

Taking Off Pound Sensibly

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2011

Thump, thump, thump. Is that the sound of the Easter Bunny I hear? Or is it the sound of a great workout? Are you running to your favorite candy? Or are you running (or walking) for a slimmer you?

Why sabotage the hard work you've accomplished? Shorts weather is here. Next, comes swimsuit season. How do you want to look in the months to come?

The choice is yours.

WELCOME TO TOPS

I would like to welcome a new chapter to the northeast area, TOPS #OK709, Tulsa.

SRD (State Recognition Days)

So dust off those cowboy boots and mark your calendars for May 13 & 14, 2011 as TOPS Goes Country!

Contests of the events:

Chapter Decorated Theme Cowboy Hat
Chapter Decorated Theme Cowboy Boot
Chapter Theme Poster
Chapter Theme Costume Parade
Talent show

Also we are going to do a Chinese Auction. Please bring a chapter basket and ticket container.

SRD will be held at the Renaissance Tulsa Hotel, 6808 S. 107th E. Ave., Tulsa, OK.

APRIL SHOWERS BRING MAY FLOWERS was the theme for our 4th Quarter Fun Day (October-December 2010). I want to thank TOPS #OK570,

Miami for hosting our Fun Day. I also want to thank each of you for attending and thank you for bringing and sharing you contest ideas.

Umbrella Contest

1st place TOPS #OK570, Miami

2nd place TOPS #OK548, Chelsea

3rd place TOPS #OK667, Owasso

4th Quarter Awards

Exerciser 1st place Mary Harlow, TOPS #OK015, Bartlesville

2nd place Karen Crow, TOPS #OK570, Miami

3rd place Ruth Spotts, TOPS #OK570, Miami

Walking 1st place Mary Harlow, TOPS #OK015, Bartlesville

2nd place Maudie Cascale, TOPS #OK409, Tahlequah

3rd place Kathy Knox, TOPS #OK451, Claremore



Trophy Dangle

Susan Walls, TOPS #OK506, Miami

Maria Alexander, TOPS #OK667, Owasso

WOW Bars

Sharon Bennett, TOPS #OK667, Owasso

Nadine Adams, TOPS #OK570, Miami

Candle Dangle

Norman Baker, TOPS #OK694, Pryor

Terri Schon, TOPS #OK694, Pryor

Norma Corn, TOPS #OK440, Grove

Dollie Whie, TOPS #OK440, Grove
Thelma Adams, TOPS #OK298,
Collinsville
Elease Lyons, TOPS #OK648, Wagoner
Claudie Hartsell, TOPS #OK074,
Broken Arrow
Mary Harlow, TOPS #OK015,
Bartlesville
Connie Timmons, TOPS #OK570,
Miami
Pat Eads, TOPS #OK570, Miami

KOPS Below Goal

1st place Norman Baker, TOPS #OK694,
Pryor
2nd place Mary Harlow, TOPS #OK015,
Bartlesville
3rd place Connie Timmons, TOPS
#OK570, Miami

TOPS In Black

Maria Alexander, TOPS #OK667,
Owasso

The Traveling Bear went home with
TOPS #OK667, Owasso who traveled
1,698.40 miles.

The Walking Stick went home with
TOPS #OK548, Chelsea with a .2864
loss per member.

Thank you for those of you that
purchased a t-shirt from the silent
auction.

CHAPTER AUDIT

YOUR CHAPTER MEETS HERE

Go to AmericaTowns.com and add your
chapter. It is a free site to get the word
out on where your chapter meets!



CHAPTER VISITS

4/5 TOPS #OK546, Stilwell
4/11 TOPS #OK 486, Tulsa
4/14 TOPS #OK 015, Bartlesville

(Due to my knee replacement, I will
need to reschedule some chapter visits in
May and June.)

5/5 TOPS #OK409, Tahlequah
5/ TOPS #OK646, Broken Arrow
5/ TOPS #OK689, Westville
5/ TOPS #OK440, Grove

FUTURE FUN DAYS

6/11 TOPS #OK694, Pryor
Fun In The Sun is the theme and will be
held in Claremore.
8/13 TOPS OK451, Claremore
Back To School is the theme and will be
held in Claremore.

We are still in need of a chapter to host a
fun day in October. If you are
interested, please let me know. I am
here to help your Fun Day be a success.



Wishing you a Happy Easter.
Losing together a pound at a time.
~Kathy