

Travel TOPS Highway
SRD 2011 Notes
Emmanuel Church, Rochester NH
Friday, May 20, 2011

SRD 2011 kicked off Friday afternoon at 4:00PM with an Inspiration Workshop led by Regional Director, Judy Petit. Judy discussed TOPS Road to Success and the Basic Traffic Tips.

The most important tip is “Grab a Buddy”. Having a buddy will help you along the way.

The second tip was the word HIGH. The meaning of the word is:

Happiness

Includes

Good Friends &

Healthful Exercise

She also discussed Road Rage and our problem of Diet Rage. Diet Rage can lead to statements such as:

This is taking too long!

Why Me?

There must be a faster way.

This is too boring.

I hate having to deal with this problem!

Diet Rage can lead to being bogged down by negative attitudes. Negative emotions are counterproductive and can make you unhappy, unsuccessful and tense.

The following ideas can help you reach your destination sooner and in better spirits. They will help you not to be bogged down by negative attitudes.

1. Learn to “go easy”. Stop focusing on how far you have to go and enjoy how far you’ve come.
2. Grab a buddy. The journey is more fun with a friend.
3. Laugh a lot daily.
4. You know your goal weight. Get out a map and don’t be discouraged if you don’t reach you goal as fast as you thought.
5. There will always be periods of stopping and starting. Anticipate this as “life happens”.
6. Sometimes you have got to go with the flow. Stay straight and steady and do the best you can.
7. Shortcuts seldom work. Beware of “Fad Diets” and “Miracle” weight loss products.
8. Losing weight too fast is dangerous. That’s why they call it “crash” dieting. Slow down your destination is good health.
9. We can lose our senses when faced with frustrations, whether it’s traffic or dieting. You can weather the storm and keep going.
10. Remember we can give thanks that we have the support of so many TOPS friends!

Judy then announced her Regional Director 2011-2012 Challenge. It is the “Buddy Challenge”. TOPS members are invited to grab a buddy and you agree to mutually support each other from this SRD to the 2012 SRD. Send an email or a note to Judy Petit with the name of you and your buddy (ies) and your goals. You will both be recognized at the SRD 2012.

We adjourned for dinner at 5:00PM.

SRD reconvened at 7:30PM with a welcome from our Area Coordinator Sooky Yerger.

Sooky introduced the Head Table:

Regional Director-Judy Petit

Judy's Right Hand Woman- Judy Johansson

Ron Azzu- The 2005 International King

Vermont Coordinator – JJ

Vermont Maple KHS Person – Chris Mowry

NH Area Captains-Rosie Gray and Pam Matthews

TOPS Liaison – Pat Strickland

Other introductions were:

Sooky announced a new position the new Go to Man for decorations etc – Duane Hardy

Marsha Beedy-Soloist

State Treasurer – Audrey Taylor

Also announced was that our current King Tim Maxham will not be attending tonight as a storm knocked a tree through his house and he is busy cleaning up his home.

The 50/50 winner for Friday night was Karen Kindell from NH 0113 Portsmouth. She won \$109.00.

We then recited the TOPS and KOPS Pledges.

Pat Smith then announced the Before and After Participants from:

NH 0013 Portsmouth – Karen Kindell who went from a size 22 to a size 12

NH 0006 Keene – Susan Achilles who went from a size 26 to a size 12

NH 0154 Lebanon – Jane Barcomb (spelling?)

NH 0129 Conway – Walter McKeen who went from a size 56 to a size 46

NH 0038 Pittsfield – Diana McGowan who went from a size 5X to a size 2X

NH 0038 Pittsfield - Tom McGowan who went from a size 54 to a size 46

NH 0129 Conway – Vicki Meserve who went from a size 16 to a size 11

Marsha Beedy sang the song Memories.

The Century Award Medallion was presented to Pam Matthews.

Terry Gray then announced the TOPS Greatest Improvement Participants:

2nd Place Category 1 from NH 0038 Pittsfield – Tom McGowan

1st Place Category 1 from NH 0008 Keene – Roland Barrett

3rd Place Category 1 from NH 0021 Plymouth - Janet King

2nd Place Category 1 from NH 0038 Pittsfield – Diana McGowan

1st Place Category 1 from NH 0129 Conway – Vicki Meserve

Terry Gray then announced the TOPS Charm and Beauty Participants from:

NH 0113 Portsmouth – Karen Kindell

Terry Gray then announced the TOPS Most Charming Participants from:

NH 0113 Portsmouth – Phil Schiavo

Rosie Gray announced the winner of the Theme Song Award – Georgann Wagner from NH 0008 Keene. Travel TOPS Highway sung to the tune of Row, Row, Row Your Boat.

Rosie Gray announced the winner of Cover Design Award - Terry Gray from NH 0126 Middleton.

Pam Matthews announced the winners of the Inspiration Workshop Awards:

- 10th Place – with 6.50 lbs. From NH 0129 Conway – Mary Judkins
- 9th Place – with 7.00 lbs. From NH 0025 Plymouth – Janet King
- 8th Place – with 8.25 lbs. From NH 0152 Bow – Gisele Houston
- 7th Place – with 11.00 lbs. From NH 0004 Bow – Flo Harmon
- 6th Place – with 14.75 lbs. From NH 0006 Keene – Susan Achilles
- 5th Place – with 15.75 lbs. From NH 0180 Milford – Marian Freeman
- 4th Place – with 16.25 lbs. From NH 0126 Middleton - Lucille Matthews
- 3rd Place – with 16.75 lbs. From NH 0004 Bow – Aggie Stewart
- 3rd Place – with 16.75 lbs. From NH 0180 Milford – Rose McGloughlin
- 2nd Place – with 23.50 lbs. From NH 0113 Portsmouth – Pauline Godfrey
- 2nd Place – with 23.50 lbs. From NH 0113 Portsmouth – Phil Schiavo
- 1st Place – with 25.00 lbs. From NH 0129 Conway – Vicki Meserve

Vicki was then awarded the Traveling Plaque for Inspiration Workshop Winners. She will keep it until next year's SRD when it will be given to the 1st place winner of the 2012 SRD

These Top 10 Winners lost a total of 185 pounds.

