



Tom's TOPS Topics November 2011



TAKE OFF POUNDS SENSIBLY

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The picture is of TOPS WA0065 Aberdeen Leader, Ellen Salzer (at the left) and her chapter members as they celebrate the loss of 253 pounds by the chapter in 2010 by collecting and donating 253 pounds of food to their local food bank this past September. The effort was coordinated by member Amy Moyer. The photo was taken by her son, Nathan. WAY TO GO!!

Speaking of Way To Go, did you notice the beautiful picture of Leslie Kilbourne and Renea Atwood on the front of the latest, November, TOPS news. Talk about winners, both have lost over 100 pounds



and are nearing goal. They are members of WA1062 Chehalis (Leslie temporarily attends WA0804 Centralia). Congratulations to our Partners on the Road To Success. I suspect we haven't seen the last of these two.

The Fall Weight Recorder's workshop will be at 9:00 AM to 11:30 AM, Saturday, November 12, in Rochester at the Unity Methodist Church, 18206 Corvallis Street SW. For those coming from the East (I5) side, Corvallis Street is the next right after the NAPA Auto Parts Store. For those coming from the West, Corvallis Street is the 2nd left after the stoplight. (This is where our WA0157 Rochester chapter meets.)



Wasn't Fall Rally in Puyallup great? We filled the church to capacity with enthusiastic TOPS members, great skits, costumes, and emotional chapter angel announcements. Twenty Five summer weight loss winners received nearly \$35 each – just for losing. Chapters reported losses totaling nearly 1,400 pounds for the summer. I drew the lucky winner of my Programs Please contest. There were 60 entries and Louise Hakola won a free year of TOPS National dues. Her chapter, WA0342 Olympia, got an extra certificate just for being at Fall Rally too. I may run the contest next year again.



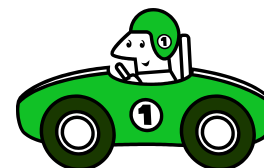
Are you all getting your plans in order for our upcoming Washington SRD at the Ocean Shores Convention Center, May 11 and 12, 2012? It will never be closer and should be great fun.



Thank you for continuing to send the "I Care Report" monthly. I've included a couple of contests that were sent in with the report from WA1402 Harstine Island and WA 1311 Salkum. If you need a copy of the form, visit the www.whywelovetops.com website. Click on Washington, scroll down until you see me, click on my page and you will find a copy to download.



It is wonderful to be back on the road visiting chapters. I made 8 meetings in October and 2 more in November. I've driven 1,000 miles for the visits in October. Then 2 more in November already. Thank you all for the generous gas money support. The travel is sure worth it. So many varied and enthusiastic chapters and members. Four left to visit in December and then you should start to see me again next year.



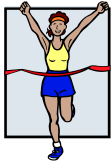
(Keep reading there's more on the other side)



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'. There is more information – hotel reservations and maps – at the TOPS website, www.tops.org.



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, 1751 Circle Lane SE, Lacey, WA. You are welcome to attend if you are KOPS or a TOPS member within 10 pounds of goal. Our next meeting is our Christmas Party, Saturday, December 10, 11AM. The agenda includes election of next year's officers, voting on the Maxine Daracunas Inspirational award and a gift exchange (items should not exceed \$5 to \$10 in value). We will be in the Olympic Room at the Chambers House Restaurant. Mentors, be sure to bring your Adoptees if they have met their commitments.



Congratulations to our new and returning KOPS for July, August, and October – Dorothy Covey, WA1188 Shelton, Nancy Mullins, WA1200 Aberdeen, Nancy Glasscock, WA1200 Aberdeen, Karl Kirker, WA0342 Olympia, Charlotte Woods, WA0883 Olympia, Virginia Robertson, WA0804 Centralia, Susan Cahil, WA0342 Olympia, and Karlyn Rouska, WA1200 Aberdeen. We are all so very proud of you.

I am very pleased to announce that every Chapter in our area has a Leader or Designee email address on file at TOPS headquarters. So much information is now being shared electronically. We want you all to be informed as quickly as possible. I do 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.



A Halloween leftover.

Why couldn't the skeleton cross the road?

No Guts!

Why can't you take a turkey to church?

Because they use such FOWL language.

What always comes at the end of Thanksgiving?

The letter "g".

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

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



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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