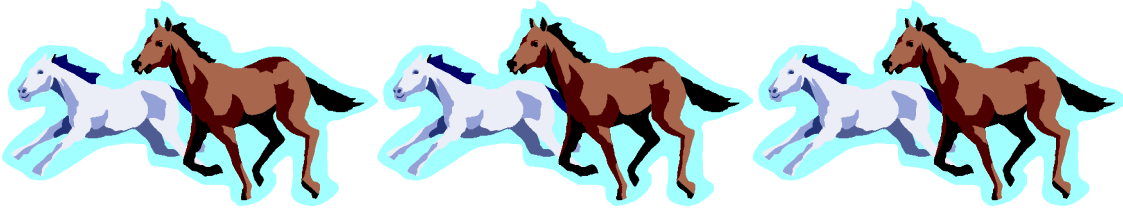


PHILLY'S PLACE

Newsletter



From the horses mouth “Conscience is the small voice that keeps interrupting when food is calling” Anonymous

April 2010

Wow what a great time we had at the Spring Fling. I thank all of you that came and made it a successful day. The hats were so creative and the groups that helped made it even more special. I cannot express my gratitude and thanks for all you did. It truly was very over whelming to me that you all gave so much to the day. I thank you, thank you, thank you. You truly are the greatest chapters.

If your chapter is going to hold a Health Fair or hold an Open House please contact me. I would love to come and support you. I also like to attend them. So let me know the dates and time so I can get to them.

SRD ST. Charles JUNE 4th and 5th,2010

Please if you have rooms you are not going to use please release them so chapters that couldn't get in the main hotel could now get a room. My hat is off to each and everyone who is attending. I am looking forward to seeing each and every one of you.

KOPS Society

The Southern Missouri KOPS Society will meet on Saturday, May 6th at Golden Corral on 2734 N. Kansas Expressway, Springfield, MO. They will be meeting at 10:00 a.m. for brunch.

The meeting we will be discussing ideas for the 2011 SRD and have a short program. Please plan to attend, as we need your input.

If you are planning to attend the meeting please RSVP to:

Jean Simon at 417-623-6172 or fluffymae@sbcglobal.net

Ruth Beard at 417-455-0688

by May 1st. If you have other KOPS in your chapter that are not members please invite them to attend the meeting.

TOPS MEMBERS CELEBRATE

The following article was submitted by TOPS#MO0991, WebbCity to JoplinGlobe,

TOPS 0991-Webb city have lost over two people.

Take Off Pounds Sensibly is what TOPS stands for and two members of TOPS#0991 are now members of a very exclusive club and recipients of their Century Medallions. The club is composed of a special group of TOPS members who have lost a hundred pounds while being an active member of TOPS and have maintained that 100 pound lost at least 52 weeks in a row to qualify.

Rose Bacon was honored in a ceremony at the Webb City TOPS meeting on March 29th. Dianne Graber was in attendance for the ceremony. Dianne received her Century Medallion at State Recognition Days in 2009. Dianne also represented the Chapter as the Division Winner in the State of Missouri having lost the most weight within the 2008 year for her weight division.

Randy Paul the Western Missouri Coordinator for TOPS International presented Rose with her Century Medallion necklace.

TOPS was the first weight loss support group started over 60 years ago. Esther Manz began with three of her neighbors around her kitchen table trying to lose weight by encouragement and fun contests which provided healthy competition.

The fun remains and at a reasonable cost, \$26 a year, for International memberships which provides an encouraging National Magazine, packed with success stories from all over the world. Esther felt it was important to encourage weight loss for better health.

If you are committed to your weight loss and meet your goal, set by you and your Health Care Professional, then you would receive recognition.

All of the members of TOPS#0991-Webb City are proud of the 100# loss of each lady and their great achievement.

For information about TOPS CLUB ,INC. call Mary Graham at 417-673-6886 or on line www.tops.org or call 1-800-932-8677

Mary Graham



Standing: Dianne Graber
Seated: Rose Bacon