



TOPS Coordinator #588

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Dear Chapter Leaders and Members,

There is a nip in the air, which only can mean the holidays are here. I hope everyone will have a blessed Thanksgiving. Let us all remember the reason for the season and take time to be kind to family and friends.

Here are 6 ways to remember to help you lose during this season: 1-Keep a food diary, 2-measure what you eat, 3-add color to every meal with super foods like area captains have taught when they visited your chapter, 5-always have a food plan and 6-slow down when you eat.



This is the SRD charm for 2012 TOPS Mardi Gras Magic, so start planning on coming on May 4-5 at Southern Hill Marriott Hotel, 1902 East 71<sup>st</sup> Street, Tulsa, OK 74136, phone # 866-530-3760 cost \$94.00 for 1-4 members. Contest will be chapter theme decorated: mask, kid size umbrella and shoebox float.

Chapters please take time to have a meeting, which includes roll and make visitors welcomed. Please remember we are here for support not just to visit and go out to eat. Thank you for using program TOPS Club Inc provided to the chapter they are now going to be in TOPS News for everyone to have access to. I hope you will give them a try.

Fun-shops are almost done for the year if your chapter would like to host a workshop in 2012, please contact your area captain to get it a date. I would like to let you know when you volunteer to host a fun-shop you can do as much or little as you want. The main thing is we need a

place to meet that will hold the number that comes to your fun-shop. I can provide whatever needed from invitations, programs, nametags, door prizes or the chapter can do this, and we don't want the chapter not to volunteer because they feel it's too much expense or time for the chapter. I really like having 3-4 fun-shops per year in each area. So please consider hosting one in 2012.

Thank you for all the chapters that have sent back in chapter maintenance for 2012. It would really help me if you paid it now before end of year. It is to be paid in advance.

We have a state website address: <http://www.topswonders.org> this has all of Beverly Staniak's states. Just go out there and click on Oklahoma. Also don't forget about <http://www.tops.org> TOPS Club Inc.'s website.

Some chapter have taken advantage of the new member promotion going on until the end of 2011 For every four members who join your chapter between July 1 and December 31, your chapter earns a free adult membership. Give it to anyone you wish, and that person may use it through March 1, 2012. The chapter will receive an email that you send in with the application to use.

To be able to purchase The Choice Is Mine at five for \$25.00 (shipping included) you must have gotten 4 new members and send in the email you received to place an order, this goes directly to TOPS Club Inc. When you send in your form for the free membership, include a copy of the email. Then send a chapter check or money order for \$25.00 and the address and membership number of one person to whom The Choice Is Mine books are to be sent. Remember you must have gotten 4 new members to get the books.

Thank you for reading this letter at the chapter meeting.

TOPS love,

Paula Rice  
TOPS Coordinator