

State Recognition Days 2010

SRD was held March 26 & 27, 2010 at the Crown Plaza Hotel in Timonium. Congratulations to all our "State Losers".

- State Queen Dawn Williams MD 0450 Ridge 150.25
- State King Don Brodeur MD 0019 Catonsville 23
- State Queen RU Jane Faith MD 0369 Fallston 63.50
- Best Average Loss Chapter MD 0022 Rockville 14.50
- Best Average Loss Chapter DC 0003 Washington 8.25
- No Gain Chapters MD 0423 Westminster & DC 0003

State Recognition Days 2011

SRD 2011 will be held on March 25 & 26, 2011 at the Annapolis Sheraton Hotel in Annapolis. Our theme will be "TOPS is a Sure Bet".

If you or your chapter would like to help in any area, please let us know.

Dawn Williams and Deneice Fisher will be the chairpersons.

TOPS Retreat

TOPS Retreats are a great way to focus on yourself; relax in fun and fellowship and share new insights with other TOPS members.

Chapter funds can be used to help members attend TOPS Retreats, if available.

There are 2 TOPS retreats being held close to Maryland this year. The first will be August 22 – 27, 2010 at W.E. Skelton 4-H Education Conference Center in Wirtz, Virginia. This retreat is open to adult female members 18 years and older. Terri Ord will be the Retreat Director.

The cost is \$425 per person which includes all retreat activities, room and board for 5 nights and 6 days.

The second will be a weekend retreat October 1 – 3, 2010 at Camp Speers – Eljabar YMCA in Dingmans Ferry, PA. The cost for this one will be \$175 and Terri Ord will be the Retreat Director. This is also open to adult female members.

Check your TOPS News or www.tops.org for more information.

TOPS Cut & Burn Challenge

Making small changes produces big results.

Barb Cady has asked all members to cut 100 calories from your daily food intake and burn an extra 100 calories with an activity.

This would be a total of 200 calories per day, and for that you could lose 20 pounds in a year. It's a small change that could really add up in pounds lost.

Let's all give it a try.....

Area Captains

I'm very pleased to announce that we have 2 new Area Captains. Edna Berkey will service the Eastern Shore area, and Suzy Zabel will have Baltimore and Baltimore County.

The Area Captains will be doing chapter visits and presenting a TOPS program for each of their chapters. Please remember to fill out the evaluation form and send back to Judy Hamilton. This is very important to all of us to hear your feedback so we can service you better.

The Area Captains are volunteers; they give a lot of their time and themselves to help you and your chapter, so please remember to assist them with gas money when they come to visit.

International recognition days 2010

IRD will be held in Halifax, Nova Scotia this year. I have heard several chapters will have members attending. I look forward to seeing you there. We will have 4 Area Captains attending this year as well; Pat Clunies, Parilee Barber, Dawn Williams and Suzy Zabel.

Fall Rally

Fall Rally will be October 23 this year. We are still working on a firm location. We will be either in Ridge or the Annapolis area. As soon as we have a firm location, we will let you know.

The awards given at Fall Rally will be from the last weigh-in in May, to the last weigh-in in August.

Awards given will be:

- Perfect Attendance
- 8 Weeks Consecutive Loss
- Chapter Angel
- Net Loss Each Month
- KOPS At or Below Goal
- Summer Best Loser

We hope all chapters will plan to attend. Start thinking about a skit your members could do for our entertainment.

"It takes a little darkness for us to see the stars, and a whole lifetime to reach them. Don't give up....."



Recipes

Fat Free Bean Salad

1 can each cut green beans & yellow wax beans, drained
 1 can kidney beans, rinsed & drained
 1 ½ pickle relish 1 tbsp dried parsley flakes
 ½ cup chopped onion ¼ cup chopped green pepper
 Fat free Italian dressing (start out with ½ cup)

In a large bowl combine all ingredients except dressing.
 Add dressing and toss until blended.
 Chill several hours before serving.
8 servings 80 calories each serving

Strawberry Milk Shake

1 cup milk 1 ¼ cup frozen strawberries
 Sweetener to taste

Place all ingredients in blender. Blend on high until strawberries are blended.

Any frozen unsweetened fruit will work.

¾ cup blueberries, 1 peach, 1 cup raspberries, or 12 cherries

1 serving 150 calories 1 milk 1 fruit

A FEW THINGS TO REMEMBER

1. New members can take advantage of a reduced cost for the Choice is Mine book and workbook. It must be marked on the L-003, member application form, and cost included with application.
2. Please keep a close watch on renewal dates. We don't want any memberships to lapse.
3. Correspondence that comes to the Leader is to be shared with all members of the chapter.

Evaluation of Field Staff

I have enclosed an evaluation form for the Chapter Officers to fill out and send back to our Regional Director, Judy Hamilton.

This is another way we can find out how to service our chapters and members better.

Please fill out and send to Judy as soon as possible.

Thank you in advance for taking the time to complete this for us.



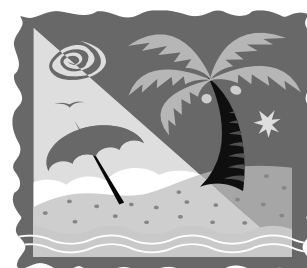
Gold Star Chapter Award

We will have our Gold Star Chapter Award again this year. The time frame will be April 1, 2010 thru March 1, 2011.

The award will be given at SRD 2011 in Annapolis.

I hope we have lots of chapter that will participate.

I have enclosed a list of items that should be completed and recorded.



Summer

Summer is a rough time for members to attend their chapter meetings because of ball games, graduations, vacations and other misc reasons.

Try to have interesting meetings or great contest to keep everyone wanting "not to miss a meeting".

There are lots of great fresh veggies and fruits for everyone to enjoy. Try to come up with new recipes or combinations for interesting eating.

Have members share their ideas with everyone and maybe bring a small taste sample for everyone to try.

I hope you all have a great summer and we look forward to seeing you at Fall Rally on October 23.

Please remember, I'm here if you need anything.....

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"No matter how much time you wasted in the past, you still have an entire tomorrow. Success depends upon using it wisely by planning and setting priorities."

Dennis Waitley