CONTESTS & CHAPTER PROGRAMS
Did you know EVERY member has access to contest ideas and 12 chapter programs each quarter? All you have to do is log onto www.tops.org and click on MEMBERS AREA, then click on the PROGRAMS & CONTESTS icon. This is your chance to help out your chapter and present a program, or create a contest, and maybe give your leader a break! Some of the programs available this quarter are: Spring into Action, Take Me Out to the TOPS Ballgame, and Put Your Heart into TOPS.

SURGERY FOR WEIGHT-LOSS
If you have had surgery for weight-loss, whether it’s lap-band, gastric by-pass, or a gastric sleeve, please let me know so I can record your surgery date on your member record. If your surgery is no longer effective, I need a note from your doctor or health practitioner stating such. The next calendar year, you will be placed in a regular weight-loss division. Until then, all members who’ve had surgery compete in Division 9.

RETREAT REPEAT
A women’s only week-end retreat is being held in Lanoka Harbor, New Jersey, on June 26-28 (Fri-Sun). Consider taking advantage of this wonderful opportunity where you can relax for a bit and fire-up your weight-loss efforts. For more information, go to www.tops.org and click on RETREATS. Reserve your space now as this retreat is filling up.

CHAPTER RECOGNITION
Many chapters have already had their chapter recognition event, and some are planning theirs for this month. New Jersey had a good year and many chapters had multiple winners. Enjoy your event; it’s what we work for all year and each member deserves the recognition. If your chapter needs help in this area, please contact me or your area captain for ideas. You can also check Chapter 4 in the Ceremonies Guide for guidance.

Aloha,
Suzy
12 Harrogate Ct
Marlton, NJ 08053-4503 Phone: 856-797-8601
Email: topswahine672@comcast.net

IT'S SPRING! TIME TO GO OUTSIDE
Perhaps you have been walking outside all winter, but if you’re like me, I stayed inside, walking at the local mall on occasion. With April, though, comes warmer weather, and the chance to go outside and enjoy a nice walk in the park or around your neighborhood. If you haven’t been exercising before, make sure you check with your doctor before proceeding.

ROCK & ROLL WITH TOPS - SRD 2015
It’s just a few weeks away, and things are getting exciting as we gear up for our annual recognition event. If you haven’t registered, you can do that at the door (check or cash, $45), but hopefully, you already signed up through your chapter.
I’m happy to announce that we will be Meetin’ at the Malt Shop for lunch on Saturday! There was a wonderful response and those of you who bought tickets (they will be in your registration packet) are going to have a good time.
Don’t forget to be ready for chapter roll call on Friday night. When your chapter is called, everybody stand and yell out your reply. It’s always fun to hear the clever responses everyone comes up with. Also, for those of you who entered the Bank Book weight-loss contest, remember to bring in your weight slip and make sure your loss is verified by your weight recorder.