



Delaware Chapter Chatter

Y v o n n e J . A r m s t r o n g , A r e a C a p t a i n

Have you been to www.tops.org lately?

Did you know?

TOPS has partnered with Your Weight Matters, a national campaign produced and presented by the Obesity Action Coalition.

Go to: www.tops.org or www.yourweightmatters.com for more information.

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State Recognition Day

Delaware celebrated its annual State Recognition Day on Saturday, May 1, 2010. This year's theme "Go for the Goal" was based on this year's Winter Olympic Games. This year's SRD was organized by our Delaware State Coordinator, Heather Peterson. This was Heather's first official SRD. She did a fantastic job. Thank you Heather for your wonderful work in bringing the TOPS spirit to our State Recognition Day!

What is SRD? ARD/PRD/SRD—Area/Province/Sate Recognition Days. Annually, chapter winners compete with other chapters for recognition in their Area, Province or State. 1.) The same

categories used at chapter level are used to determine these winners. TOPS provides certificates for these



DE SRD held at Smyrna Church of Christ and Christian School, May 1, 2010.

winners. 2.) KOPS members are honored for all years accumulated at goal weight. In addition, TOPS provides a KOPS Longevity Award for consecutive years of weight

maintenance at consecutive five-year increments. 3). All who are still maintaining losses of 100, 200, 300 or more are recognized. The Coordinator may present special medallions provided by TOPS to all new Century Award winners. (TOPS Club, Inc. Chapter Manual, Chapter 8: Awarding Success p. 45).

TOPS Delaware State Recognition Day is usually packed with all the wonderful recognition ceremonies that TOPS Club, Inc. requires and what makes it unique to other states is that it is done in just one day. In addition to the traditional ceremonies this year's SRD included a (continued page 2)

2009 Royalty

One of the most prestigious awards a person can receive through TOPS Club, Inc. is to be crowned as a member of TOPS Royalty.

This year Roberta Pratt of TOPS DE 0032, Camden-Wyoming was crowned Delaware Queen at this year's

SRD. Roberta lost of total of 44.50 pounds.



Pat Chester of TOPS DE 0043, Lewes with a loss of 31.25 pounds graduated to KOPS at SRD and was

named Runner-up for Delaware State Queen. Congratulations, Ladies.

We look forward to seeing them throughout the year as they represent the best of TOPS and what we have to offer.

State Recognition Day

Memorial Ceremony in honor of members who passed away this year. There was also a Rededication Ceremony modified with the use of flowers instead of candles.

The following members received awards as weight loss winners in their Division:

Females

First Place Division 1—Leetress Burris of TOPS DE 0057, Wyoming with a loss of 14.50.

Second Place Division 1—Patricia Rogers of TOPS DE 0046, Newark with a loss of 13.25 pounds.

First Place Division 2—Gloria Nieves of TOPS DE 0019, Seaford with a

loss of 25 pounds.

Second Place Division 2—Emillie Olechny of TOPS DE 00057, Wyoming with a loss of 14 pounds.

First Place Division 3—Cornelia Mitchell of TOPS DE 0032, Camden-Wyoming with a loss of 27.5 pounds

Second Place Division 3—Helen Dagg of TOPS DE 0057, Wyoming with a loss of 17.75 pounds.

First Place Division 4—Cathy Hoddinott of TOPS DE 0046, Newark with a loss of 34.74 pounds.

Second Place Division 4—Pat Chester of TOPS DE 0043, Lewes with a loss of 31.25 pounds.

First Place Division 5—Ruth Showers of TOPS DE 0051, Rehoboth Beach with a loss of 12 pounds.

Males

First Place Division 3—Roger Hollopeter of TOPS DE 0057, Wyoming with a loss of 10 pounds.

In addition, a State Plaque was awarded to TOPS DE 0019, Seaford with an average weight loss of 4.66 pounds per member.

Congratulations to all our 2009 winners.

