



DENVER, ARAPAHOE, JEFFERSON, CHAFFEE, & LAKE COUNTY AREAS

## TOPS Colorado NEWS

State Recognition Days are coming up June 3 and 4. Your packets will be out this month! Talk to your Chapter about it and represent your Chapter in the best way possible by being among the hundreds who attend S.R.D. It's important for our State and important for those who are winning the honors for you to be there. We all depend on you to make our SRD a success! Besides, it's fun! There will be lots of surprises and changes in our format. What a great way to bond with your fellow Chapter members and other Chapter members you meet at this event! We want you to have a memorable time so if you want to volunteer for hostess, or working in the hospitality room, etc., please let us know on your packet. The more you participate, the more fun you'll have! The theme for SRD this year is 'World of Enchantment,' and we want your Chapter to dress up in theme costumes. There will be a prize for the 'best' Chapter costumes, so be creative and have fun!

We want this SRD to be more interactive with the members attending. Lots of fun things planned (including a walk) to make this the best SRD yet!



Thinking about SRD naturally makes me think of our Fall Rally in September. The walking contest starts April 1<sup>st</sup> and runs until August 1<sup>st</sup>. Keep track of your miles for that period of time and give them to the weight recorder to include in the Rally packet. The theme for this year's Rally is 'Harvest Dreams.' There will be more info as time progresses.



## January CHAPTER REPORTS



### #CO 35, ARVADA

Lost: 24.8                      Gained: 13.6                      Net Loss: 11.2  
 Best Loser: Kathie Bates                      Loss: 5.8  
 Runner Up: Cynthia Lynch                      Loss: 4.6  
 KOPS at or below goal: Coleen Murray  
 Reinstated KOPS: Cynthia Lynch  
 New Members: Pam Bollard and Doug Stilwill  
 Officers Roll Call: One in leeway, three losses, three gains



### #CO 51, EVERGREEN

Lost: 6.75                      Gained: 18.25                      Net Gain: 11.5  
 Best Loser: Sue Fisher                      Loss: 3  
 Runner Up: Linda Ringrose                      Loss: 2  
 KOPS at or below goal: Charlene Hahn, Judy Morey  
 TOPS with no gain month: Sue Fisher

Officer's Roll Call: One under goal, one turtle, four gains



#CO 62, AURORA

Lost: 6.75                      Gained: 9.75                      Net Gain: 3

Best Loser: Helen Certain                      Loss: 3.75

Runner Up: Richard Bierman                      Loss: 1.75

KOPS at or below goal: Joanne Decker, Annetta Johnson, Lucille Barenberg

Officer's Roll Call: Two under goal, two losses, two gains



#CO 70, DENVER

Lost: 6                      Gained: 14                      Net Gain: 8

Best Loser: Martha Walling                      Loss: 4.25

Runner Up: June Plumley                      Loss: 2

Officer's Roll Call: Three losses, two turtles, one gain



#CO 90, LAKEWOOD

Lost: 14.4                      Gained: 8.4                      Net Loss: 6

Best Loser: Gail Barnes                      Loss: 3.6

Runner Up: Shirley Ellison                      Loss: 2

KOPS at or below goal: Gail Land

Officer's Roll Call: One below goal, one in leeway, two losses



#CO 122, DENVER

Lost: 29.2                      Gained: 14.8                      Net Loss: 14.4  
Best Loser: Elsie Hahn                      Loss: 10.4  
Runner Up: Misty Ehley                      Loss: 2.4  
TOPS with no gain month: Elsie Hahn  
New KOPS: Elsie Hahn  
Officer's Roll Call: Three losses, two gains



#CO 152, ENGLEWOOD

Lost: 8.75                      Gained: 26.75                      Net Gain: 18  
Best Loser: Cherie Miller                      Loss: 4.50  
Runner Up: Barbara Barbe                      Loss: 2.25  
KOPS at or below goal: Karen Otto, Shirley Richards, Rebecca Turner, Barbara Salls, Inge Sunde, Ora Trefethen, Jadean Yoder, Carroll Lone  
TOPS with no gain month: Willa Jones, Cherie Miller  
Officer's Roll Call: One below goal, one in leeway, one loss, one turtle, two gains

