



TAKE OFF POUNDS  
SENSIBLY

Carlene's Chit Chat

January/ February 2012

Hello to all of my wonderful TOPS & KOPS Friends,

The end of the year 2011 is behind us. Thank you - Thank you - Thank you Weight Recorders.

You are all awesome and did a fantastic job, which makes it so much easier for me.

Another huge thank you, for sending your Maintenance and Workshop Fees, and your "How does your chapter rank" form. I would like to thank the chapters that sent gifts and stamps. You are so very much appreciated and loved.



Are you ready or are you taking "The Road to Success?"  
Let's make this the year, we can do it!

## Calendar of Events

Please go on line to find my News Letters and informational items.

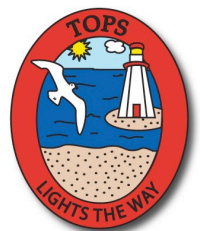
<http://www.whywelovetops.com>

Western Washington has been blessed with articles written about several of our 2010 State winners. Ann Potasky's (2010 Washington State Queen Runner-up) weight loss story was in the Womans Day January 2012 issue. Just last weekend in the Adventure section of the Tacoma Tribune Craig Hill On Fitness column. The previous week we enjoyed reading and seeing our Centralia girls Leslie Kilbourne and Renea Atwood. Their stories were also in the Adventure section of the Tacoma Tribune Craig Hill On Fitness. Leslie was Division 2 1<sup>st</sup> place and Renea was Division 2 2<sup>nd</sup> place winners.

Please send me the results (L-001) Officers Chart, immediately after your Election of Officers the first week of March. Order your awards from Headquarters early. Plan to make a special Chapter event for your installation of officers the last week of March.

Chapters that entered the winter weight loss contest through the KOPS Societies in your area, please remember to send in the results by March 20. Annual audits March ending. Due by the end of April. **TOPS Walks Washington: June 2 Area Captains will announce the place and time.**

TOPS SRD 2012: "TOPS LIGHTS THE WAY" May 11 & 12 Ocean Shores Convention Center. Registration packets will be out the last week of February. Circle your calendars, and plan on joining us for a fun time at the beach.



We have heard from so many of you interested in participating in the "Tea by the Sea" tea tables. I just want to be sure I have not missed any volunteers. Please check the list and make sure you are on it, send me an email so we can all keep in touch as a group.

NANCY MARASCO	ALMA GREENWOOD
JOYCE O'KANE	LOVA WOODS
CARLENE WELLINGTON	TOPS WA 0433 ARLINGTON
SUSAN SMITH	TOPS WA 0292 SNOHOMISH
CINDY SUMMERS	KARING HEARTS KOPS HONOR SOCIETY
TOPS WA 1197 BELFAIR (EILEEN)	SHARON HAMM
JULIE SMITHAM & LINDA GOODREAU	MARGARET HOEFER
TOPS WA 0107 DES MOINES (JAN)	MARIA GOSS AND AREA CAPTAINS
TOPS WA 0115 BOTHELL	"GUYS" AREA CAPTAINS
TOPS WA 1481 SUMMIT	BEV DAVIS
KATHLEEN GOODWIN	MARY LANGLAND

TOPS IRD 2011: July 5-7 San Diego California "California Dreamin'" Where dreams really do come true. The facility is wonderful and there are so many fun things to do in San Diego.

**WANTED:** Crafty people in the scrapbooking area to join us for a special project for IRD. We will be working on this project February 10<sup>th</sup> 2012 **PLACE:** Carlene's home (please call 253-845-8693) **TIME:** 9:30 am to ??

Looking forward to seeing you soon!

Love & TOPS Hugs, *Carlene*

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## 2012 "Spring Funshop" Schedule

All funshops will be from 9:00 am to 2:30 pm

ALL OFFICERS AND MEMBERS INVITED TO ATTEND

**March 17, 2012**      **Parkway Presbyterian Church**  
714 138<sup>TH</sup> Street East  
Tacoma WA 98445

**March 24, 2012**      **(TO BE ANNOUNCED)**

FOR THE THURSTON, GRAYS HARBOR, LEWIS, PACIFIC & PART OF MASON COUNTIES

**March 31, 2012**      **Southcenter Community Baptist Church**  
14742 Macadam Road S.  
Tukwila WA 98168

**April 21, 2012**      **Silverdale United Methodist Church (Social Room)**  
9982 Silverdale Way NW  
Silverdale WA 98383

**April 28, 2012**      **Stillaguamish Senior Center**  
Stilly Building #11 - 3<sup>rd</sup> floor  
18208 Smokey Point Blvd.  
Arlington WA 98223

Bring a sack lunch. We will be going over all the chapter offices, which will be especially informational for first timers and repeat officers. Our Area Captains will be giving ideas for contests and programs. We will have promotional items available for you to do a little shopping. If your chapter is interested in selling craft items please call Carlene 253-845-8693.

**Looking forward to seeing all of you at our "Spring Funshop".**