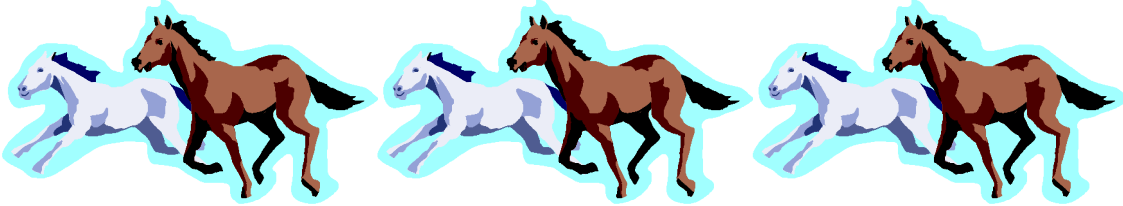


# PHILLY'S PLACE

Newsletter



**One of the greatest pleasures in life is to accomplish something you didn't think you could. Cecile H. Green**

**March 2010**

To all that stepped forward and agreed to volunteer to be an officer, thank you for your willingness to help with the chapter. You truly are the greatest group of ladies and gentlemen. TOPS could not do it if it wasn't for your willingness to give members support.

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

## **SRD ST. Charles JUNE 4<sup>th</sup> and 5<sup>th</sup>, 2010**

I hope you have all your plans ready for attending SRD. I'm looking forward to seeing each and every one of you. You are the most supportive group of members that I have ever seen. My hat is off to each and everyone who is attending. Get your registration in as early as possible and please sign up for the events you wish to participate in so the committees know how to plan.

## **SPRING FLING**

April 17<sup>th</sup> in Fairview, Mo, I hope you are making plans to attend. This is for everyone and we also will be going over the new changes that are taking place in TOPS. We need every chapter to come or at least a representative of your chapter. When you don't attend you are missing out on information that the chapter needs. Please remember your new guide books and also your hats. Please have any questions that you have written down and given to me before we start the meeting. This will help to expedite things a little faster. Randy will also be going over things with you. We have a great coordinator and he likes to have the members informed.

Please bring also your journals or food charts for the challenge DO YOU SEE THE BEAR?

## **A MARATHON**

TOPS Chapter #0672, Greenfield, has had one of its members run in a St. Patrick's Day Parade run. The run took place in St. Louis. Marilyn Wilson ran the five mile in 53+ minutes.

Way to go Marilyn. You rock !!!!!

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## KOPS Society

KOPS Society met in Springfield and had 17 in attendance. The meeting was called to order by Jean Simon. They would like to have more KOPS join the group. They plan on having different information to help KOPS maintain there Goal weight. It was a good meeting with a lot of information for KOPS and how they can help members in there groups with their weigh loss.

If your chapter has a photo or story for me to print please email it or mail it to me. It's easier for me to do pictures that are sent by email.

## TOPS MEMBERS CELEBRATE

Take off pounds Sensibly of TOPS#0733, Fairview honored three of the division winners. Pictured is Left to right, Leatha Boyd who lost 35.50 pounds and received 1<sup>st</sup> place Division one: Linda Brott, who lost 23.25 pounds came in 2<sup>nd</sup> place Division one. Elva Jo Gentry first place division 3 with a 12 pound loss. Congratulations to these ladies for there great losses. Keep up the good work.

