

TOM'S TOPS TWEET

Newsletter for: Ashland, Erie, Holmes, Huron, Knox, Lorain & Wayne Counties

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16728 Gifford Road, Oberlin, Ohio 44074 NOV, 2011

Well Fall Rally is over; I hope that you enjoyed it. I personally want to thank the chapters that brought a wreath for judging and for the raffle. The wreaths were beautiful! I'm glad I didn't have to decide which one was the winner!

We had a great talk from Deana Thieman. She also brought samples of a "0" calorie salad dressing made by Walden Farms, look for it in your store.

My final workshop for 2011 will take place on Dec 3, 2011 at 10:00 AM at Sacred Heart Church in Oberlin. 410 West Lorain Street Oberlin 44074. This workshop is for Weight recorders , assistant weight recorders and leaders. We will be completing a year end resume. Anyone is welcome to help understand how a chapter resume is done.

"TOPS WEBSITE"

The TOPS website is being rebuilt and it really looks good. I think you will find it easier to navigate and more features. Check it out and use some of the new "Quick Programs"

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.

Booker T. Washington

Have you done a chapter walk yet? It is a great time before the snow flies. The smell of fresh Autumn air and the leaves crunching beneath your feet is wonderful. Get out there!

If you don't do what's best for your body, you're the one who comes up on the short end. *Julius Erving*

I received an email from Chapter 2172 Wellington. They reported that they had 3 (three) NO-GAIN meetings in September. Way to go, OH 2172 Wellington, Way to go.



**when someone gains.
NO MORE X-CUSES!
Let's get off our tushes,
Lose Weight-Feel Great
A better life we will create!**



**I want to take this time to wish you all a very happy Thanksgiving. You should take some time and really be thankful for the blessings in our lives. We all have problems and troubles but there are many that have it worse so be thankful.
HAPPY THANKSGIVING EVERYONE**

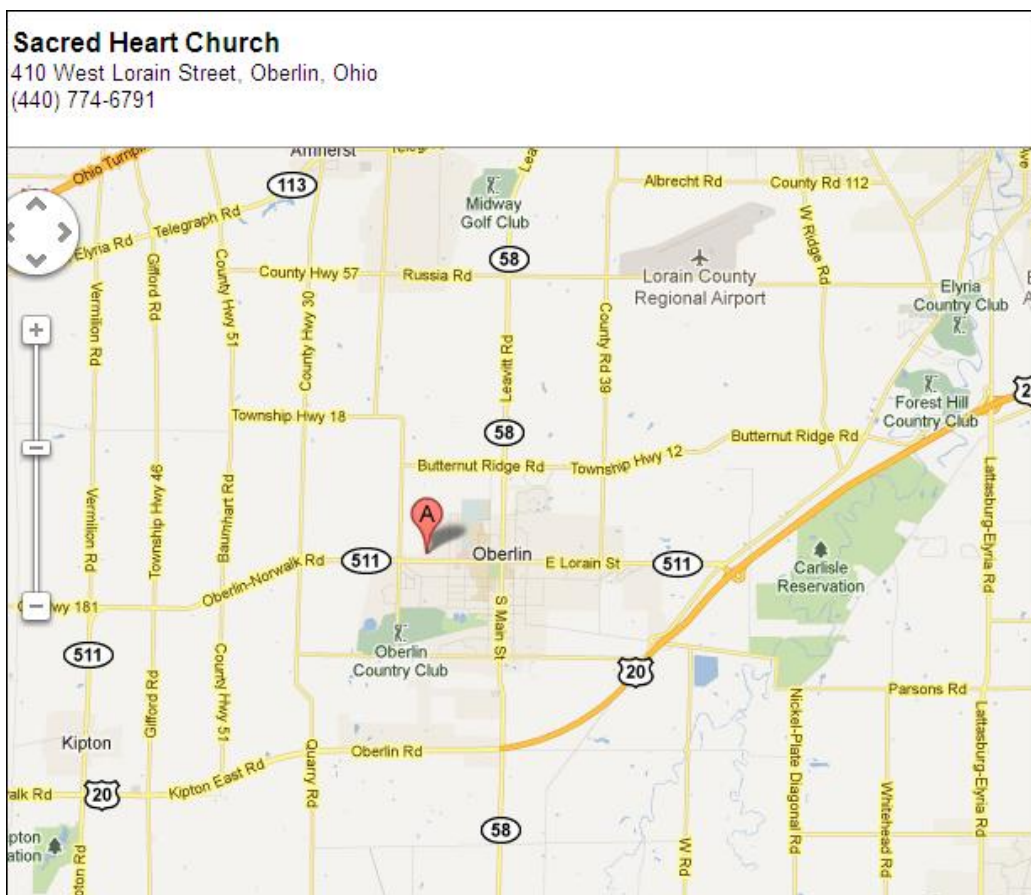
TOPS WORKSHOP

WHEN: DEC 3 2011, 9:30 AM registration 10:00 AM Start

WHERE: Sacred Heart Church 410 West Lorain Street Oberlin Ohio 44074

YOUR CHAPTER RESUME

Weight recorders, Asst. weight recorders, Leaders and any member that is interested or thinks they may become a chapter officer.



Lorain St. is State Route 511...

From the East; RT 20 to RT 511 exit. Continue past Oberlin's Tappen Square and hospital to Church on right.

From South; North on RT511 to Church or North on RT 58 to RT 511 left on RT511 to church

From West: RT 20 East to RT511. Turn left on RT511 to church

**Call if you get lost my cell is 440-935-2468
I Care
Tom Seman**