

TOPS Coordinator #588
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September 2011

Dear Chapter Leaders and Members,

The cooler weather is a welcome from the 100 plus temperatures. School is starting back.



ABCs of Calories: Calories are fuel that keeps the body running, a unit of energy. ‘Calories’ are listed on most food packages. When we eat or drink anything the calories in the food are broken down by enzymes and transported to your body cells and used in numerous ways. Carbohydrates and proteins contain 4 calories per gram (not serving) but fat contains 9 calories. Excess calories or energy has the potential to be stored as fat and your body has to work twice as hard to burn it off. For this reason, it is important for you to watch not only your fat count, but your daily calories count as well

Few reminders

- Fall Fun-shops are coming up. Most will be in October. Watch for your area Fun-shop invitation about a month out and please send the sign up sheet back to me and the lunch money to person on invitation, which is usually the hosting chapter treasurer.
- Weight charts should be coming soon from TOPS Club Inc, be on the watch out for them.
- Maintenance will be billed with next month’s newsletter with list of highest RECORDED weight and renewal dates of all members in your chapter.
- TOPS Club Inc is giving the chapter an email for a full price new membership or renewal for every 4 new members your chapter gets. You will get an email from them that says something like this:

Congratulations leader, this is a cumulative list of members that have been added to the TOPS Database since July 1, 2011.

When the cumulative list TOPS processes shows four new memberships from your chapter, print and attach the email to any full price new membership or renewal in your chapter. Submit these to your coordinator and in the area **“Fee paid:”** List the word **“bonus”**

When the cumulative list TOPS processes shows four more additional new memberships from your chapter, print and attach the email to another full price new membership or renewal in your chapter and submit as above. Then it will list New Members you have turned in.

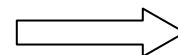


Start planning now for SRD May 4-5, 2012. Theme TOPS Mardi Gras Magic to be held at the Southern Hill Marriott Hotel, in Tulsa, OK. Remember the sleeping room you reserved will not be ready till 3:00 pm, even though workshops start at 10:00 am. The Promotional and Hospitality room will be open on Thursday May 3, 2012 at 6:00 pm, also early chapter packet pick up

Thank you for all your help in making TOPS a success in your area.

TOPS love,
Paula Rice
TOPS Coordinator

Enclosure chapter and funday area list



Kathy Journagan chapters

TOPS #OK015, Bartlesville
TOPS #OK065, Tulsa
TOPS #OK074, Broken Arrow
TOPS #OK135, Sand Springs
TOPS #OK142, Pryor
TOPS #OK250, Sapulpa
TOPS #OK295, Tulsa
TOPS #OK298, Collinsville
TOPS #OK409, Tahlequah
TOPS #OK418, Okmulgee
TOPS #OK440, Grove
TOPS #OK451, Claremore
TOPS #OK477, Bixby
TOPS #OK486, Tulsa
TOPS #OK493, Claremore
TOPS #OK504, Sapulpa
TOPS #OK506, Miami
TOPS #OK546, Stilwell
TOPS #OK548, Chelsea
TOPS #OK567, Nowata
TOPS #OK570, Miami
TOPS #OK576, Drumright
TOPS #OK610, Tahlequah
TOPS #OK633, Broken Arrow
TOPS #OK646, Broken Arrow
TOPS #OK648, Wagoner
TOPS #OK667, Owasso
TOPS #OK689, Westville
TOPS #OK690, Vinita
TOPS #OK694, Pryor
TOPS #OK709, Tulsa

Wayne Rice chapters

TOPS #OK041, Chickasha
TOPS #OK089, Tuttle
TOPS #OK112, Ada
TOPS #OK113, Duncan
TOPS #OK201, Norman
TOPS #OK263, Shawnee
TOPS #OK282, Hobart
TOPS #OK327, Lawton
TOPS #OK369, Moore
TOPS #OK397, Ardmore
TOPS #OK414, Eufaula
TOPS #OK456, Gore
TOPS #OK466, Blanchard
TOPS #OK498, McAlester
TOPS #OK499, Tecumseh
TOPS #OK508, Antlers
TOPS #OK562, Frederick
TOPS #OK572, Duncan
TOPS #OK573, Rush Springs
TOPS #OK591, Poteau
TOPS #OK618, Muskogee
TOPS #OK624, Quinton
TOPS #OK627, Noble
TOPS #OK641, Pauls Valley
TOPS #OK647, Allen
TOPS #OK657, Altus
TOPS #OK661, Ft Gibson
TOPS #OK664, Stigler
TOPS #OK674, Gowen
TOPS #OK677, Moore
TOPS #OK692, Stuart
TOPS #OK700, Hinton
TOPS #OK708, Duncan

Patty Pappan chapters

TOPS #OK013, Stillwater
TOPS #OK047, Enid
TOPS #OK049, Oklahoma City
TOPS #OK084, Hennessey
TOPS #OK122, Midwest City
TOPS #OK123, Edmond
TOPS #OK207, Enid
TOPS #OK237, Midwest City
TOPS #OK270, Oklahoma City
TOPS #OK308, Ponca City
TOPS #OK462, Cleveland
TOPS #OK488, Stillwater
TOPS #OK497, Mustang
TOPS #OK626, Del City
TOPS #OK662, Bethany
TOPS #OK676, Oklahoma City
TOPS #OK678, Guthrie
TOPS #OK682, Shattuck
TOPS #OK688, Midwest City
TOPS #OK691, Oklahoma City

The state of Oklahoma for workshop/fun-day will be divided in the following way according to county:

North Eastern-Kathy Journagan

Adair
Cherokee
Creek
Delaware
Mayes
Nowata
Okmulgee
Ottawa
Pawnee
Rogers
Tulsa
Wagoner
Washington

North Central-Patty Pappan

Ellis
Garfield
Kay
Kingfisher
Logan
Payne

South East-Wayne Rice

Haskell
LeFlore
McCurain
McIntosh
Muskogee
Pittsburg
Pushmataha
Pontotoc
Sequoyah

Oklahoma City - Patty and Wayne

Canadian
Cleveland
Garvin
Oklahoma
Pontotoc
Pottawatomie

South West-Wayne Rice

Atoka
Caddo
Carter
Comanche
Grady
Jackson
Kiowa
McClain
Stephens
Tillman

