

TOPS SILVER NOTES

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APRIL SHOWERS BRING MAY FLOWERS



I love springtime. It is my favorite time of the year. It is a time of renewing. Maybe it is a time to look over those goals for this year and see if we can get started again toward reaching them by the end of the year. It's not too late to start again.

SRD

This past weekend, State Recognition Days (SRD) was held in Albany, Georgia. We had over 500 members in attendance and everyone had a wonderful time. Our 2010 royalty were crowned and winners in each of the divisions were presented and their success stories read.



See attached list of winners at end of newsletter.



2010 State Queen Sadie Bostick
GA 0251 Covington
Loss to goal – 88 pounds



2010 State King Philip Baker
GA 0031 Warner Robins
Loss to goal 68 pounds

SRD COMPETITIONS this year included banners, dress-to-theme parade and skits. The banners really showed the creativity of our members as they depicted our **RAZZMATAZZ** theme, as did the dress-to-theme parade. And everyone enjoyed the skits on Friday evening. They really showed how much talent our TOPS members have.

Below are the winners of these competitions:

Competition	1st place	2nd Place	3rd Place
Banner	0212 Loganville	0401 Commerce	0451 Conyers
Dress-to-Theme Parade	0389 Grovetown	0344 Rome	0185 Centerville
Skit Competition	0210 LaGrange "The Scales"	0221 Warner Robins "TOPS Scramble"	0185 Centerville "1920's Chapter Meeting"



A special **THANK YOU** to everyone who helped at SRD in all areas, both in planning and at the actual event. We couldn't do it without all the wonderful TOPS members.

Those of you who stayed for the Saturday evening dinner and band had a special treat. **Southern Persuasion** performed for two hours for our enjoyment, and everyone there had a wonderful time. This year we had more at the dinner than we have had in the past years, and next year we hope that more will plan to stay for the dinner and entertainment. It is a time to relax after a busy two days and a time to just enjoy being with our TOPS friends.

WEIGHT LOSS TACTIC #13:

Manage fatigue effectively. Drink plenty of water, take a nap, avoid sugar.

CONGRATULATIONS

to
GA 0031 Warner Robins
Best Average Weight Loss Per Member
in 2010

13.83 pounds per member lost

REMINDER TO LEADERS AND WEIGHT RECORDERS

When sending in KOPS registrations (new KOPS, reinstated KOPS or goal change for KOPS), be sure to send all the proper paperwork so as not to delay the processing. You must send in the KOPS registration form (L-014), a copy of the weight chart and a chapter check for \$4.00. Also for a new KOPS and a goal change you also must send in a goal slip. This is not needed for a reinstated KOPS unless goal is being changed at the time of reinstatement.

This procedure is on page 34 in your Chapter Manual.

WELCOME

NEW MEMBERS

0035 Powder Springs	Kimberly Fearington
0112 Cordele	Ernestine Holt
0143 Columbus	Jacquelyn Valentine
0170 Putney	Catherine Faircloth
0221 Warner Robins	Tuell Walters Alexis Alejo
0279 Douglas 4 NEW MEMBERS! Wonderful!	Megan Edge Kelly Weathers Sheila Weathers Courtney Shealy
0349 Hahira	Trish Newton
0370 Dallas	Mary Joy Thomas
0385 Hiram	Jamie Post
0440 Carrollton	Paula Momtahan
0462 Griffin	Christopher Forrer
0497 Fayetteville 3 NEW MEMBERS Yeah!	Barbara Dudley Jennifer Mays Anna Pritchett
0480 Griffin 4 NEW MEMBERS! Good job!	Linda Holton Bertha Davis Cindy Lee Lepore Connie Brewer
0515 Douglasville WOW! 5 NEW MEMBERS Good Work!	Patricia Hall Edo Iyawot Hazel Bradshaw Sheila Martin Martha Sharpe
0530 Riverdale	Geneva Gregory

REMEMBER

Your leader's renewal is to be paid from your chapter funds. This is a TOPS rule. (See TOPS Rules, #10c)

KOPS



Congratulations to these special KOPS in our area.

New KOPS

<u>Name</u>	<u>Chapter</u>
<u>Kops Date</u>	
Denise Lester	0035 Powder Springs
2/17/11	

Weight Loss Tactic #14

Learn how to refuse food. It is essential that you not be swayed by guilt or the agendas of others.

