



May 21, 2010

Dear TOPS Chapters,

Happy Spring and warm weather. It's so nice to see the sun and feel those warm rays. Let's all get outside and soak up some of that rich Vitamin D – the sunshine vitamin. The recommended amount is: 400 IU/day. Four hours of sunshine in two weeks will meet that requirement. This is a direct quote from *The Choice Is Mine*.

Welcome: On May 6, we welcomed a new chapter number. They are a former chapter that was in Plum City but had disbanded. We are so happy to welcome WI 1519 Plum City. They weigh in and meet at the Senior Center on Wednesday at 4:30 and 5 PM. Thanks for starting over.

We had a beautiful day for our quarterly meeting in Trempealeau on May 1. There were 36 members from 6 chapters in attendance. It would be nice if we had representation from more chapters at our quarterlies. If you weren't there, we had a great speaker who is one of our own members and a KOPS. Thank you to Nelda Liebig for volunteering and doing such a great job. A big thank you goes to WI 263 Galesville for hosting. I was so glad to hear that it was easier than they expected to host. TOPS are the greatest people in the world. Also attending that day was our SRD 2nd Place Div. 5 winner, Victoria Muller from 263 Galesville. She lost 16.75 lbs last year to earn that honor. Congratulations!

With that said, you know the next thing I need is chapters to host both the next quarterly in August and the Fall Rally. You can choose August 7, 14, or 21 for the quarterly and any Sat. in October for the rally. Here's the good news: You won't need to find a speaker for either meeting as I have a program to present at each one. Please let me know ASAP if you can help out. The attendees also voted on the Fall Rally theme which is: **"It's The Perfect Time"** to continue with our two year TOPS clock/time theme which goes through the end of this year.

Results of the 1st quarter: We had a wonderful 1st quarter with some great losses. 15 members lost over 10 lbs. each for a total weight loss of 225.9 lbs with an average loss of 15.06 lbs/person. The top 4 losers were:
Barb Czech, 356 Eau Claire, with a 17 lb. loss; Carol Kapus, 36 Eau Claire, with a 17.8 lb. loss; Ashley Hollister, 356 Eau Claire, with a 22 lb. loss and Barbara Thompson, 694 Cornell, with a 22.25 lb. loss. Way to go!!

A special recognition goes to 305 Sparta. They have 6 TOPS and 1 KOPS and they had the entire quarterly with no gains. They had a total loss of 31 lbs. CONGRATULATIONS!!

Congratulations to 2 new KOPS this quarter: Barb Zimmerman of 1165 Sparta with a loss to goal of 25 lbs. and Donna Spangler of 694 Cornell with a loss to goal of 27.5 lbs. I wish you both many happy years as KOPS.

Five chapters also gained 11 new members. Let's keep that ball rolling. We all know that a new member brings new blood, excitement and motivation to each of us. Keep up the good work.

Best Average Loss Chapters: 12 of the 19 chapters sent in a quarterly report with 4 reporting a gain for the quarter and 8 with losses. Our best average loss chapters are:

4th Place – 4.26 lbs/member – 1504 Melrose
3rd Place – 4.87 lbs/member – 694 Cornell
2nd Place – 5.16 lbs/member – 305 Sparta
1st Place – 6.39 lbs/member – 356 Eau Claire

GREAT JOB!! CONGRATULATIONS!!

I need to clarify a few of the categories on our quarterly report form. Best loser of 10 lbs or more can be anyone, no matter how long they have belonged. No gains for the quarter must be a member who has been a member for the entire quarter. Anyone joining the 2nd or 3rd week or later in the quarter will be recognized as a new member. Same for KOPS. Only KOPS who have been KOPS for the entire quarter are eligible for the KOPS in leeway all quarter. New KOPS will be recognized in the new KOPS this quarter category. No gain meetings are those where all TOPS have a loss or stay the same and all KOPS are in leeway. I hope this helps to clear up a bit of the confusion. Let me know if you have questions.

Hope to see many of you at the next quarterly in August. I will let you all know when we have a host, date and place.

Have an awesome summer! Eat smart and light. Enjoy this beautiful weather.

Hugs, Diane Stoetzel (your temporary Area Captain)