



PAM'S POST IT

JANUARY & FEBRUARY 2012

Happy New TOPS Friends,

One of the most rewarding times of the year is preparing the end of year resumes and determining annual winners. Thank you so much to all the chapter weight recorders that were so diligent in turning them in on time. I hope all of you are planning a special annual awards program to honor and recognize member's accomplishments and service to your chapter.

Please join me at the next Lighter Weigh KOPS Honor Society meeting on Saturday **February 4th** at 11 A.M. at a **new location**; Sizzler Restaurant, 10204 South Tacoma Way in Lakewood. All KOPS and any member that is ten pounds or less from goal are encouraged to attend. 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 (December 10th).

The next get together for leaders and co-leaders is **February 25th** at 10:00 A.M. at my home. This meeting is also open to anyone that is thinking of running for the position of leader. Elections are the first week in March so this should be helpful to anyone that may need that little extra boost to help you make the decision to volunteer your time. Please RSVP by e-mail or phone as soon as possible and bring a sack lunch.

Spring funshop will be here before you know it. Please put **March 17th** on your calendar. It starts at 9:00 A.M. and ends around 2:00 to 3:00 P.M. Location is Parkway Presbyterian Church, 714 138th St. E. Tacoma, 98445. Please remember that all members (especially new officers) are encouraged to attend to get new ideas and receive lots of information.

Congratulations to five new KOPS! Kathie Heffernan from chapter 0535 Puyallup, Nola Johns and Gregg Miller from chapter 1026 Parkland, Ann Lynn Campy from chapter 1325 Lakebay and Barbara Laney from chapter 1481 Summit, way to go! Pierce County now has 81 KOPS with a total loss of 3,031.25 pounds! We had 19 new or reinstated KOPS in 2011, that is fantastic, let's see how many more we get in 2012.

Plan on attending our Washington State Recognition Days at the Ocean Shores Convention Center, **May 11th and 12th**. The theme is TOPS-Lights the Way. You should be receiving information within the next month or two from Carlene regarding registration.

International Recognition Days will be **July 5th - 7th** in San Diego, CA at the Town and Country Resort and Convention Center. The theme is California Dreamin'.

Rockaway Beach Oregon women's retreat is still available. The dates are **September 9th - 14th** and the cost is \$325.00. There is also a men's retreat on the same dates in Copass Denton, Texas for a cost of \$379.00. How about giving yourself the gift of taking a week off to rejuvenate and have fun? Please refer to the TOPS web site for more information or your TOPS News.

In your Fall Rally packet (last October) your chapter received information regarding Nancy's Publicity Contest. Please take the time to review the rules, it's a wonderful way to earn cash for your chapter and bring new members at the same time.

Enclosed with my letter you will find a copy of the Pierce County Agenda for 2012. Please take note of all the important dates and feel free to make copies to hand out to your members to help them stay informed. Make sure your treasurer is aware that they need to have an annual audit submitted along with a corresponding bank statement to Carlene Wellington by April the 30th.

Congratulations to Anne Potasky from chapter 0535 Puyallup. She recently was selected to be in the Women's Day magazine (December issue). She truly made us proud as she told us all about her journey of becoming healthy with TOPS help.

Check out the www.whywelovetops.com web site which is maintained by Deb Kuney. You may send photos and stories to Deb (mind4tops@gmail.com) at any time and you might just see your chapter on the web site. She also posts copies of all the area captain newsletters, so if you misplace your copy, you can look it up very easily.

In closing I'd like to tell you how much I appreciate all the birthday and Christmas cards and gifts of stamps this past holiday season, it sure was wonderful opening the mail box each day. Each of you are very special to me, thank you for your friendship.

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

Your TOPS Friend, Pam

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