



TOPS

March, 2018

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SPRING MEETINGS. Area Captains Vicki Schreiner-Kaiser and LeAnn Warner held their Spring Flings in March. Members enjoyed celebrating TOPS 70th birthday and listening to informative speakers. There is still a chance to attend a Spring Fling if you were unable to attend the ones held in March.

Saturday, April 14 – 9:00-12:00

Grace Lutheran Church, 320 East Main St., Mankato, MN

Lynn Craig, MN State Queen and International Runner-Up Queen will be the featured speaker

Ami Heesch, Area Captain

Saturday, April 21 – 8:30 a.m. registration; program 9 a.m.

Trinity Lutheran Church, 609 Lincoln Ave. So., Owatonna, MN

Dr. Nicholas Pratt of Thrive Wellness Center, featured speaker

Fran Heilman, Area Captain

Saturday, April 28 (rescheduled from March 24)

St. James Lutheran Church, 460 West Annapolis, West St. Paul

Lynn Craig, MN State Queen and International Runner-Up Queen will be the featured speaker

Ami Heesch, Area Captain



KOPS Longevity Recognitions:

Congratulations to the following KOPS for their achievement of consecutive KOPS status

Barbara Justin, MN 461, St. Cloud - 5 years

Lauri Ginkel, MN 773, Hutchinson - 5 years

Charles Sterling, MN 1751 Kimball - 10 years

Margaret Barfknecht, MN 808 Rosemount - 20 years

Sherry Larson, MN 9442, Fairmont - 25 years

Lori Preusser, MN 589, Waite Park - 45 years



**TOPS Sustaining Members:
50 years continuous membership in TOPS**

Ronnie Leech, MN 627, Mankato
Marilyn Tiedemann, MN 563, Zumbrota

Chapters Noting Special Anniversaries

MN 1579, Waite Park - 25 years (Jan. 5, 1993)
MN 157, Eagan - 55 years (Feb. 5, 1963)
MN 563, Zumbrota - 55 years (Feb. 22, 1968)

Take time to celebrate your TOPS chapters and recognize the special anniversaries your chapter has reached. I have enclosed certificates for those chapters listed above who have just had a 'special' anniversary this year.

Recently I received a letter from MN 1002, Owatonna with a story written by Phyllis Langer of "How It All Got Started." They will celebrate their 42nd anniversary June 15th and Phyllis wrote how seven ladies got together with the Area Captain at that time, Elaine Schleeve, and decided to start a TOPS chapter - the first in Owatonna. It's fun to look back at how a chapter began, remembering former members, the Rallies and SRD's they attended and the fun they had in their chapters while keeping their mind set on the goal of losing weight. (Thank you, Diane for sharing the story and Phyllis for writing it).

Are you looking for motivation? Make plans now to attend SRD at the Holiday Inn & Suites, Duluth May 4-5, 2018. "TOPS Lights the Way" is the theme this year and Coordinator Gwenn Smith and her Area Captains have been working very hard to make the weekend a fun-filled, inspirational time. Please call 218-727-1202 for reservations. Just a reminder we are asking chapters to donate baskets (valued at \$20+) which helps offset the expense of SRD.



Coordinator Gwenn Smith asked that we clarify the registration forms that were sent with the SRD letter. Please make a copy of the individual registration form and the participation part for EACH member attending SRD – then make one copy of the summary registration page with the TOTAL number of meals, registrations, etc. and send everything to Vicki Schreiner-Kaiser.

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