



## RD NEWSLETTER - APRIL, 2018

Hello TOPS Pals:

Do you still believe them when they say "April showers bring May flowers"?? I am not sure I do as I sit and watch it rain, then snow and last, but not least, a little sleet too! It is late April too! Will those daffodils visit this year? Let's hope so!

It was great to see my Massachusetts friends at your SRD last weekend and yes, it snowed!! I am sad that I missed the Rhode Island SRD due to a death in my immediate family but I will see all of you at your fall rally. I am looking forward to it. I will soon see all the rest of you at your SRD's.

I want to take a minute to thank you for all the prayers, notes and cards throughout the winter. Been a bit challenging with personal surgery and illness but I am on the road to recovery. Thank you also for the many cards and notes after the loss of my brother-in-law. He was very special to me and I appreciated your support.

The April-May Issue of TOPS News is full of great news. Look on pages 6 and 7! We did it! We more than met the Million Pound Challenge. Read all about it there. Congratulations to all the TOPS members who lost ten pounds or more and congratulations to all the KOPS who maintained their status in 2017. Awesome job! I look forward to giving out additional awards for the Million Pound Mission at your SRDs. Won't you plan to join us on our 2019 TOPS Retreat Cruise and/or another retreat? Check out pages 36 and 37 in TOPS News. Also, on the back cover read about how you can travel with Burni as you journey toward your weight loss goals.

Burni likes to have his picture taken. Take some action photos as he journeys and send them to [share@TOPS.org](mailto:share@TOPS.org) with a description of the photo for possible showcasing in TOPS News. Other action photos featuring your members are also welcome.

Let us not forget to do all we can to showcase our new chapter royalty, division winners and other chapter members that have made remarkable strides in their weight loss journeys. Work with your community newspapers and other outlets to spread the word of TOPS and the success of your inspiring members. Be sure to have the before and after photos and stories of your winners handy so that you can readily share them when the opportunity arises. Ask your successful members to consider sharing their stories at rally days, Inspirational meetings and other gatherings sponsored by your chapter and/or field staff.

We will be celebrating TOPS' 70<sup>th</sup> birthday at IRD in Montreal, Canada in July. IRD will never be closer. I hope many of you are planning to attend. See TOPS News and our website for more information.

If any of you are interested in helping us by becoming area Publicity Volunteers, please let your field staff know. This is an easy and rewarding position. Also, don't forget to appoint your chapter coaches!!

## CHAPTER KUDOS KORNER

Nothing promotes success more than sharing our accomplishments and ideas. I am thrilled that your chapters are sending more and more great news for my "Chapter Kudos Korner". If you sent something and have not seen it in this section of my newsletter, please send it again. I try to keep track of everything but sometimes things "stray". Here is what I have to share this time.

A KOPS Graduate story from CT 0089 Middletown. Mary Graham shares...I joined TOPS 20 years ago. It was a rough time in my life. My dear friend, Georgia, took me to her chapter meeting. They greeted me with open arms and caring hearts. The rest is history. I love attending all the functions and hearing all the success stories. It took me 20 years to get to my goal, but I finally did it! I thank my precious family, my wonderful TOPS chapter – especially our Leader Marie – who gave me the final push, and God for allowing me to stand here as an honored KOPS at age 95! Bless you all! If I can do it at 95 so can you!

TOPS NY 0942, Kendall shares that Truda Slocum desperately wanted to get her weight under control thus her journey in TOPS began. In 1999 she was planning a trip in honor of her son's graduation. They planned a trip to Denmark to visit an "exchange" son. She knew she would need a seatbelt extender and she could not fit in the airplane bathroom. She started exercising, drinking water and eating sensibly. She lost 120 pounds and her chapter celebrated with her by donating 100 pounds of food to the Kendall Community Food Cupboard. She had a wonderful trip but then the weight crept back on. She regained 85 pounds. She did not give up. She joined the YMCA. The weight started coming off again. She took a Diabetes Prevention class at the Y. The lessons they taught were all ones she learned through her TOPS Program. With her husband's support she put all the lessons together. She started journaling, used portion control, exercised and watched the food labels. Her chapter continued their support. She used mini-goals (increments of 20 pound losses) to get closer to her goal. She started her second journey to her goal weight in 2014. It is now 2018 and she is only 10 pounds to goal once again. These are wonderful lessons. Never give up, when you fall down, get up and keep on keeping on. With the right attitude, we can overcome many obstacles. Truda says "see you lighter"!

NY 1094 Brockton is proud to share that they had 6 No Gain meetings in the year 2017. Wow! They occurred on January 18, April 29, May 24, September 13, October 4 and December 13. Way to go TOPS pals!

