

TOPS SILVER NOTES

Ginny Silver
706-845-0092
Email: ginnsilver@aol.com

February 5, 2011

135 Ramp Road
LaGrange, GA 30240

February is the month to be good to your heart. Don't eat all that Valentine chocolate. If you must have chocolate, than make it dark chocolate. One ounce of dark chocolate a day has been proven to be one of the "power foods" for your body.



IT'S CHAPTER ELECTION TIME AGAIN

Every year, the first meeting in March, every chapter in TOPS will be holding their annual elections.

Now is the time to be thinking about holding an office in your chapter next year. It is not hard and it gives you a chance to be involved with the other members of your group. The more involved you become, the more fun you will have and the less likely you will be to put on those extra pounds.

If you are not an officer, volunteer to help your officers any way you can. Don't let them do everything. Offer to do a program once in a while. You can do one from out of The Choice is Mine book, on of your "TOPS News" magazines, something you read in a magazine, off of the internet or somewhere else. You can lead an exercise class. Just have fun and be inspirational to your fellow members. They will love whatever you chose to do. The more you do it, the easier it will become.

Thanks to all of the Weight Recorders and Leaders for sending in your resumes. All but 2 chapters have sent them in and I have sent my overall resume into Mary Reed, our Regional Director. We really had some good losses in our area, and as soon as I get the official word back, I will be sending back your copies and you can plan your Yearly Award Ceremonies to award your chapter winners for 2010.

REMINDER to WEIGHT RECORDERS

Be sure to use only black and red ink on the weight charts. Some of the weight charts that came in had blue ink. Blue ink cannot be read by the scanners which headquarters uses. So use black for losses and red for gains. No Blue Ink!

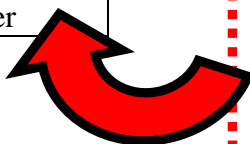
WEIGHT LOSS TACTIC #11:

Be Informed. Find out as much as you can about nutrition, exercise and wellness.

WELCOME

NEW MEMBERS

| | |
|---|--|
| 0031 Warner Robins | Ruth Cleveland Annie Adams |
| 0035 Powder Springs | Jo Hinderaker Gail Langston Laverne Elsberry |
| 0038 Valdosta | Becky Schuebert Betty Rowland |
| 0107 Morrow | Marcella Brown |
| 0112 Cordele | Carolyn Killian June Johnston |
| 0221 Warner Robins | Carolyn Martin |
| 0279 Douglas | Betty Jo Moore Jean Porter |
| 0343 Kennesaw | Latasha Morrison |
| 0379 Carrollton | Robin Bar June Harden |
| 0385 Hiram | Charlie Rome |
| 0440 Carrollton | Beverly Coggins |
| 0462 Griffin | Brenda Allen |
| 0515 Douglasville | Lorene Brooks Gloria Ewans |
| 0559 Lake Park New Chapter Welcome! | Rebekah Downing Phyllis Tustin Rubinell McDonald Rosie Stewart Glenda Conner |



Weight Loss Tactic #12
Indulge in friendly competition. This increases fun, interest and accountability.



KOPS

Congratulations to these special KOPS in our area.

New KOPS

| <u>Name</u> | <u>Chapter</u> |
|---|----------------|
| <u>Kops Date</u> Carol Blair 11/30/10 | 0385 Hiram |
| Philip Baker Robins 12/24/10 | 0031 Warner |

REINSTATED KOPS

| | |
|--------------------------|------------------|
| Gail Fussell Valdosta | 0038 12/30/10 |
|--------------------------|------------------|

A very special welcome to a new chapter in our area.

GA 0559 Lake Park

Held their first meeting on February 3rd with 5 members. They are very excited to get started with TOPS and a new healthier lifestyle. The leader of the chapter is Rebekah Downing.

We hope to see and meet them in the future at our Fall Rally and workshops.