

Hi fellow members:

Well spring is finally here and along with it the rains. Don't let the rain wash away your Dreams. You can still achieve those dreams even if you have suffered a setback. Today is the day to start over. You can still be a part of Barb Cady's cut and burn challenge. Remember to cut 100 calories a day and to burn 100 calories a day. These two little steps will have you help Barb with her DREAM of a MILLION POUNDS LOST IN TOPS. Just think how great you will feel when you can say YES I was part of that DREAM.

TOPS is such a great organization because you are given a chance to reach for our dreams. They give us the information and the encouragement to keep trying. A great way to keep your Dream alive is to attend the events that TOPS holds each year. Events on the local side like the Spring Fling or the Fall Rally. The wonderful State Recognition Days (SRD) and the unbelievable International Recognition Days (IRD). If you have never attended one of these events you might try to attend one. You will be filled with a new sense of believing that you can achieve your dream. I know that some events are harder to attend than others, but each event will help inspire you to keep trying and help to motivate you when you may need it. Here is a list of the events that are going to be happening soon.

MO State Recognition Days  
June 4 & 5, 2010  
St Charles, MO

2010 International Recognition Days  
July 15, 16 & 17, 2010  
Halifax, Nova Scotia, Canada

Fall Rally 2010  
October 9, 2010  
Cedar Grove Baptist Church  
Warsaw, MO

If you would like more information about any of these events just let me know.

We had the "Spring Fling" last weekend and I would like to thank everyone who were able to attend. I hope everyone had fun as we played "Jeopardy" and learned a little more about our chapters. Thank you again everyone.

Chapter Shine Time

MO 0102, Sedalia welcomes new member Janice J.

MO 0625, Windsor welcomes new member Gladys B.

MO0814, Adrian welcomes new member Ellen P.

MO 0849, Climax Springs welcomes new member Linda M.

MO 1062, Wellington wants to brag on their Division winners, Jean H. and Janet D. They also had a NO GAIN meeting. Way to Go Wellington!

MO 1089, Warsaw welcomes new members, Lynda C., Iona M. and Gary B.

MO 1091, Raymore had an amazing net loss of 26.8 lbs at their meeting on March 4, 2010, with Frankie S. leading the way with 7.2 lbs lost. Way to go!

MO 1230, Lexington welcomes new members Mary W., Brenda T. and Sandra D.

MO 1244, Iberia welcomes new members Paula H., Lucinda (Dawn) N. and Tracey W.

MO 1253, Butler welcomes new members Sheila K. and Brenda T.

Special welcome to our NEW CHAPTER MO 1278, Holden, with members Vicki w., Dorothy W., Donna T., Marilyn H, Donna T. and Marilyn H. (this is the daughter of the other Marilyn). We are so proud to welcome you to our TOPS family. They have even added members since they started. Keep it up Holden.

### KOPS SHINE TIME

MO 0625, Windsor has New KOPS Janet T. and Norma N. congratulation ladies on reaching for your Dreams.

MO 0849, Climax Springs has New KOPS Renee P. and Pat W. with 7 years as a KOPS.

MO 1089, Warsaw congratulation to KOPS Barbara C. 9 years, Viola P. 1 year, Shirley C. 11 years and Wilma H with 11 years. Keep up the good work ladies.

MO 1091, Raymore has Lillian H. with 1 year as a KOPS.

MO 1253, Butler has a New KOPS Roxanne F. and Jayson F.

Congratulation to all these chapters and members you are a shining light for all of us to follow. As we reach for our Dreams. Remember if your chapter would like to be mentioned in the Chapter Shine Time let me know. I love to brag about you all.

I am ending this month's newsletter with a quote from Walt Disney. "If you can dream it you can do it." So dream everyone I believe you can do it.

Believe in your Dreams

Cindy Story

Area Captain