

Take Off Pounds Sensibly

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June₂₀₁₁



Howdy Partners!

What a wild n' crazy hoedown we had. I would like to thank each of you fer commin' out and makin' it such a hand slappin' good time.

Your field staff rode in on their (stick) ponies to Cotton Eye Joe, followed with a line dance to Boot Scootin' Boogie. Tulsa Turtle Creek Clogger's come out and entertained us Friday evening (and some of us brave souls got up and did a line dance with them).

Many a thank you to the following:

TOPS #OK015, Bartlesville for decorating the stage.

TOPS #OK, Collinsville for operating the registration table.

Jane Walls from TOPS #OK074, Broken Arrow, for selling the tickets for the baskets.

Marie Fisher from TOPS #OK667, Owasso, for selling the 50/50 tickets.

Barbara Contreras from TOPS #OK015, Bartlesville for being our wonderful song leader.

Paula Rice our Oklahoma Coordinator for making sure everything ran smoothly and had it very organized.

Beverly Staniak our Regional Director.

And to everyone that helped make it such a success behind the scenes.

SRD 2011 ROLL CALL (from Northeast Oklahoma)

TOPS #OK015, Bartlesville
TOPS #OK074, Broken Arrow
TOPS #OK250, Sapulpa
TOPS #OK295, Tulsa
TOPS #OK298, Collinsville
TOPS #OK451, Claremore
TOPS #OK493, Claremore
TOPS #OK504, Sapulpa
TOPS #OK506, Miami
TOPS #OK570, Miami
TOPS #OK633, Broken Arrow
TOPS #OK646, Broken Arrow
TOPS #OK648, Wagoner
TOPS #OK667, Owasso
TOPS #OK694, Pryor

TOPS 10 CHAPTERS

Top 10 chapters with the most weight loss for 2010:

10. TOPS #OK295, Tulsa- 158
9. TOPS #OK667, Owasso-161.25
5. TOPS #OK648, Wagoner- 210.50
4. TOPS #OK074, Broken Arrow- 224
1. TOPS #OK250, Sapulpa- 277.5
(#1 was a two way tie.)



YOUNG AT HEART

TOPS #OK570, Miami, Ruby Smith, 82
TOPS #OK570, Miami, Sally King, 80
TOPS #OK250, Sapulpa, Cleo Gish, 79
TOPS #OK570, Miami, Nellie Nutting,
79
TOPS #OK570, Miami, Connie
Timmonws, 79
TOPS #OK570, Miami, Wyila Sullivan,
76
TOPS #OK250, Sapulpa, Vivian Ashley,
75
TOPS #OK570, Miami, Ada Lee
Haynes, 75

NEWBIES

TOPS #OK504, Sapulpa- Sarah Cochran
TOPS #OK504, Sapulpa- Anita Robbins
TOPS #OK504, Sapulpa- Norma Rush
TOPS #OK506, Miami- Rose Cherry
TOPS #OK570, Miami- Toni Bergener
TOPS #OK667, Owasso- Sharon
Bennett
TOPS #OK667, Owasso- Tishia Harlan

“MILES ACROSS OKLAHOMA”

This past year most of the chapters here
in Oklahoma have been working on a
contest called Walk Across Oklahoma. I
have kept track of your miles that you've
sent me from Fun Days.

TOPS #OK015, Bartlesville- 5,644
TOPS #OK074, Broken Arrow- 6,194
TOPS #OK295, Tulsa- 782
TOPS #OK298, Collinsville- 1,607
TOPS #OK451, Claremore- 2,076
TOPS #OK493, Claremore- 720
TOPS #OK506, Miami- 964
TOPS #OK567, Nowata- 1,233
TOPS #OK570, Miami- 987
TOPS #OK667, Owasso- 6,715
TOPS #OK694, Pryor- 2,597

LEADERS & CHAPTER ANGELS

TOPS #OK015, Bartlesville
Leader, Debbie Lael
Chapter Angel, Bonnie Phillips
TOPS #OK074, Broken Arrow
Leader, Ruth Burress
TOPS #OK250, Sapulpa
Leader, Shirley Aldridge
Chapter Angel, Goldie Chium
TOPS #OK295, Tulsa
Leader, Sue Faris
TOPS #OK298, Collinsville
Leader, Betty Parrett
Chapter Angel, Ann Owens
TOPS #OK41, Claremore
Chapter Angel, Dorcas Hord
TOPS #OK493, Claremore
Leader, Ardith Louwerens
TOPS #OK504, Sapulpa
Leader, Bonnie Peebles
Chapter Angel, Alice
Worthington
TOPS #OK506, Miami
Leader, Susan Walls
TOPS #OK570, Miami
Leader, Debra Matthews
Chapter Angel, Ruby Smith
TOPS #OK646, Tulsa
Leader, Kristen Beck
TOPS #OK648, Wagoner
Leader, Margie Thornburg
Chapter Angel, Terry Hanson
TOPS #OK667, Owasso
Leader, Kathy Journagan
Chapter Angel, Barbara McCarty
TOPS #OK694, Pryor
Leader, Terri Schon
Chapter Angel, Janet Baker





