



June 28, 2011

Volume 2, Number 06

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July 7-8-9



Fall Rally

“The **ABC**’s Of
Weight Loss”
Summer Contest
Recognition Day

Sept. 17, 2011

4 Points SheratonMars

October 01, 2011

Penn Hills Comfort Inn

Cost \$24.00

Time 9am-Noon

Basket Raffles

ATTITUDE

BELIEF

COMMITMENT

Monthly Newsletter

Covering Allegheny, Washington and Counties



Happy 4th of July!....

We must never forget who gets the credit for the freedoms we have, of which we should be eternally grateful. God Bless our Military who are protecting our

Country for our Freedom. Thanks to them, and their sacrifices, we can celebrate the 4th of July.

Are you looking for a program to help keep your members on track with summer picnics and cookouts in full swing? Check out the **“Welcome to the TOPS Picnic!”** which can be found in the Leaders Corner under Quick and Easy Programs, Food and Nutrition.

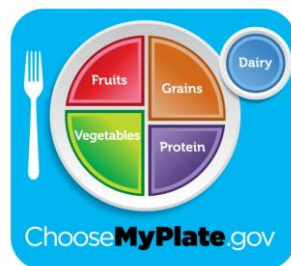


10 TOPS Tips: Gain Independence from Overeating

Summer is finally upon us and time-honored traditions such as trips to the beach, baseball games, graduation parties, and picnics are in full swing. How will you avoid the common traps of overeating? TOPS can help! Also available in Leaders Corner.

ChooseMyPlate.gov

The US Dept of Agriculture unveiled 'My Plate' with a little help from the Surgeon General and the First Lady. 'My Plate' replaces the 20-year-old Food Pyramid, which the USDA said was too confusing for consumers. You can check it out at www.choosemyplate.gov More information to follow in the upcoming months.



Everyone should have received their July issue of TOPS News by now. After reading the PRESIDENTS MESSAGE, Remember when I

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TOPS WEBSITE

www.tops.org

PA LOCAL WEBSITE

www.topscares.com

*My Newsletter and Fall Rally Forms can be viewed on this website.

TOPS Website

*TOPS News electronic version now available



Anniversary

Congratulations

June

Dorothy Hwat

1 year PA 0060

Margaret Byrne

5 years PA 0160

Mary Weber

4 Years PA 0295

Lois Musk

2 Years PA 1192

Frances Jones

5 Years PA 1269

Scott Wood

2 Years PA 1620

HAPPY 4TH OF JULY



HAPPY BIRTHDAY AMERICA

had asked you to do the online survey? (I appreciate all that participated. If you have not done it so far can you can still participate. Just go to the Leaders Corner and click on "Chapters Survey") Anyway as a thank you for everyone's help, TOPS is offering each Chapter a **THANK YOU BONUS!!!!**

"Thank You Bonus"

Each Chapter earns one credit for each new, full price member who joins between July 1 and December 31, 2011. TOPS will email the chapter a monthly accumulated total of credits earned. When your chapter collects four credits, just print out the email, attach it to any full price membership or renewal, and send it to your Coordinator with no money!

So make sure your chapter has an active email address for your Leader right away.

In addition you may want to plan an OPEN House and other Chapter activities to attract new members during the Fall to maximize the benefit from the bonus. Next month's TOPS News will have some fresh ideas for OPEN House posters and announcements using our 2011/2012 "Road to Success" Theme. If you have any questions or need any help with this or in planning please let me know. I am here for you. I would love to attend any open house events etc. They are always so much fun!



Speaking of July TOPS News! Did you see our area couple? They sure are making things happen. They are such a great couple and such an inspiration to everyone. **Scott and Lisa Wood from Bakerstown PA 1620.** Make sure you read their story! This is the

couple also on our new TOPS Video I was telling you about "TOPS Works".

Chapter Program #84: Meat----When less is more is included in this issue also. WOW what a great tool our TOPS News is!

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I don't know about you but I wake up every morning and one of the things I am thankful for is TOPS. I may have not lost all my weight yet, but I can guarantee you one thing, I would have gained back all that I have taken off if it were not for the support of TOPS and my TOPS friends. I have learned so much and made so many healthier choices in my life from what I have acquired from being a member. I learn something new each and every day that gives me the opportunity to live a happier and healthier and much longer life if I choose to do the right things.



Corinna Grubbs our 2009 State Queen was in Washington Pa a few weeks ago and spoke about her journey. What a great and inspirational presentation. One thing I picked up from her was that she takes one day at a time. That way she cannot even think about saying I'll start tomorrow or I will exercise tomorrow. She treats each day as the most important day of her life and goes with it, and

gets things done. NO EXCUSES! She makes time in her busy schedule of family, work and prayer, to plan her meals, pack her lunch, prepare her dinner, count her calories, measure her food, drink her water, exercise, write a journal, attend every meeting, TOPS function, exercise and have fun! What a fabulous story. Can you imagine losing 162 pounds? Great job Corinna and thanks you for taking time out of your busy schedule to share with all of us.

I am off to Milwaukee to 2011 International Recognition Days. I am very excited. This is only the second IRD I have attended. I will be driving with my TOPS friends Laura and Pat. We leave Tuesday and return Sunday! ROAD TRIP! Yeah!!!! I am sure I will have tons of great information to share upon my return! I know it is an added expense, but I would love to see more members attending this type of TOPS events. They are so inspirational and it is so nice to be there to help honor our Greatest achievers. To hear them share their success journey and applaud their successes. Lillian will not be attending this event this year so if you need anything while I am away please contact her directly or I shall handle it when I get back! Have a safe and fun filled holiday weekend! Think before you bite and if you bite write it down!

Love ya all! Be back soon! Debbie