All the chapters present came with some wonderful flags and name-tags related to our "Go for the Goal" Theme.

Congratulations to the Chapters that received top honors for name-tags and flags.

Our thanks to TOPS DE 0057, Wyoming for hosting this year's rally.

We owe a debt of gratitude to Roger Hollopeter for his expertise as our Master of Ceremonies.

We appreciate Judy Hamilton for joining us for our celebration.

Again, Our gratitude and thanks goes to Heather Peterson for such a wonderful day and making this SRD a memorable experience for us all.

Your SRD Questions



Why was SRD held at a different location this year? In past years SRD was held at the Modern Maturity Center in Dover. It was not held there this year because the dates available at the Modern Maturity Center did not work with Judy Hamilton's schedule. Judy is required to attend all the SRD's in her region. In order to coordinate with her schedule the location had to be moved this year. The date that Judy was available for this year was discussed immediately following last year's

SRD. Once the date was established it was discovered that the Modern Maturity Center would not be available for that date and an alternate location had to be arranged.

Why don't we use real candles for the KOPS Circle of Light Ceremony? All commercial facilities are required to have fire alarm systems that are up to current building codes. The one at the Smyrna Church of Christ is very sensitive to any kind of smoke including candle smoke. The alarm

system cannot be turned off for longer than a two hour period and that is basically for maintenance purposes. Since the alarms are so sensitive, battery operated candles are an excellent alternative to real candles for our ceremonies. TOPS Club, Inc. requires us to have the Circle of Light Ceremony at SRD in order to recognize our KOPS members. It should be noted that at IRD real candles are not used for their Circle of Light Ceremony, either. (see photo TOPS NEWS November 2009).

It's Your Time – Highlights

“Our Song” by TOPS DE 0046, Newark
(Tune: This is the Way We Wash Our Clothes)

We're TOPS 46 of DE-LA-WARE
We're a bunch of gals with dreams to share.
And we learn the skills to get us there
From early in the morning

This is the way we lose our weight—
Pound by pound at a steady rate
And we balance our meals on smaller plates
From early in the morning.



We're TOPS 46, of DE-LA-WARE
We buy healthy snacks as regular fare
And we avoid those foods that cause despair
From early in the morning

This is the way to keep the pace,
We keep on track by the notes we take
And we leave behind that piece of cake
From early in the morning

Till the last hours of evening
We keep on believing!!

TRA LA, LA, LAAAA
TRA LA, LA, LAAAA
TRA LA, LA, LAAAA!!!!

Be Rally Ready

Show us your




for TOPS!

This year's rally will be held
Saturday, October 23,
2010, at the Smyrna Church
Christ and Christian
School.



healthy

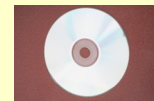
theme will be expressed
throughout the program.

Chapters and members will
be involved in showing us
their  for TOPS by
competing in state-wide chal-
lenges over the summer. The
challenges will be designed to
boost summer weight-loss.
There will also be an oppor-
tunity to share your stories.
We want to know to why you
have a  for TOPS!

Plan to join the fun! Area
Captain Yvonne Armstrong,
TOPS DE 0062, Smyrna and
TOPS DE 0041, Millsboro
are excited to have you join
us for a rally that shows your



for TOPS!!!!



Announcement:

*The DVD for SRD can
still be purchased for
\$10. To order contact:
yvonnearmstrong
@verizon.net
with your name,
chapter number,
address and telephone
number.*

Upcoming Events

Area Captain Visits are coming up in June. Yvonne will call each Chapter Leader personally to arrange a date. This year's Area Captain presentation is on Stress Management. Summer state-wide challenges are coming so that we can Be Rally Ready. Yvonne will present

these challenges when she visits each chapter.

If your chapter has already had a visit, Yvonne plans to return to your chapter in June to present the summer state-wide challenges. She will call each Chapter Leader personally to arrange the date.



Saturday, October 23,
2010 DE TOPS Rally 2010