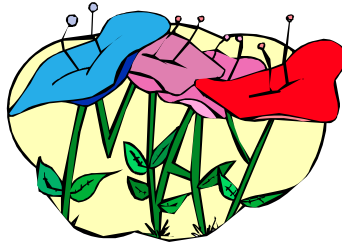


## May Newsletter from Coordinator – Pat Sims



**Leaders, please read this newsletter in its entirety at your next Chapter meeting to all Chapter members. I appreciate all you do for your chapter.**

Hello, hello,

2011 SRD was wonderful and it seemed that everyone had a great time. Congratulations to all our winners. Be sure to check out the winners on GA's website: [www.topsbouquet.org](http://www.topsbouquet.org).

The excitement of SRD 2012 has already begun. There are many great movies that you can choose from for your "Dress to Theme" for "**TOPS RED CARPET AFFAIR**".

**MORE INFORMATION WILL BE COMING OUT SOON.**

**ROOM RESERVATIONS CANNOT BE MADE UNTIL JUNE 20<sup>TH</sup>, 2011 FOR SRD 2012.**



I do hope many of you are taking advantage of our warm Georgia weather. Our weather has really been excellent (at times) for walks. If you haven't yet started that walking program that is so vital to your routine of becoming a healthier person, now is the time. In fact, let me challenge you, from June 1<sup>st</sup>. through August 31<sup>st</sup>, recognition will be given at Fall Inspiration Day for the Chapter that has walked the most miles with the most weight loss, and the most new members during this period of time. Do you dare take me up on this? A log-in form with instructions is included for your convenience. Please make copies as needed and send to me, Pat Sims, no later than September 3rd for recognition. Come on Chapters; show me what you can do...

Have you read your TOPS News from cover to cover? Have you noticed about TOPS News being on-line before it hits the mail? TOPS Leaders, Officers, and members take advantage of what [www.tops.org](http://www.tops.org) has to offer us. See for yourself what's new; you'll be surprised.

**LEADERS:** Make sure that I have a correct email address for you and your chapter delegate if you have one. This is important so that I can be in touch with you easier and faster. Keep it updated for TOPS Headquarters as well.

Welcome to all new members during the month of April: Mary Davis & Brenda Myers, GA 0212 Loganville, Dean Collins & Suzann Thrasher of GA 0390 Woodstock, Stan Lewis, GA

0389 Grovetown, Shelby Croft, GA 0481 Tate, Willie Kellar, GA 0397 Toccoa, Juana & Mandi Haroldson of GA 0439 Augusta. For the members who have been inactive for awhile, we welcome you back.

Congratulations to our New KOPS for April: Mary Weldon, GA 0373 Watkinsville.

Clarification Weight Recorders:

If a member on a medical excuse weighs in, that weight must be recorded on the weight chart with a "ME" beside it. When member on a medical excuse attends a meeting, note ME beside the weight entry, not instead of the weight entry. (i.e. 150 ME, AB ME) If member attends and does not weigh in, member is counted absent whether on a medical excuse or not.

No exception to the December weigh-in requirement is granted for bad weather or no meeting access. All Division winners / Royalty for the year must have a December weigh-in.



Of course we can't forget that this month honors our Mothers. Happy Mothers' Day to all our Mothers!

May is also a month to remember International Nurses Day, Armed Forces Day and Memorial Day!

I am here for you, so please do not hesitate to contact me. Together we can make a difference.

I care,

Pat

Remember this: Eating healthy is NOT deprivation, it is no burden or hardship, no prison sentence – but a key to freedom and a better life. It will open up more doors to you than you can possibly imagine, ones you didn't even know were closed.

My wish is for you to be successful in Taking Off and Keeping Off Pounds Sensibly.

