



March TOPS NEWSLETTER

Hello fellow TOPS,

Spring has come a little early this year and we are so fortunate to have this nice weather. For me, Spring represents new beginnings. If we've lost track of our goals, now is the perfect moment to get back into our healthy life style. Start walking, watch portion control and get those food diaries restarted and see the miracle of the new you. We can do it.

Election of Officers

As TOPS Chapters, we've now completed our election of officers and sent in the L-001 officer chart. Installation of those officers will take place the 1st week of April.

Thank you to all the men and women who accepted the challenge of being the leader of your chapter another year, you are very much appreciated.

I would like to welcome all our new leaders from chapters as follows;

MN 128, Roseville	Cynthia Ward
MN 252, St Paul	Dave Morem
MN 767, Stillwater	Mary Deutsch
MN 919, St Paul	Betty Samual
MN 1005, New Brighton	Norma Johnson
MN 1282, White Bear Lake	Lynn Nelson
MN 1444, Anoka	Michelle Tyson
MN 1722 Circle Pines	Dana Parshall

I'd also like to thank all the officers for accepting the responsibility of their office. Every position has its own challenges but the result is an opportunity for personal growth and increased friendships among our peers.

Awards Day

Some Chapters combine their Installation of Officers and Award Day. Other Chapters choose to have two separate events. The important thing is that we at chapter level always acknowledge those who have done well in our chapter. It's like that special pat on the back for doing a good job. Awards provide acknowledgement of a job well done as well as motivation for everyone.

Special Thanks

As you know there are certain expenses related to TOPS. One is the yearly Maintenance Fund and the other is the Workshop Fund. I would like to give a big thank you to all the chapters who have sent in their funds. Those that have not as yet sent in your funds, please do so

Upcoming events

a. The Officers Workshop in our area is April 10th, 9 to 11am at the American Legion Hall at 400 Old Hi-way 8 in New Brighton. Hope to see you there.

A special thanks to MN 128 who will be providing us with a little nourishment for the morning.

b. Don't forget about SRD in St Cloud. Those dates are May 21st & 22nd at the Best Western Kelly Inn.

During SRD, I'll be sponsoring the hospitality room where you can relax, play cards, have a raffle play bingo, or maybe that new game of Farkle. The hours will be 6 pm till 10 pm on Thursday & Friday. Coffee, water, soda and a healthy snack will be available for a small price.

c. IRD is in Nova Scotia this coming July. More information can be found in your TOPS magazine.

In conclusion, I'm looking forward to seeing many of you at Officers Workshop and during my annual visit.

Till then, TOPS Hugs

Diane Carmichael, Area Captain