



TOPS Area Captain #6047

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Hello to Everyone,

January 2012



Hope you had a safe and nice holiday season. We had a wonderful quiet Thanksgiving, Christmas and New Year. Paula is starting to get the chapter resumes in.



for all the cards I received on the death of my 91 year old mother on December 1<sup>st</sup>. She lived a long and good life. We went down to Houston, TX for the funeral. It was a bitter sweet trip back knowing we won't be going back to Texas. My younger sister doesn't want to have anything to do with me, we weren't close.



I hope everyone has a new goal to lose or maintain your weight. I have already scheduled my 2012 chapter visits. If this date will not work for your chapter let me know. I always enjoy visiting all my chapters and seeing familiar and new members.



Remember SRD May 4-5, 2012; hope everyone is planning to attend. Theme TOPS Mardi Gras Magic to be held at the Southern Hill Marriott Hotel, in Tulsa, OK. Paula will be mailing out the chapter SRD packet later in January.



I still need chapter to host area fun-shops in 2012; hope to see everyone at the one in your area. Be sure you turn in your funday report for each.

The first is on Saturday February 18<sup>th</sup> hosted by TOPS #OK688, Midwest City, June 16<sup>th</sup> hosted by TOPS #OK497, Mustang, October 20<sup>th</sup> hosted by TOPS #OK122, Midwest City. All will in Midwest City for Oklahoma City, invitation will come out a month before. We would like to have one on August 18<sup>th</sup> if you would like to host, let me know.

Southwest we have no hosting chapters yet, the dates are March 3<sup>rd</sup>, June 2<sup>nd</sup>, September 8<sup>th</sup> or November 10<sup>th</sup>. If your chapter would like to host any on these dates please let me know.

Southeast we have no hosting chapters yet, the dates are March 10<sup>th</sup> (maybe hosting TOPS #OK618, Muskogee), June 23<sup>rd</sup>, August 25<sup>th</sup> and November 3<sup>rd</sup>. If your chapter would like to host any on these dates please let me know.

Hosting chapter can do us much or as little as you want. You do lunch or we can brown bag it.



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TOPS care

Wayne Rice  
TOPS Area Captain

### **Southwest Area Fun-Shop Award given for 3<sup>rd</sup> quarter 2011 on 11-19-11**

**TOPS in Black** – Rama Christian 1<sup>st</sup> place from TOPS #OK466, Blanchard with 16.25 # loss

**KOPS below goal** – Shirley Buchanan 1<sup>st</sup> place from TOPS #OK041, Chickasha 5.25 # below and Jodi Thomas 3<sup>rd</sup> place from TOPS #OK041, Chickasha 4.78 # below.

**Exercisers** – Carol Gilpen 1<sup>st</sup> place from TOPS #OK562, Frederick with 250 hours, Gerald Curtis 2<sup>nd</sup> place from TOPS #OK708, Duncan with 221 hours and Jean Humphrey 3<sup>rd</sup> place from TOPS #OK041, Chickasha with 140 hours.

**Walkers** – Gerald Curtis 1<sup>st</sup> place from TOPS #OK708, Duncan with 544 miles, Carol Gilpen 2<sup>nd</sup> place from TOPS #OK562, Frederick with 325 miles and Margot Smith 3<sup>rd</sup> place from TOPS #OK113, Duncan with 193 miles.

**SLIM bars**: Rama Christian from TOPS #OK466, Blanchard with 16.25 # loss

**Candle dangle**: Shirley Buchanan from TOPS #OK041, Chickasha 5.25 # below, Marie Kuntz from TOPS #OK573, Rush Spring 1.87 # below, Anna Edens from TOPS #OK041, Chickasha 3.86 # below, Lavada Hines from TOPS #OK113, Duncan .97 # below and JoAnn Thomas from TOPS OK041, Chickasha 4.78 # below.

**WOW Bar**: Wanda Pendleton from TOPS #OK041, Chickasha new KOPS.

**Traveling Bear** went home with TOPS #OK573, Rush Spring for a 4.07 # loss per member

**Walking Stick** went home with TOPS #OK113, Duncan for traveling 1086 miles as a chapter

### **Oklahoma City Fun-Shop Awards given for 3<sup>rd</sup> quarter 2011 on 11-5-11**

**TOPS in Black** – Sharon Patison 1<sup>st</sup> place from TOPS #OK122, Midwest City with 13.25 # loss

**KOPS below goal** – Edith Elder 1<sup>st</sup> place from TOPS #OK497, Mustang 6.75 # below, Karan May 2<sup>nd</sup> place from TOPS #OK497, Mustang 6.26 # below and Shirley Goodman 3<sup>rd</sup> place from TOPS #OK662, Bethany 6 # below.

**Exercisers** – Cindy Hibbs 1<sup>st</sup> place from TOPS #OK270, Oklahoma City 256 hours, Robin Dorman 2<sup>nd</sup> place from TOPS #OK270, Oklahoma City 215 hours and Patti Newberry 3<sup>rd</sup> place from TOPS #OK270, Oklahoma City 180 hours.

**Walkers** – Cindy Hibbs 1<sup>st</sup> place from TOPS #OK270, Oklahoma City with 256 miles, Robin Dorman 2<sup>nd</sup> place from TOPS #OK270, Oklahoma City with 235 miles and Janice Keenan 3<sup>rd</sup> place from TOPS #OK270, Oklahoma City with 185 miles.

**SLIM bars**: Bonnie Menzel from TOPS #OK676, Oklahoma City with 10.75 # loss, Sharon Patison from TOPS #OK122, Midwest City with a 13.25 # loss and Phyllis Keener from TOPS #OK676, Oklahoma City with a 13.5 # loss.

**Trophy dangle**: Ramona Mandrell from TOPS #OK678, Guthrie with 10.5 # loss, Virginia Dockery from TOPS #OK497, Mustang with a loss of 17.5 #, Dorothy Frank from TOPS #OK676, Oklahoma City with a loss of 20.5 #, Carmeltia Norman from TOPS #OK122, Midwest City with loss of 12.5 # loss and Cynthia Maudlin from TOPS #OK201, Norman with a loss of 14.75 #.

**Candle dangle**: Edith Elder from TOPS #OK497, Mustang 6.75 #below, Betty Smith from TOPS #OK497, Mustang 4.13 # below, Jerre Ellis from TOPS #OK662, Bethany 6 # below, Karan May from TOPS #OK497, Mustang, 6.26 # below, Rosie Moore from TOPS #OK369, Moore at goal, Pat Mayo from TOPS #OK688, Midwest City 1.25 # below and Shirley Goodman from TOPS #OK662, Bethany 6 # below.

**WOW Bar**: B Joann Hammond from TOPS #OK691, Oklahoma City .90 # below.

**Traveling Bear** went home with TOPS #OK678, Guthrie for a 9.75 # loss per member

**Walking Stick** went home with TOPS #OK122, Midwest City for traveling 423.5 miles as a chapter