and get the word out. WOW!!! Reaching out for new members is what we need. Weigh to go TOPS!!!!

The Summer Achievement contest will be coming out soon, winners to be announced at Fall Inspiration Day.

How many of you have kept your Chapter going with the "Cut & Burn" contest? Would you send me a note and let me know if you are still doing this contest. I'd really love to hear about it.

I would love to see many of you at IRD in Milwaukee this year. You get the opportunity to tour Headquarters and meet the Staff and see what hard workers we have. Charter a bus and get as many members as you can involved.

FYI: NO SPEAKERS FROM ANY OTHER WEIGHT ORGANIZATIONS ARE ALLOWED TO BE INVITED TO SPEAK AT YOUR CHAPTER, THIS INCLUDES EXERCISE ORGANIZATIONS THAT PROMOTE THEIR BUSINESSES.

Let me know of any Speakers you have to come in to your chapter so that I can pass this on to others.

Contests you have going in your chapters are good as well, this keeps members excited about attending meetings. Attendance is important when you are losing, it keeps you accountable.

Here is something you can use in your chapters:

The Helping Hand

I give to you a helping hand to steady you when you fall,
To lift you up when you are down
To encourage you when you stall,
I cannot do it all for you
Only you can lose that weight
But I'll be there for you before it is too late
And when at last you reach your goal
And become an honored KOPS
I'll be there to applaud for you and give the credit to TOPS.

TOPS Hugs

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TOPS Mission is to support members as they Take off and Keep off Pounds Sensibly