#CO 220, Leadville

No report



#CO 251, AURORA

Lost: 11.75                      Gained: 21.25                      Net Gain: 9.50

Best Loser: Karen Vowells                      Loss: 2.25

Runner Up: Joyce Lemons                      Loss: 1.00

KOPS at or below goal: Pat Churinsky

TOPS with no gain month: Karen Vowells

KOPS Anniversary: Pat Churinsky

Officer's Roll Call: One loss, three gains



#CO 366, AURORA

Lost: 50.5                      Gained: 38                      Net Loss: 12.5

Best Loser: Bob Falco                      Loss: 4.75

Runner Up: Rosemary Zurucha                      Loss: 4.5

KOPS at or below goal: Lorraine Alsum, Linda Russell, Grace Winter

New Member: Madeline Vallone

KOPS Anniversary: Lorraine Alsum – 9 years

Officer's Roll Call: One under goal, one loss, four gains



#CO 400, Lakewood

Lost: 14.8                      Gained: 17.6                      Net Gain: 2.8

Best Loser: Pat Salwerowicz                      Loss: 4.4

Runner Up: Beth Milburn                      Loss: 3.4

KOPS at or below goal: Bonnie Bohachef, Karen Potts, Else Huber

Officer's Roll Call: One under goal, one in leeway, two losses, two gains



#CO 507, LITTLETON

Lost: 37.25                      Gained: 21.50                      Net Loss: 15.75

Best Loser: Felicia Seckman                      Loss: 3.75

Runner Up: Lorraine Demarest                      Loss: 1.75

TOPS                      with no gain month: Felicia Seckman

New Members: Willie Ripple and Gloria Cavalier

Officer's Roll Call: Two losses, four gains



#CO 552, GOLDEN

Lost: 13                      Gained: 8.4                      Net Loss 4.6

Best Loser: Elaine Brown                      Loss: 5.6

Runner Up: Sandy Mott                      Loss: 2.6

KOPS at or below goal: Jane Benton, Linda Spoonemore, Connie Reukauf,  
Georgia Phillips, Kay Malyjurek

TOPS with no gain month: Sandy Mott, Mary Ruth Stout

Officer's Roll Call: Three at or below goal, one loss, one turtle, one gain



#CO 567, Buena Vista

Lost: 9.8                      Gained: 8.4                      Net Loss: 1.4

Best Loser: Jan Quick                      Loss: 6.2

Runner Up: Annie Davis                      Loss: 1.6

KOPS at or below goal: Mary Messamer

TOPS with no gain month: Jan Quick

Officer's Roll Call: Three losses, three gains



#CO 584, DENVER

Lost: 38                      Gain: 17.6                      Net Loss: 20.4

Best Loser: Barb Albrecht                      Loss: 6.4

Runner Up: Marcia Thompson                      Loss: 4.6

TOPS with no gain Month: Betty Borom, Marcia Thompson

KOPS at or below goal: Argia Martelon, Judy Christensen, Marge Baade

Officer's Roll Call: Four losses



#CO 608, LAKEWOOD

Lost: 15                      Gained: 0                      Net Loss: 15

Best Loser: Ronda Brewer                      Loss: 3.75

Runner Up: Mike Hooven                      Loss: 3.00

Officer's Roll Call: Five losses!

Chapter News....They had a NO GAIN MONTH for February! Congrats!!



#CO 620, AURORA

Lost: 81                      Gained: 55                      Net Loss: 26

Best Loser: Mitch Smith                      Loss: 7.4

Runner Up: Ruth Plybon                      Loss: 5.4

KOPS at or below goal: Judith Maurer, Marilyn Ryan, Carole Kidwell

TOPS with no gain month: Nancy Ahler, Evelyn Mohr, Patricia Nystrom, Marlene Scott, Mitch Smith

New Member: Katie Duncan

KOPS Anniversary: Carole Kidwell – 3 years \*

Officer’s Roll Call: One below goal, one in leeway, one loss, three gains



\*#CO 621, Parker

Lost: 20.75                      Gained: 5.00                      Net Loss: 15.75

