



**TAKE OFF POUNDS
SENSIBLY**

PAM'S POST IT

MAY & JUNE 2011

Dear TOPS Friends,

As we look forward to the summer weather and all the fun activities ahead of us we need to make sure that each chapter has completed the necessary tasks that were recently due. One was reviewing your by-laws with your chapter and voting and updating any changes and the second is an annual treasurer report. Both should have already been completed and forwarded to Carlene Wellington. Please take care of these as quickly as possible if they have not been completed.

TOPS Walk WA is [May 21st](#) at Bradley Park, South Hill Puyallup. You may begin walking anytime between 8 to 10 A.M. A group photo will be taken at 9 A.M. Wear your TOPS T-Shirts (either the new black "Road to Success" T-Shirt or the bright purple heart "I Love TOPS" T-Shirt would be great) and bring your own water. If you have members that are not able to walk but would like to assist; please just have them show up and bring their own chairs. Don't forget to return your entry/release form to Carlene immediately following the walk (post marked by May 31st). Members will not get their awards if the forms are not sent in on time.

SRD is coming up [June 3rd and 4th](#) in Spokane. It's almost here, I can hardly wait! Have you sent in your registration? I hope to see many of you there to celebrate our winners. The theme this year is "Growing Together in TOPS."

The next Lighter Weigh KOPS Honor Society meeting is Saturday [June 11th](#) 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 (April 2nd).

Leaders and Co-Leaders, don't miss the first get together in 2011 that is scheduled just for you at my home! This is an informal gathering on [June the 18th](#) to meet one another and go over any questions or concerns and pass along ideas to help one another. It will start at 11:30 and I will be serving lunch. Please RSVP by June 11th as I need to know if you'll be attending to make sure I have enough food.

Thank you so much to those chapters which have already sent in your donation to help me attend IRD this year in Milwaukee Wisconsin July 7th through the 9th. I look forward to attending and bringing back the information and knowledge that I learn to share with all of you. If your chapter has not contributed and would like to; please make your chapter check payable to Carlene Wellington and mail by June 1st. I also have about seven TOPS bags left that I am selling for a cost of \$10.00 each to assist with the cost of my trip. Please contact me if any of you are interested.

SRD 2012 will be held in our area! It is May 11th and 12th in Ocean Shores! Although this sounds way off in the future, the planning has already begun. The theme is "TOPS--Lights the Way" (Light Houses). You'll be notified of the next committee planning meeting as soon as it's on the calendar, as all help will be welcome.

Note: the attached 2011 monthly agenda has some important changes.

Please try your very best to make sure your chapter has an e-mail address on record for your leader or a designee by July as much of the TOPS communication is moving to e-mail and you can access much more information at www.tops.org and www.whywelovetops.com.

Congratulations to one new KOPS and three reinstated KOPS! Alice Dowie from chapter 1117 in Spanaway is our brand new KOPS and Erika Pinkos from chapter 0098 Lakewood, Deanne Haynes from chapter 0111 Tacoma and Gwenna Hedlund from chapter 0535 Puyallup are our reinstated KOPS. Great job ladies! Pierce County now has 77 KOPS with a total loss of 2,890 pounds!

I have received most of the surveys back from each chapter that I mailed out with my last letter. Unfortunately a couple of chapters have failed to respond. I am mailing out a copy of the survey to those chapters that I have yet to receive a response, please complete it and mail it back to me right away for my records.

I Care Reports are a great way to share what your chapter is accomplishing. Attached you will find a blank report, please send them to me completed at the end of each month (either snail mail or e-mail).

Keep on your road to success, there will be potholes and road blocks but we can push through and get back on the path to our goals.

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

Your TOPS Friend, Pam

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