



Dear Chapter Leaders and Members,

The weather has been very hot this year. I hope you have been careful when out doors and are enjoying the fresh air.

Do you know TOPS vision or mission?

It is on the back of your TOPS news:

It is to support our members as they take off and keep off pound sensibly.

I hope this is the mission for your chapter, making meeting fun and your personal mission is to move toward and reach your goal. I have chapters

ask how can we get new members? Your success on your weight loss

journey is how you get new members. When we have an inquiry call or

visitors we need to make sure that we make them feel comfortable. I

hope you have positive things to say about your chapter, we are here for

all ages. We need to make TOPS meetings fun. Even the busiest people

will take time if it is fun and they get something out of the meeting.

Everyone needs to contribute to make the meetings worth coming to. We

can attract others by success on our weight loss journey. Be yourself and

let TOPS shine. TOPS success is contagious and others want to know what you are doing, helping others will help you succeed at your weight loss. TOPS and I believe that you can lose and maintain your weight loss. Try to remember when you first joined TOPS how you were really looked forward to going to weekly meetings for inspiration. Just be yourself and let TOPS shine.



IRD, International Recognition Days was wonderful, Patty Pappan and Wayne Rice, got to attend and I want to thank you to all the chapters that helped them attend. I did see Janet and Norman Baker, Tommie Sue Hampton and Elease Lyons there also. If I missed anyone sorry, it was a busy time. Our state royalty didn't make it this year. Next year is San Diego, CA July 5-7, 2012 TOPS California Dreamin' at Town and Country Resort.



Start planning now for SRD May 4-5, 2012. Theme TOPS Mardi Gras Magic to be held at the Southern Hill Marriott Hotel, in Tulsa, OK. Remember the sleeping room you reserved will not be ready till 3:00 pm,

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even though workshops start at 10:00 am. The Promotional and Hospitality room will be open on Thursday May 3, 2012 at 6:00 pm, also early chapter packet pick up

Leaders thank you for sharing this information with the whole chapter, all members should have this information.

TOPS love

Paula Rice

TOPS Coordinator #588