

## MARCH 2010 NEWSLETTER

### MARCH NEWSIDEAS—TOPS TIME

Daylight savings time, the first day of spring, and March Madness are here. Purdue and Butler are in the "Sweet 16". Think about SRD is April 16 and 17 at Crowne Plaza Indy, our Spring Inspiration Meeting is May 1 at the YMCA in Brazil.

Go the [Topspride.org](http://Topspride.org) for more games, ceremonies and TOPS IDEAS. I love to report on the games that you are doing now, so we can all share your weight-loss contests and motivations. Keep up the great reporting. I would like to share also the history of your chapter when you send them in. Also stories of KOPS, Kings, or Queens—TOPS chapter losers (Share, share, share!)

For our summer meeting in July, we would like to show how to have sort of a very informal, yet interesting meeting, using your TOPICS or QUESTIONS, put them in a bag, and draw out and discuss them in small groups. Some groups do this in the summer and have enjoyed them so much that they may continue to do this kind of meeting once a month. Come and let us see how it can work for us! Hope to see you in July at \_\_\_\_at\_\_\_\_\_. Does anyone know of a good place to meet?

Dues of \$15 covers the cost of all members attending all of our inspiration meetings. If you have not sent your group's please do so, thanks.

Dear Bob,

We, TOPS Greencastle 573 had a lovely meeting last night (3/1/10). We had a No Gainer Nite again! We are so proud of ourselves. Wanted to share it with you .Jessie Tregg, Leader

I am glad to report to you, that on Thursday March 18<sup>th</sup> chapter 1295 Bedford had a No Gain weigh-in. We were so happy. It's been awhile. Nine members weighing with a six pound loss. Leader-Pat Briggs

KEEP UP THE GOOD WORK!

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"Because you are worth it!"

Bob Day