

Hello everyone,

With summer weather comes a change in what we feel we'd like to wear.  
Before you leave your house each day, check the mirror with great care.  
We tend to look at just our faces, but back views are important too.  
Our fat is in all kinds of places not always obvious to you!  
Short shorts are good if thighs are slim, But a longer cut can still look trim.  
Skirts and dresses are cool to wear, and hide the bulges we all share.

"TOPS Under Construction" 2010 WA SRD is over. For those who were able to attend, I hope you had as great a time as I did. KOPS luncheon was outstanding, the meal sensible and delicious. Many of you told me how much you enjoyed Nancy Marasco (our Regional Director), Gina Brueske (many will remember her as the former Area Captain for South King County), and Cindy Moore (Texas Coordinator), sessions on Friday. So many wanted to attend, it was standing room only. Friday evening we recognized Past Winners, were inspired by the Baggy Clothes Parade and recognized the chapter officers - after we watched and laughed at the "Wild Women (and a few good men) of Woolley". I got to play a mean bass fiddle for them.

Saturday morning started with the color guard made up of TOPS members formerly military men and women. Paula's field staff and the SRD Central Committee entertained all by doing the T-O-P-S song, (also known as the Y.M.C.A. song) and with motions! We saw the Graduating KOPS enter under an arbor of yellow roses held by our longest standing KOPS. Would you believe they were KOPS of 25 to 40 years? SRD came to a close with the Alumni KOPS crossing the stage and forming a circle around the room. Of 143 Alumni KOPS, 94 had earned the "K-Charm". They were joined by the Graduates and all KOPS under one year- the Circle was full! The lights were dimmed as Carlene Wellington, Coordinator, led a group of KOPS doing "Candle On The Water". This was followed by Adel Sheets lighting the Candle of Continuity and the Circle of Lights began. If you have never seen the Circle of Lights, it is a fitting closing for every SRD and IRD, that you can see next June when SRD is held in Spokane June 3 and 4. Theme ... "Growing Together in TOPS". Start planning now, get a piggy bank and start saving.....You too could be a winner and it would be my delight to watch you being honored on stage!

Congratulations to all the Washington State Royalty and Division Winners. Queen Mary Mede (160.50#), King Charles Metteer (46 #), Queen Runner-up Amber Denning (153.75#) and King Runner-up Cecil Terry (34.50#). Our own Division 5, First Place Winner: Dana Schafer (23.50) of WA1339, Sedro woolley and Jeanne Mirgon, First Place Division 5 of WA1409, Camano Island. I've got to mention that the Best Average Loss chapter for 2009 was WA 1506, Vashon Island with an average loss of 14.31# per member.

Note from headquarters: It's spring - a time for renewal - and it is a time for TOPS to renew and refresh ([www.tops.org](http://www.tops.org) <<http://www.tops.org>> ). All functionality will stay the same. However, there will be changes to the look and the placement of items. For starters, the home page will display just the links that the general public can use. therefore we have moved the direct links to the TOPS Store and to the Retreat page to the Member/Staff Area. They advise us to check regularly as there will be exciting improvements added as time permits. If you haven't spent some time on our web site, you'll be surprised what you will find.

My TOPS News arrived just before I left for SRD, so I took it along to read in my spare time. I flipped the pages the first night and read about the BURNi pinette offer, looks good to me. then, the words MY No-calorie..... but the page went by. I had to see what was no-calorie. there it was on page 31 - MY No-Calorie Salad Dressing. Wow! I'm going to try them as soon as I get home from Hawaii. Please let those members with a sight problem, that they can now

go on the TOPS web site (www.tops.org <<http://www.tops.org>> ) and read the TOPS News, and enlarge it so it is easier to see.

Remember, *I'm gone to Hawaii* for the next couple weeks. I'm sure if you have a need just email Paula. I'm attending the Hawaii SRD next Saturday, I'll share some of that next month.

For all of you who have wondered if I would take on that new job I told you about last month, I've now decided and will tell you all about it. But for those what asked - NO, I'm not stepping into Paula's job as TOPS Coordinator. My new job will be....When my friend Gina Brueske told me she had a second job, she caught my attention. I said, "A second job? I thought being Secretary of the TOPS Board of Directors and TOPS Retreat Booking Director would be enough to keep you busy. Gina said, "It is. My second job is on the treadmill from 6 to 7 each morning. When I start looking at it as a second job, I showed up whether I wanted to or not. The pay is lousy, but the benefits to my health and my attitude are priceless!" Exercise, more than anything is a "stress buster". and, don't kid yourself stress is a killer. In fact, the World Health Organization estimates that 80% of all illness are directly or indirectly caused by stress. Therefore if you're not proactive in busting stress, it's very likely to come back and bust you! So, my TOPS friends, I've decided to start my new job and it starts tomorrow morning. Think about it, you may decide a second job, or a part time job (everyday) is just right for you.

### Diet's Lament

I sit here alone in the morning; my willpower is running quite high.  
I really will stick to my diet, I'll lose weight if only I try.  
By now I've done up the dishes, and the house is beginning to shine.  
My willpower is starting to weaken; my stomach's beginning to whine.  
So what if I do cheat a little? It probably won't even show.  
Since this is only Friday I've got 4 more days to go.  
And now it's Tuesday morning as the scale shows me my fate,  
I should have used that willpower, instead I overate.  
So now I'll miss the meeting, no one else needs to know,  
That I cheated on my diet and the pounds begin to show.  
But who do I think I'm fooling? It's only I who will pay,  
If I don't attend the meeting and get on the scale and weigh.

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### TOPS United Contest

United we lose, divided we gain. We have seen pleasure, and we have seen pain!  
We can stick to it every day as long as we do it right, the TOPS way.  
Join in our fight we are in it to win, we are in it to lose and feel good within.  
Together we fight while having some fun, one for all and all for one!

Good contest for any patriotic holiday. Make poster with a flag for each participating member. The area where the stars are is left blank and star stickers will be put in that area. Members will place stars on their flag and color the stripes according to the rules:

- TOPS: Each week color in one stripe or put a star if you lose or stay the same.  
Color one stripe or put one star on if you stay for the whole meeting.
- KOPS: Each week color one stripe or put a star on one star if you are at or below goal.  
Color one stripe or put on one star if you stay for the whole meeting.
- ALL: Two stars for signing up to do a program.  
Two stars for signing up to do a program.  
Add what you want to earn more stars or color more stripes.

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## DAISIES "WILL TELL" Contest

Each member has a daisy with 5 petals, each "weighing" two pounds. Every time they lose they can pull off a petal. If they gain they must first lose that weight before they can lose again to pull off another petal. The first daisy left with only the center remaining wins. Prize suggestion: a basket of silk daisies.

KOPS must be at least 3 pounds below their goal to pull off a petal. If they go above that 3 pounds they must get back below the 3 pounds before they can pull another petal. If they are above the 3#, if they lose they can pull of a petal. KOPS may be through before the TOPS, so they can be the cheer leaders.

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We want to have our summer fun  
and still lose weight when summer's done,  
So don't forget to be aware  
of portion size and choose with care  
from all those goodies we all share.  
Drink water with meals AND in between,  
and don't forget a good sun screen!

Dream big, reach far, shine brightly.....you're a star!

~Carole  
Your Area captain