

TOPS Coordinator #588

Paula Rice

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Dear Chapter leaders and members,

April 2011

With the weather getting warmer many of us will start to think about exercising. Exercise is good not only for physical body but for mental health. You'll feel better about yourself and have a more positive outlook on life. To lose weight you have to exercise—diet alone won't do it, in most cases. To stay motivated keep a list of good reasons to exercise with you as a reminder, work out with a partner for encouragement. Bring music to motivate and keep a record of your exercise and accomplishment in your achievement log TOPS has.



SRD is almost here. Deadline is April 5th for signup and late charges.

This year we have a chance to order women cut t-shirts (shorter sleeves and shorter length) for the same price as the unisex, we have always gotten. If you want women cut t-shirts you must let the SRD Treasurer, Kathy Journagan, know by April 5th or you will get the unisex cut shirt.

Many are wondering what is a 'Chinese Auction' It is what we do at funday, just SRD sells tickets and keeps the money. Each chapter will bring basket and container for tickets. A person at SRD will sell tickets \$1.00 each or 6 for \$5.00 and you put the ticket in the container in front of basket you want chance on.

The room cut off date is 4-12-11. If you have trouble getting that room rate, book it and let me know via email.

We had issues with members wanting to pay cash for their stay and this is the hotel respond: Members can pay cash, they will be charged \$50.00 per day plus room and tax at check in, they will be refunded the \$50.00 per day at check out if no incidental charges were made to the room. They can take cashiers

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checks, credit card or cash at check in for the above charges. If this is an issue with your chapter let me know.

A Credit card can be put down at check in for incidentals, then if the guest pays cash at check out those incidental charges will drop off at check out. However, if the guest uses a debit card those incidental charges will take a couple of days to drop off of the guests debit card.

Please note email below for the \$50 charge onto a debit / credit card. Charges are authorized and held at check in – not charged, they are charged time of check out for room and tax and any incidentals sent. We recommend that guests use credit cards vs. debit cards due to the fact that debit cards tend to take longer to have the incidental charges drop off.

Nothing is charged on a card prior to check in.



If want to go to IRD and cheer them on the state royalty who will represent Oklahoma and there is still room for you on the bus to Milwaukee, WI. Please notify Paula Rice ASAP with \$100.00 deposit by April 15th. The bus will leave on July 5th and return on July 10th, for cost of \$190.00 per person.



Congratulations new officers please feel free to e-mail or call me if you have any question or need help. I'm here for you. Leaders please be watching for a notice from headquarter about new rules. Each chapter got a new chapter guide books in February.

Please remember when ordering form to only order a 2 month supply, headquarter is still changing forms and we don't want to use outdated forms. If the chapter needs forms they are available by filling

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out an L-12 Leader Requisition Sheet or if you email me please include the address to send the forms or you may download them off TOPS Club Inc website - www.tops.org To get off the website simply go to enter (right side toward bottom) then leaders (left side toward the top) then click the form you need. If you download them off the website please send me the correct number of copies, so I don't have to make copies.

TOPS love

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Enclosure: Walk and March 2011 Chapter Goodies