SUMMER ACHIEVEMENT and FALL RALLY

We are planning now for FALL RALLY and want everyone to start making your plans right now to attend. It will be in October, although right now I don't have the exact dates yet.

All the awards at Fall Rally are based on our summer achievements. This will start with the last weigh-in in May and run through the last weigh-in in August. Chapters and individuals will be recognized for weight loss success during that period of time (June, July and August).

I will be sending out the information sometime next month about the summer contest and Fall Rally.

2010 ROYALTY AND DIVISION WINNERS

Title	Name	Chapter	Loss-to-Goal
Queen	Sadie Bostick	GA 0251 Covington	88.00
Queen Runner-Up	Norma Kemp	GA 0413 Columbus	68.75
King	Philip Baker	GA 0031 Warner Robins	68.00

Female Divisions	Place	Name	Chapter	Pounds Lost
1	1 st	Rosalind Rowe	GA 011 Forest Park	56.00
1	2 nd	Jill McNeil	GA 0221 Warner Robins	54.75
2	1 st	Connie Diane Jackson	GA 0245 Albany	66.75
2	2 nd	Karen Peavy	GA 0123 Warner Robins	57.25
3	1 st	Nancy Ray	GA 0373 Watkinsville	57.00
3	2 nd	Lori Ray	GA 0373 Watkinsville	54.25
4	1 st	Leslye Pritchett	GA 0397 Toccoa	33.00
4	2 nd	Lynette Blanton	GA 0480 Griffin	31.50
5	1 st	Phyllis Strong	GA 0514 Covington	18.50
5	2 nd	Helen Simpson	GA 0270 Woodstock	12.50
9	1 st	Barbara Lee	GA 0038 Valdosta	85.25
9	2 nd	Yvonne Martin	GA 0360 Jonesboro	77.00

Male Divisions	Place	Name	Chapter	Pounds Lost
1	1 st	Larry Bowen	GA 0456 Calhoun	53.25
1	2 nd	Wesley Street	GA 0038 Valdosta	39.75
2	1 st	Alfred Reid	GA 0451 Conyers	51.50
2	2 nd	Larry Dawson	GA 0370 Dallas	42.50
3	1 st	Philip Baker	GA 0031 Warner Robins	43.00
3	2 nd	Charlie Rome	GA 0385 Hiram	20.50
4	1 st	Charles Wells	GA 0449 Harlem	10.25

Greatest Improvement Winners

Category 1, Female

1st place

Melba Stultz
GA 0029 Conyers

2nd place

Robert Griffith
GA 0451 Conyers

Category 2, Female

1st place

Amanda Dean
GA 0401 Commerce

2nd place

Barbara Lee
GA 0038 Valdosta

KOPS Charm and Beauty Winner

Kathy Kinev
GA 0030 Decatur

THE FOLLOWING NOTES WERE SENT OUT FROM HEADQUARTERS FOR ALL CHAPTERS INFORMATION.

NOTES FROM HEADQUARTERS



CHAPTERS MARCH 2011
TRAVEL the "ROAD to SUCCESS" TOGETHER

A TOPS Retreat Cruise will be held in 2013. Date and destination will be determined later.

Clarification: 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.



I remember "*back in the day*" when answering machines first became popular. Almost no one had them or wanted anything to do with them when they were first introduced. Now, practically everyone has either an answering machine or voice mail. Over a decade into the 21st Century, **eighty percent of our chapters** now have **Leader email contacts** listed. Being able to contact our chapters quickly by email is really helping TOPS keep everyone up to date.

TOPS is so grateful to all who are helping in this way that we are offering a special "thank you" which will be featured in July TOPS News for all chapters who have a current email address listed for the leader. **So, make certain that your chapter has an email address listed for the leader by July.** In addition, you may want to plan Open Houses and other chapter activities to attract new members during the fall to increase the benefit from this bonus.

Chapters will earn credits for each new full price member joining between July and December. TOPS will email the chapter a monthly accumulated total of credits earned. When there are four credits, you just print out the email, attach it to any full-price membership or renewal and send it to your coordinator with no money!

The theme for 2011 Open House is "Road To Success". These materials will be available in August and announced in TOPS News.

Any contribution to TOPS of \$20 or more shall be listed in TOPS News.

AT IRD



- A \$250 chapter drawing from new member tickets from each Regional Director's area.
- Special Workshop at the Hyatt Wednesday for Area Captains, Leaders and Designates on using special online features— seating is limited.