



TOPS Area Captain #6047



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Hello to Everyone,

September/October 2011



is almost over. Hope everyone had a safe Labor Day Holiday.

September 2011 Calendar with summer drawing to a close, we have to remember that we don't just "fall" into healthy habits – we have to make a conscious effort to establish them. To download a one-month calendar for September go to [www.tops.org](http://www.tops.org). Whether you place this calendar on your refrigerator, at your desk, or even save it as your desktop background on your computer, you'll have TOPS on your mind all month long!

We had to take a trip to see my Mother in Houston, TX. She isn't doing very well. We had a nice visit with her in the nursing home.



We have a few more area fun-shops, hope to see everyone at the one in your area. Be sure you turn in your funday report for each. The invitation will be coming out about 1 month before the funday.

The first is this Saturday September 24<sup>th</sup> in Duncan for southwest, hosted by TOPS #OK113, Duncan, invitation is out an awards are being made. Theme is Luau.

Then on October 15<sup>th</sup> in Antlers, hosted by TOPS #OK508, Antlers, invitation enclosed if this is your area funday

On November 5<sup>th</sup> for Oklahoma City Area hosted by TOPS #OK497, Mustang and invitation will be sent out a month before. Theme is lady luck.



I hope everyone is continuing to lose weight. I have scheduled visits for chapter; there is a note at the end of letter of when I plan to come. I want to be sure to get to all my chapters before time runs out. If this date will not work for your chapter let me know.

I hope if I have been to your chapter and did the new program from headquarters' on Super Foods you enjoyed it and trying new foods. I always enjoy visiting all my chapters.



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I'm proud of all my chapters for the way you have accepted me as your area captain. Remember I'm HERE for YOU! this isn't just a saying, I mean it.



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](http://www.tops.org). Reserve your room soon for best selection. Housing opens August 1. See you there!

TOPS care

I plan to visit your chapter on:

Wayne Rice

TOPS Area Captain

**Southeast Fun-Shop Awards given for 1st quarter 2011**

TOPS in Black – Terry Riddle 1<sup>st</sup> place from TOPS #OK647, Allen with 4 # loss

KOPS below goal – Josephine Brown 1<sup>st</sup> place from TOPS #OK591, Poteau 5.5 # below, Lola Payne 2<sup>nd</sup> place from TOPS #OK591, Poteau 3.5 # below and Jo Welch 3<sup>rd</sup> place from TOPS #OK591, Poteau 3.25# below.

Exercisers – Jim Fobb 1<sup>st</sup> place from TOPS #OK508, Antlers 282 hours, Rita Sanders 2<sup>nd</sup> place from TOPS #OK498, McAlester 128 hours and Vicki Bolte 3<sup>rd</sup> place from TOPS #OK498, McAlester 80 hours.

Walkers - Jo Welch 1<sup>st</sup> place from TOPS #OK591, Poteau with 235 miles, Brenda Hollis 2<sup>nd</sup> place from TOPS #OK456, Gore with 149 miles and Pat Chambless 3<sup>rd</sup> place from TOPS #OK498, McAlester with 130 miles.

SLIM bars: Karen Pierson from TOPS #OK508, Antlers with 12 # loss.

Trophy dangle: Brenda Hollis from TOPS #OK456, Gore with 18.5 # loss.

Candle dangle: Josephine Brown from TOPS #OK591, Poteau 5.5 #below, Lola Payne from TOPS #OK591, Poteau 3.5 # below, Jo Welch from TOPS #OK591, Poteau 3.25 # below, Irene Gragert from TOPS #OK647, Allen 2.64 # below and Doloris Hallman from TOPS #OK624, Quinton 2.5 # below

**Southeast Fun-Shop Award given for 2<sup>nd</sup> quarter 2011**

TOPS in Black – Terry riddle 1<sup>st</sup> place from TOPS #OK647, Allen with 18 # loss and Karen Pierson 2<sup>nd</sup> place from TOPS #OK508, Antlers with 14 # loss.

KOPS below goal – Irene Gragert 1<sup>st</sup> place from TOPS #OK647, Allen 5.52 # below, Josephine Brown 2<sup>nd</sup> place from TOPS #OK591, Poteau 5.5 # below and Jo Welch 3<sup>rd</sup> place from TOPS #OK591, Poteau 4.25 # below.

Exercisers – Jim Fobb 1<sup>st</sup> place from TOPS #OK508, Antlers 278 hours, Helen Christenberry 2<sup>nd</sup> place from TOPS #OK456, Gore 106 hours and Pat Chambless 3<sup>rd</sup> place from TOPS #OK498, McAlester 90 hours.

Walkers - Jo Welch 1<sup>st</sup> place from TOPS #OK591, Poteau with 310 miles, Brenda Hollis 2<sup>nd</sup> place from TOPS #OK456, Gore with 209 miles and Helen Christenberry 3<sup>rd</sup> place from TOPS #OK456, Gore with 130 miles.

SLIM bars: Terry Riddle from TOPS #OK647, Allen with 18 # loss and Jan Lackey from TOPS #OK624, Quinton with 12.75 # loss.

Trophy dangle: Brenda Hollis from TOPS #OK456, Gore with 16.75 # loss, Karen Pierson from TOPS #OK508, Antlers with 14 # loss, Mary Barker from TOPS #OK456, Gore with 13.25 # loss and Helen Christenberry from TOPS #OK456, Gore with a 11 # loss.