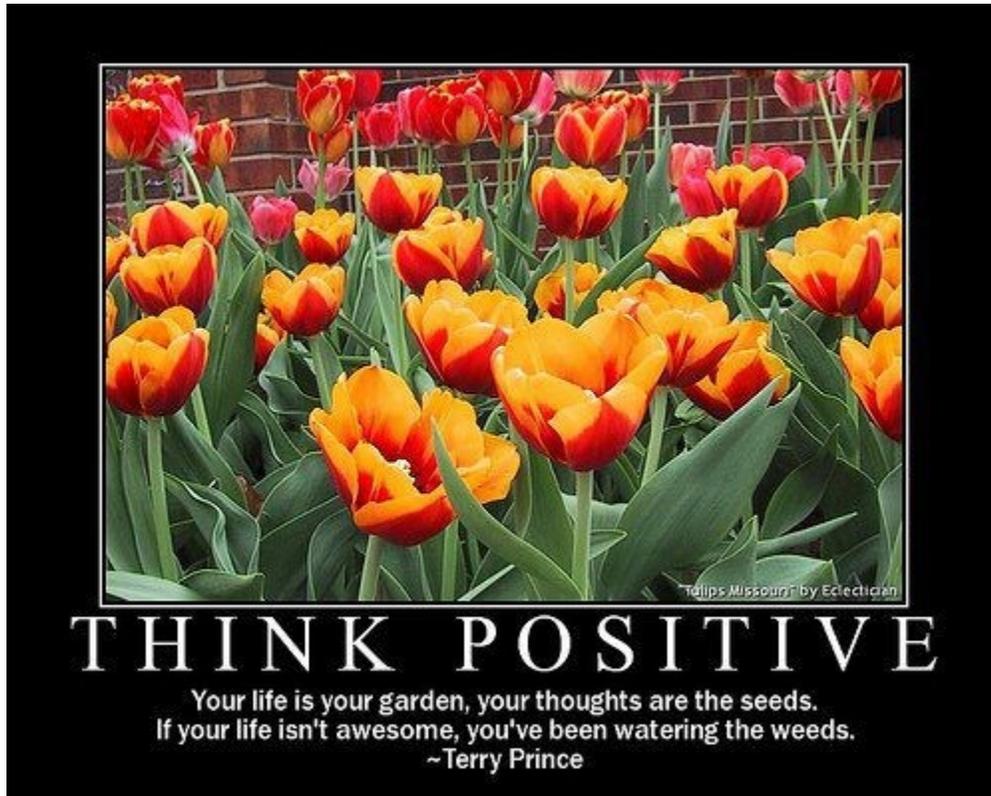
TOPS NY 0934 Arcade did the TOPS SURVIVOR CHALLENGE for 6 weeks with great results. We had 5 teams with 6 on a team. Three teams had 2 KOPS on it and 2 teams had 1 KOPS on it. 22 TOPS members took part and they lost a total of 44.6 pounds. All teams had a loss with team 5 the winner by the most points and also had the biggest weight loss of 16.6 pounds. We had so much fun and competition that we picked new teams and are doing it again. We had 3 members lose all 6 weeks and the overall biggest loser, Donna Isaman, lost 8.4 pounds. This contest is a great way to get your chapter back on track. Teams were picked by putting all KOPS in one bucket, Divisions 3 and 4 each in their own bucket and the rest of the divisions in one bucket. We start with KOPS and draw 5, one on each team then 5 of division 3, one on each team and so forth until all names are drawn. You can find rules on the TOPS website and adjust your teams according to the number of members in your chapter. Some of our members have told family members in other chapters and they, too, are playing it. This really helped our club get back on track

NY 0784, Bath shares that each week they start their meetings with some form of activity. Our leader challenged everyone to complete the seven day challenge listed in a recent edition of the TOPS Magazine. We recently had our very own Olympics. Our leader came up with seven stations to complete.

Station #1 is our torch that was made  
Station #2 Is our ring toss over water bottle game  
Station #3 was our miniature golf game  
Station #4 was our throw the snowballs in the tub game  
Station #5 Hula hoop and jump rope movements  
Station #6 balloon table tennis with fly swatters  
Station #7 Uno card exercises

Each week our leader Crystal Walsh has a different program to encourage us. We fill out a sheet for our weekly goals and discuss them openly with each other.

## WORDS OF WISDOM



### TOPS MISSION STATEMENT

To support our members as they take off and keep off pounds sensibly.

### TOPS VISION

To be the best weight-loss support choice for people who want an active and a healthy life.

YOURS IN TOPS FELLOWSHIP,

“JUST JUDY”  
Regional Director

If you no longer want to receive TOPS Newsletters, please send me an email at [muffyjunior@aol.com](mailto:muffyjunior@aol.com) or call me at 518-461-3329