



TAKE OFF POUNDS SENSIBLY

## Tom's TOPS Topics February 2011



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As of January 1, our area now includes Thurston, Mason (Western), Grays Harbor, Lewis, and Pacific Counties. A big welcome to these chapters – WA0648 Chehalis, WA0661 Raymond, WA0680 Winlock, WA0728 Morton, WA0804 Centralia, WA1062 Chehalis, WA1284 Ocean Park, WA1311 Salkum, and WA1513 Centralia. LOTS of wonderful TOPS and KOPS members.

We have a brand new chapter - WA1535 Hoquium. They started on January 5, 2011. Their meetings are on Wednesday at 6:00PM in the Timberland Library, 420 7<sup>th</sup> St., Hoquium.



We Want You! No experience needed. Chapter Officer Elections take place at the first meeting in March. It's been proven – holding a chapter office helps you lose weight. **Be sure to send your Form L-001, Officer Chart, to Carlene right after the election for approval.** Please include and double check the email addresses. It may seem odd, but also check to be sure your newly elected officers have current memberships. Our newest chapter WA1535 does not need to hold elections this year since they just selected and installed new officers.

The Spring Workshop for new officers and any TOPS member for our area will be Saturday, April 23, 9am-3pm in Rooms 200-202 at Providence St Peter's Hospital, 413 Lilly Rd. NE, Olympia, WA 98506 (the rooms are near the cafeteria. No snacks sold because of the cafeteria).



Please make copies of the enclosed "I Care Report" and send to me monthly. I've included some address labels you can use. The report will help me keep up to date with your chapter. Be certain to note special occasions like a no-gain meeting, members reaching goal, or special celebrations. If you include pictures, make certain you identify your chapter on it along with the individuals in the picture.

TOPS will be participating in the 2011 Family Health and Wellness Festival at North Thurston High School in Lacey on Saturday, March 19. The hours are 9:30am to 2:30pm. There will be one round table and 2 chairs. I will do the setup and staff the booth. If anyone would like to help, please feel free to stop by. Let me know in advance if you plan to help.

Be sure to let me know if there is a health fair or similar function in your area. TOPS can provide materials and possibly help with registration fees, if any. I would likely be able to help staff the function.



Our International Recognition Days (IRD) will be July 7, 8 and 9, in Milwaukee, Wisconsin – TOPS home. Folks that attend get to share the success of all State and Provincial winners and enjoy the camaraderie of a few thousand TOPS members. Come early for special tours, including TOPS Headquarters and other events that will allow you to experience the sights of the City of Milwaukee and Lake Michigan.

The KOPS Yellow Rose Honor Society meetings are the second Saturday of each even numbered month at 11:00 AM in the Chambers House Restaurant at Panorama City, Lacey, WA. You are welcome to attend if you are KOPS or a TOPS member within 10 pounds of goal.



**(Keep reading there's more on the other side. Don't miss my Contest! Win Free National Dues!)**



It's back, and now open to our chapters in Lewis and Pacific Counties. Our special contest, *Program Please!* This time it runs from January 1 through August 31, 2011. The prize is a free year of TOPS National Dues. Each member that presents a numbered TOPS Chapter Program, or a Quick and Easy Program from the TOPS website at a meeting will get an entry in the contest. Just report the member's name, TOPS Chapter Program name and number, presentation date and number of members at the meeting on the monthly I Care Report. Send the report to me by the 15<sup>th</sup> of the following month. That member gets one entry for each time they present an official program between January 1 and August 31. I will draw the winning name at Fall Rally. If your chapter has a member present at Fall Rally, I will add an additional certificate for another year of National Dues that can be awarded any way the chapter sees fit.

It's easy to get copies of the official programs. Your chapter should have a set of programs – they are sent to your leader several times each year. Some are even published in the TOPS NEWS. Your Leader or designee can download them from the TOPS website, [www.tops.org](http://www.tops.org). Just login as a Leader and click on the Forms and Documents icon at the left of the screen. There are more programs – click on Leaders Corner Home, then Meeting Ideas.

State Recognition Day (SRD) 2011 will be in Spokane, June 3-4 at the Convention Center – right downtown on the river. This is a great facility. The theme is "Growing Together In TOPS". June in Spokane is just great. Sunshine but not too warm. I hope to see you there.



Your chapter should have received the 2011 Speakers List for our area. These folks enjoy visiting chapters and sharing their personal or professional experiences. They are educational, inspiring and entertaining. Be sure to take advantage of this resource. Check to see if they are willing to travel to your location. Don't forget to help with gas money.

I am really looking forward to the chapter visits this year. Please contact me ASAP and we will get a visit scheduled (email is the best way to contact me). Monday, Tuesday and Wednesday during the day between mid-March and September can sometimes be a bit of a challenge for me, but please ask and I will get it arranged.



Become a Real Loser - Keep a Food Journal.

What starts with 'P', ends with 'E', and has a Million Letters in between?

The Post Office.

Why does a Farmer's stool have three legs?

Because the Cow has the Udder One!

What do you call a Fairy that needs to take a bath?

Stinker Bell.



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Remember, WITTY (We're In This Together, Yea!)



Please note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis, or treatment. If you are concerned about your health, please consult your licensed health provider