



**TAKE OFF POUNDS
SENSIBLY**

PAM'S POST IT

MARCH & APRIL 2011

Dear TOPS Friends,

Winter is just about over and a new TOPS year is beginning. Thank you to the officers that are stepping down and congratulations to the new officers for 2011-2012. I hope that each chapter is starting to plan a fun installation for your new officers. You may refer to the www.whywelovetops.com and the www.TOPS.org also has some good ideas under the "Leaders Corner" section. You may also refer to the ceremony guide book or your TOPS magazine. Send your pictures to Deb Kuney to be added to the why we love tops web site.

There are three things that are due to Carlene Wellington these next two months. The first is the Officers Chart (immediately after elections) the second is your winter weight loss results (post marked by March 20th) and the outgoing treasurer needs to complete a twelve month audit from April 2010 through March 2011 (must be received no later than April 30th).

You probably noticed that the name of the Spring workshop has changed to a Spring "Funshop". This will definitely be a fun day of learning things which will help all TOPS officers as they begin their new term. Please note that although this day is geared towards the officers, it is open to any and all TOPS members. Don't forget to bring a sack lunch and maybe a little money as there will be promotional items available to purchase. Please call Carlene if your chapter is interested in selling craft items. Date is **March 19th** at 9 A.M. to around 2 P.M. at Parkway Presbyterian Church, 714 138th St. E. Tacoma, 98444. Please refer to Carlene's last letter for alternate dates and locations if this date does not work for you.

The next Lighter Weigh KOPS Honor Society meeting is Saturday **April 2nd** at 11 A.M. at Paradise Village Bowl, 12505 Pacific Ave S. in Parkland. All KOPS and any member that is ten pounds or less from goal are welcome. TOPS members who have been adopted by a KOPS member are also welcome to attend if they have lost six pounds from the last KOPS Society Meeting (February 5th). In addition, this is the one meeting during the year in which all officers are invited to attend.

TOPS Walk WA is **May 21st** at Bradley Park in Puyallup (Begin Between 8 to 10 A.M.).

SRD is coming up **June 3rd and 4th** in Spokane. The theme this year is "Growing Together in TOPS." Start preparing now for a fun and inspirational time. Don't forget to plan for your chapter to be in the hat parade on Friday night.

In keeping up with TOPS' 2011/2012 theme "The Road to Success" TOPS is offering a new T-Shirt. Go to page 18 of the March TOPS News for more info. Please note that the "My Time" pinette (#P-40) is longer in stock and the "Make a Wish/Work Award (#C-119) is currently out of stock.

Congratulations to four new KOPS! Two from chapter 1147 in Graham, Gladys Dupuis and Bonnie Kuehl, Candy Folden from chapter 1283 Tacoma and Louetta Elkins from chapter 1481 Summit. Great job ladies! Pierce County has 75 KOPS with a total loss of 2,637.50 pounds! It's so wonderful to add names to the KOPS list.

Your chapter should have received the 2011 Speakers list for our area. These individuals enjoy visiting chapters and sharing their programs. Be sure to take advantage of this resource. Don't forget to give them plenty of time to present their program and help with their gas money. Please contact Carlene if you know of anyone wishing to be added to the list or if you have a program you'd like to share with other chapters.

Guest speakers not on the guest speaker list are required to be approved by Carlene Wellington before they speak to your chapter. By contacting Carlene first it allows her to review the subject that the individual is planning on speaking on and to make sure the individual is qualified to speak on the subject.

Refer to the www.whywelovetops.com web site to obtain copies of past letters or documents that you may have misplaced. Carlene has her page which includes all her letters and documents and I have a page which includes all my documents. I encourage you to go to the web site a check it out, it is a great tool that is updated wonderfully by Deb Kuney.

I have a request directed to the new leaders. Included in this mailing is a form. I would like you to snail mail this back to me or call or e-mail me regarding this question. An idea has been proposed that area captains e-mail out our letters to the leaders (or chapter contact) instead of using snail mail. This would save the cost of postage and get your letters out to you in a more timely manner. I need a response back from each chapter by April 15th.

I'm so honored to be your area captain, please know that I am here for you. The easiest way to contact me is e-mail, the 2nd easiest way is to call my home and leave a message. I check my messages daily and will get back to you as soon as I possibly can. If you need to reach me for an urgent matter my cell phone number is on my message machine on my home phone. As soon as I get the list of all the new officers I will update my e-mail list with the new leaders (or one chapter contact). I usually send out a weekly encouraging e-mail on Sunday. Please contact me if you are not receiving it and think you should be.

Remember...WITTY-We're in this together...Yeah!

Your TOPS Friend, Pam

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