



TAKE OFF POUNDS SENSIBLY

Tom's TOPS Topics July 2011



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It's nearly the end of July and the sun is shining (a little bit anyway!). We've walked, celebrated our State Winners at SRD in Spokane, and our International winners at IRD in Milwaukee. Our International Queen, Dione Housden, Portland, OR, lost 228.5 pounds, our King, Tom Carano, Wakefield, MA, lost 230 pounds (picture to the right). I hope you've all taken a few more steps on your Road To Goal.



One very special award that is given out each year at our SRD is the Wilma Driver Award. Wilma established the first TOPS Chapter in Washington State. The award is given to the member that has taken the longest time to reach goal. This year it went to Willow Morrissey. Willow belongs to WA 0459 Bremerton, she took 42 years to reach goal and become a KOPS. Remember – Never give up. Just 1/4 pound per week is 13 pounds in a year.

Heartfelt thanks to the chapters that helped send me to IRD. I'll be sending a special gift to you shortly.

Visit the www.whywelovetops.com website for lists of all the winners.



Did you see the articles and pictures of Pat Braack and Mary Prescott from WA 1200 Aberdeen in the July TOPS News? Congratulations to both of them for their wonderful successes. Keep your eyes on the News for further articles from our area.

Thank you for sending the "I Care Report" monthly. Don't forget to include your *Program Please!* entries. The contest ends on August 31 with the winner of a year of TOPS National Dues drawn at Fall Rally.

Washington SRD will be at the Ocean Shores Convention Center, May 11 and 12, 2012. The theme is "TOPS – Lights The Way". Please plan to attend.

IRD next year will be July 5-7, 2012, in San Diego, California at the Town and Country Resort and Convention Center. The theme is California Dreamin'.



Fall Rally is October 22, South Hill Puyallup. I hope all you Summer Weight Loss Contest entrants are doing well. I can't think of an easier way to win big money.

The Fall Weight Recorder's workshop will be at 9:00 AM Saturday, November 12, in Rochester.



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. Our next meeting is actually a picnic on Saturday, August 6, 11AM at the Friends Landing Park in Montesano. Any Chapter Officer may attend the picnic regardless of weight status. Each of your KOPS members has directions to the meeting. Contact me if you need more information.

I will again be more available for chapter visits after about the middle of September. I've had a couple chapters contact me already to work on scheduling visits. I hope to visit many in October.

(Keep reading there's more on the other side)

Congratulations to our new and returning KOPS for May, June and July - Linda Amundson, WA 1062 Chehalis, Jane Townsend, WA 0883 Olympia, Rebecca Hand, WA 0157 Rochester, Vicki Ensign, WA 1188 Shelton, and Eleanor M Battin, WA 0883 Olympia. My apologies to Beverly Davis, WA 0804 Centralia for misspelling her name last newsletter.

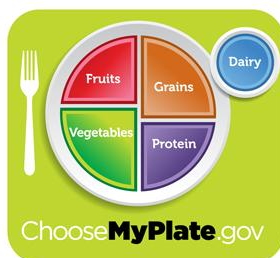
Please make sure your Chapter has at least a Designee with a valid email address recorded with TOPS headquarters. More and more critical communication is being done using email. I believe about 10% of the email addresses at Headquarters may be invalid. If you have a list of your member's email addresses and could send me a copy, I can verify and/or correct them. Email them or just include with the I Care Report.



I really appreciate getting copies of any contests that you might be enjoying at your chapter. Just send a copy along with the I Care Report and I will share with all.

Become a Real Loser – Know and Measure Your Portions. Keep a Food Journal.

Visit the new USDA website – www.choosemyplate.com – they've replaced the food pyramid.



Why do bees have sticky hair?

Because they have honey combs.

Why wouldn't the butterfly go to the dance?

It was a moth ball.

Why don't they play poker in the jungle?

Too many cheetahs.

A gentleman stood up in church one Sunday and announced that he and his wife were celebrating their 50th Wedding Anniversary. When asked how they had managed for such a long time he replied , "We are Scandinavians so I took my wife to Sweden for our 25th and now I am going back to bring her home!"
(Thanks Nora)



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



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