**TOPS MARDI GRAS
MAGIC 2012 SRD**

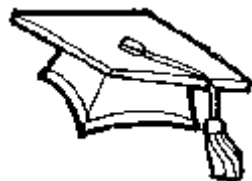
People the world over know about Mardi Gras. And since we can't all travel to New Orleans to celebrate Mardi Gras there, we are going to bring a little bit of New Orleans Mardi Gras to Tulsa. Using the tradition of a New Orleans Jazz Funeral we will bury all those pounds that will be lost in 2011!!! The traditions of bead throwing and party music we are going to borrow from the fun and festivities of Mardi Gras will help us to celebrate our success. I would like to invite all Krewes (or chapters) of Oklahoma to join with your field staff in Tulsa next year as we celebrate TOPS MARDI GRAS MAGIC! As they say down there "Laissez Les Bon Temps Rouler!" or "Let the Good Times Roll!"

KOPS HONORED

KOPS are honored every 5 years that they maintain their status.
TOPS #OK694, Pryor, Terri Schon 5 years

KOPS 2010 GRADUATES

TOPS #OK250, Sapulpa, Vivian Ashley
TOPS #OK667, Owasso, Sharon Bennett
TOPS #OK504, Sapulpa, Bonnie Peebles



KOPS OF LONG STANDING

Less than 1 YEAR
TOPS #OK250, Sapulpa, Cleo Gish
1 YEAR
TOPS #OK570, Miami, Martha Farrahi
2 YEARS
TOPS #OK015, Bartlesville, Beverly Contreras
TOPS #OK015, Bartlesville, Mary Harlow
4 YEARS
TOPS #OK648, Wagoner, Claudia Sable
5 YEARS
TOPS #OK570, Miami, Wyila Sullivan
6 YEARS
TOPS #OK074, Broken Arrow, Claudie Hartsell
TOPS #OK694, Pryor, Terri Schon
TOPS #OK074, Broken Arrow, Barbara Shepherd
8 YEARS
TOPS #OK074, Broken Arrow, Celesta Mathis
9 YEARS
TOPS #OK570, Miami, Sally King
10 YEARS
TOPS #OK633, Broken Arrow, Wayne Rice
11 YEARS
TOPS #OK648, Wagoner, Robert Courtney
TOPS #OK295, Tulsa, Jean Randall
14 YEARS
TOPS #OK451, Claremore, Patricia Armbrister
TOPS #OK570, Miami, Connie Timmons
22 YEARS
TOPS #OK298, Collinsville, Betty Parrett
23 YEARS
TOPS #OK451, Claremore, Dorothy Taylor
30 YEARS
TOPS #OK648, Wagoner, Helen Ostroski
39 YEARS
TOPS #OK648, Wagoner, Elease Lyons

REIGNING ROYALTY

Oklahoma State King 2009 form TOPS #OK694, Pryor Norman Baker, read his farewell address.

CENTURY AWARD ALUMNI

TOPS #OK506, Miami, Susan Walls

CHAPTER ROYALTY

TOPS #OK250, Sapulpa
Queen Vivian Ashley
TOPS #OK667, Owasso
Queen Sharon Bennett
TOPS #OK504, Sapulpa
Queen Bonnie Peebles

PAST STATE ROYALTY

1999 State King Robert Courtney from TOPS #OK648, Wagoner

DIVISION WINNERS

Division 2 2nd Place
TOPS #OK074, Broken Arrow
Nancy Webb
Division 4 2nd Place
TOPS #OK667, Owasso
Sharon Bennett
Division 5 1st Place
TOPS #OK250, Sapulpa
Cleo Gish
Division 9 1st Place
TOPS #OK506, Miami
Vicki Coday

OKLAHOMA STATE ROYALTY FOR 2011

TOPS #OK250, Sapulpa
Runner Up Queen Vivian Ashley
TOPS #OK504, Sapulpa
Queen Bonnie Peebles

FUN DAY

Fun In the Sun

TOPS #OK694, Pryor is hosting the Fun Day on Saturday, June 11th from 10am-2pm. They will be hosting it at the Claremore County Building in Claremore. The lunch menu will consist of a Baked Potato Bar, Cole slaw, dessert, coffee, tea, and water.

There is a contest!!! It's a Flip Flop contest. Decorate your flip flops for Fun In the Sun. They must be wearable because you will be modeling them.

The award period is for the 1st Quarter, January 1st – March 31st 2011.



CHAPTER VISITS

6/20 TOPS #OK504, Sapulpa
6/23 TOPS #OK648, Wagoner

7/14 TOPS #OK548, Chelsea
7/21 TOPS #OK447, Bixby
7/15 TOPS #OK506, Miami
7/28 TOPS #OK418, Okmulgee

FUTURE FUN DAYS

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, or have any questions, please let me know. I am here to help your Fun Day be a success.



Losing together a pound at a time.

Kathy Journagan
Northeast Oklahoma Area Captain