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Candle dangle: Lola Payne from TOPS #591, Poteau 1.25 # below, Deloris Hallman from TOPS #OK624, Quinton 2.5 # below, Jo Welch from TOPS #OK591, Poteau 4.25 # below, Jo Brown from TOPS #OK591, Poteau 5.5 # below, Judie Quall from OK456, Gore 4.08 # below, Irene Gragert from TOPS #OK647, Allen 5.52 # below and Jim Fobb from TOPS OK508, Antlers 4# below.

**Oklahoma City Area Fun-Shop Awards given for 1st quarter 2011**

TOPS in Black – Carole Henry 1<sup>st</sup> place from TOPS #OK122, Midwest City with 11.25 # loss

KOPS below goal – Dorothy Vandenack 1<sup>st</sup> place from TOPS #OK123, Edmond 7 # below, Shirley Goodman and Ruth Brewer 2<sup>nd</sup> place from TOPS #OK662, Bethany 6.25 # below and Karen Kimber 3<sup>rd</sup> place from TOPS #OK201, Norman 4.7# below.

Exercisers – Robin Dorman 1<sup>st</sup> place from TOPS #OK270, Oklahoma City 210 hours, Chris Austerlitz 2<sup>nd</sup> place from TOPS #OK122, Midwest City 162 hours and Pat Mayo 3<sup>rd</sup> place from TOPS #OK688, Midwest City 130 hours.

Walkers – Karen Kimber 1<sup>st</sup> place from TOPS #OK201, Norman with 259 miles, Robin Dorman 2nd place from TOPS #OK270, Oklahoma City with 220 miles and Margaret Arnold 3<sup>rd</sup> place from TOPS #OK691, Oklahoma City with 157 miles.

SLIM bars: Leanne Colyer from TOPS #OK688, Midwest City with 11.5 # loss and Carole Henry from TOPS #OK122, Midwest City with a 11.25 # loss.

Trophy dangle: Penni Jo Couch from TOPS #OK677, Moore with 14.5 # loss.

Candle dangle: Pamela Mize from TOPS #OK688, Midwest City 1 #below, Jeanette Schoof from TOPS #OK662, Bethany 3 # below, Betty Smith from TOPS #OK497, Mustang 3.62 # below, Jerre Ellis from TOPS #OK662, Bethany 3.75 # below, Karan May from TOPS #OK497, Mustang, Karen Kimber from TOPS #OK201, Norman 4.7 # below, Ruth Brewer from TOPS #OK662, Bethany 6.25 # below, Shirley Goodman from TOPS #OK662, Bethany 6.25 # below and Dorothy Vandenack from TOPS #OK123, Edmond 7 # below

WOW Bar: J W Vance from TOPS #OK688, Midwest City New KOPS.

**Oklahoma City Area Fun-Shop Award given for 2<sup>nd</sup> quarter 2011**

OPS below goal – Dorothy Vandenack 1<sup>st</sup> place from TOPS #OK123, Edmond 7 # below, Shirley Goodman and Ruth Brewer 2<sup>nd</sup> place from TOPS #OK662, Bethany 6.25 # below and Karen Kimber 3<sup>rd</sup> place from TOPS #OK201, Norman 5.67 # below.

Exercisers – Pat Mayo 1<sup>st</sup> place from TOPS #OK688, Midwest City 130 hours, Beulah Bromley 2<sup>nd</sup> place from TOPS #OK201, Norman 120 hours and Pat Hinson 3<sup>rd</sup> place from TOPS #OK122, Midwest City 92 hours.

Walkers – Karen Kimber 1st place from TOPS #OK201, Norman with 243 miles, Robin Dorman 2<sup>nd</sup> place from TOPS #OK270, Oklahoma City with 225 miles and Cindy Hibbs 3<sup>rd</sup> place from TOPS #OK270, Oklahoma City with 225 miles.

SLIM bars: Chris Martens from TOPS #OK688, Midwest with 10 # loss, Dolly Uehlin from TOPS #OK2740, Oklahoma City, with 13 # loss, Marie Schindler from TOPS #OK123, Edmond with 15.5 # loss and Susie Collins from TOPS #OK677, Moore with 10 # loss.

Trophy dangle: James Frank from TOPS #OK676, Oklahoma City with 10.75 # loss.

Candle dangle: Nell Morgan from TOPS #201, Norman 2.56 # below, Jeanette Schoof from TOPS #OK662, Bethany 3 # below, Pat Mayo from TOPS #OK688, Midwest City 3 # below, Betty Smith from TOPS #OK497, Mustang 3.72 # below, Jerre Ellis from OK662, Bethany 4 # below, Rosie Moore from TOPS #OK369, Moore 4 # below, Karan May from TOPS #OK497, Mustang 5.02 # below, Karen Kimber from TOPS #OK201, Norman 5.67 # below, Shirley Goodman from TOPS #OK662, Bethany 6.25 # below, Ruth Brewer from TOPS #OK662, Bethany 6.25 # below and Dorothy Vandenack from TOPS OK123, Edmond 7# below.

WOW Bar: Chris Austerlitz from TOPS #OK122, Midwest City New KOPS.