

TOPS Coordinator #588 - Paula Rice

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Dear Chapter Leaders and Members,

There is a nip in the air, the leaves are falling. I hope everyone had a wonderful summer eating lots of fresh vegetables. Here are some ways to get more vegetables in your food plan: top a baked potato with salsa, use applesauce to replace half of the oil in any recipe, add mandarin oranges or diced pears when making Jell-O, try mixing dried fruit with almonds and few dark chocolate pieces as snack, mix fresh fruit and granola into yogurt, add broccoli or diced pepper to macaroni and cheese.



Leaders and Weight Recorders chapter resumes (will be been mailed to the leader) are due to me by January 8, 2012. I hope you all have the chapter weight chart filled out and almost ready to come to me with the chapter resume. Members remember to sign your weight chart and have a December weigh-in to be eligible for recognition at any level. KOPS be sure you look at your weight chart to verify you have at least 15 weigh-in during the year, were in your leeway at all times and had correct excused or unexcused absents through out the year. Weight recorders if you come across a KOPS who have lost status, be sure you send in a L-21 'KOPS Lost Status Card' as soon as possible.



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. SRD packets will be mailed last of January to the chapter leader that I have on record. If you do not get it in a timely fashion, please let me know so we can be sure I have the correct address for the leader. Remember the first 10 chapters will be seated according to when Kathy Journagan receives the registrations back in the mail with chapter checks.



International Recognition Days 2012 will be held July 5-7 at Town and Country Resort and Conference Center in San Diego, California. More information about this beautiful facility, TOPS room rates, and special travel discounts can be found at www.tops.org. Reserve your room soon for best selection. See you there!

Reminders:

- Chapter funds you collect from dues and fund-raisers are to be spent as stated in chapter by-laws, to benefit all.
- Invite your area captain to visit your chapter; they have a program again this year from TOPS Club Inc. They do not receive additional funds to visit your chapter.
- Taking 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 receives an email that you send in with the application to use.
- In addition, we are offering the opportunity to purchase *The Choice Is Mine* at five for \$25.00 (shipping included) as long as you place your order when you send in your form for the free membership, email. Just send a chapter check or money order for \$25.00 and add the address and membership number of one person to whom *The Choice Is Mine* books are to be sent. This is a savings of more than \$50.00!

Thank you for reading this letter at the chapter meeting.

Have a blessed fall and Thanksgiving!



TOPS love,

Paula Rice
TOPS Coordinator

Enclosed Maintenance Fee, send all copies back by December 10, 2011 to me, thank you.