Best Loser: Vivian Murphy                      Loss: 9

Runner Up: Roz Kirk                      Loss: 4.25

TOPS with no gain month: Liz Jansch, Roz Kirk, Vivian Murphy

Officer’s Roll Call: Two losses, four gains



#CO 646, Aurora

Lost: 24.50                      Gained: 15.25                      Net Loss: 9.25

Best Loser: Joan Hayes                      Loss: 4.00



Runner Up: Stacy Smith Loss: 2.00

TOPS with no gain month: Linda Benjamin and Staci Smith

New Member: Staci Smith

No Gain week: Feb. 25

Officer's Roll Call: Four losses, two turtles



#CO 651, WHEATRIDGE

Lost: 24.75 Gained: 3.75 Net Loss: 21

Best Loser: Charlotte Whetzel Loss: 10.75

Runner Up: Jane Machol Loss: 5.50

TOPS with no gain month: Joyce Krueger

KOPS Anniversary: Hollis Writbol - 2

Officer's Roll Call: Four losses, one gain



#CO 675, ARVADA

Lost: 29.6 Gained: 25.8 Net Loss: 3.8

Best Loser: Adrienne Banas & Shirley Carloni Loss: 6.2

Runner Up: Rosemary Wood Loss: 4.6

TOPS with no gain month: Shirley Carloni

New KOPS: Alice Matus

Officer's Roll Call: Four losses, one in leeway, one gain



#CO 677, DENVER

Loss: 5 Gained: 6.6 Net Gain: 1.6

Best Loser: Ida Carter-Munch Loss: 3

Runner Up: Donna Stewart Loss: 1.4

KOPS at or below goal: Lynetta Boyd

Officer's Roll Call: One loss, two turtles, three gains

Chapter news...On February 11, they had their 6 month biggest loser event and Valentine party! A good time was had by all!

Best Chapter Loss: #CO 620, Aurora with a 26 pound loss.

Best Loser: Charlotte Whetzel of #CO 651, Wheat Ridge, loss 10.75



### New Members

Staci Smith of #CO 646, Aurora; Katie Duncan of #CO 620, Aurora; Madeline Vallone of #CO 366, Aurora; Pam Bollard & Doug Stilwill of #CO 35, Arvada, Willie Ripple and Gloria Cavalier of #CO 507, Littleton

Blessings of good health,

Susan Tigert -Area Captain

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Thoughts for today...



\*Share your Chapter news in the monthly report. We want to know what your Chapter does to inspire, how your members are doing, or anything news worthy!

# The TOPS Ten

## Reasons to Start a Facebook Page for Your Chapter

These days, it's all about being "social." Many TOPS chapters find that having a Facebook\* page (or a presence on other social networking sites) is a fun and convenient way to inform, encourage, and engage members. Whether you choose to start a public Facebook page or create a private group that only members see, your chapter can benefit from:



- 1 ...staying connected with members in between meetings.
- 2 ...sharing ideas for future meetings (contests, games, programs, etc.).
- 3 ...posting pictures of your chapter meetings or special events such as rallies; Area, State, or Provincial Recognition Days (ARDs/SRDs/PRDs); and TOPS walks.
- 4 ...giving special shout-outs to members who have lost weight or reached a goal.
- 5 ...sharing recipes.
- 6 ...creating events such as food drives or 5k fun run/walks. Post details and encourage people to RSVP.
- 7 ...encouraging members who may be too shy to share their weight challenges during a meeting to share on Facebook.
- 8 ...sharing thoughts on *TOPS News* articles and features in between meetings.
- 9 ...sending reminders to members, such as "Everyone, please remember to bring your Thera-Band® stretch bands to next week's meeting!"
- 10 ...sharing postings from the Official TOPS Club, Inc., Facebook page:  
[www.facebook.com/TOPSClub](http://www.facebook.com/TOPSClub)

\*To ensure consistency of the TOPS message online, TOPS Club, Inc., has established guidelines for regional/local TOPS social networking sites and will post them to our Facebook page. ■