Phil Schiavo from NH 0113 Portsmouth was recognized as re-attaining his KOPS Status while attending at least 2 of last year's Inspiration Workshops.

Karen Laroche then announced the winners of all the Chapter Angel Awards from:

- NH 0001 Manchester – Kathy Martel
- NH 0006 Keene - Susan Achilles
- NH 0008 Keene- Carol Lee Barrett
- NH 0014 Rochester – Cindy Knox
- NH 0021 Plymouth – Janet King
- NH 0038 Pittsfield – Suzanne Bowden
- NH 0047 Strafford – Marsha Beedy
- NH 0051 Lancaster – Linda March
- NH 0092 Meredith – Gina Rinaldi
- NH 0113 Portsmouth – Cathy Schiavo
- NH 0121 Penacook – Sue Gilman
- NH 0126 Middleton – Terry Gray
- NH 0129 Conway – Virginia Hatch
- NH 0154 Lebanon – Jane Barton
- NH 0180 Milford – Rose McGloughlin
- NH 0152 Bow – Gisele Houston
- NH 0149 Center Ossipee – Donna Dean

Sooky thanked NH 0004 Bow for creating the beautiful Travel TOPS Highway backdrop on extremely short notice. They did an amazing job.

The evening program closed at 8:30PM.

Travel TOPS Highway
SRD 2011 Notes
Emmanuel Church, Rochester NH
Saturday, May 21, 2011

Saturday morning's SRD program began at 9:45AM.

We opened the program with the "Pledge of Allegiance". We sang "God Bless America".

Sooky welcomed us all.

Then we recited the TOPS and KOPS Pledges.

Sooky introduced the Head Table:

Regional Director-Judy Petit

Judy's Right Hand Woman- Judy Johansson

Ron Azzu- The 2005 International King

Vermont Coordinator – JJ

Vermont Maple KHS Person – Chris Mowry

NH Area Captains-Rosie Gray and Pam Matthews

TOPS – Pat Strickland

Other introductions were:

The Go to Man for decorations etc – Duane Hardy

State Treasurer – Audrey Taylor

Madeline Stumpf our 2010 Reigning State Queen

Tim Maxham our 2010 Reigning State King is unable to attend today will as a storm knocked a tree through his house and he is busy cleaning up his home.

Judy Petit then spoke and announced that Barb Cady will be here for next year's SRD in 2012. She talked about her Buddy Challenge that will run from 2011 SRD to 2012 SRD. Recognition will be given out at next year's SRD.

You need to find a buddy and pick something to work on. Support each other throughout the year.

Let Judy know who your Buddy is and what you are working on either through email or by mailing it to her. Her address is on the TOPS.org website. Her email address is muffyjunior@aol.com. Write to her and say, "I want to accept your challenge" and let her know you and your buddy's names, what you are working on and your email addresses.

Sooky then took Roll Call. There were 136 TOPS Members and 6 Guests in attendance. There were 153 registered for this year's SRD.

Sooky then gave the NH Statistics for 2010:

There were 42 Chapters

There were 776 Enrolled Members

We lost 4,057 pounds

The Best Average Weight Loss per member went to NH 0013 Portsmouth with 10.82 pounds per member.

Rosie then started to announce the Fall Rally Theme when Sooky and her 4 children interrupted her. Sooky did a skit with Pat Strickland, Michelle Bengner, Duane Hardy and Tom McGowan.

The skit was about all 4 bratty kids arguing over where they wanted to go for vacation. It ended with Sooky saying they were going to go to the Grand Canyon and she was going to put 2 of the kids on one side and 2 kids on the other side. The skit was fantastic and very funny!

We were all invited to Fall Rally 2011 at the Emmanuel Church in Rochester on October 1st 2011. The theme is "TOPS Summer Vacation". Each chapter can decide their own vacation destination and design their costumes around it. Also please think about doing a skit around the theme of "TOPS Summer Vacation". Interested Chapters can contact Field Staff at lunchtime if they want to help with decorations, table favors or to help with any part of the event. Instructions will be posted on www.TOPSPower.org in June.

Our friends from Vermont announced the Award Winners for the Chapter Centerpieces.

3rd Place NH 0129 Conway

2nd Place NH 0126 Middleton

1st Place NH 0008 Keene

Donna Grenier announced the Award Winners for the Chapter Banners.

3rd Place NH 0057 Gorham

2nd Place NH 0180 Milford

1st Place NH 0121 Penacook

The winners of the Chapter Scrapbooks were announced. Due to disqualifications there were only 2 Awards given.

2nd Place NH 0126 Middleton

1st Place NH 0004 Bow

Pat Strickland announced the Chapter Kings and Queens for 2010 that were in attendance.

Queen from NH 0113 Portsmouth –Karen Kindell

Queen from NH 0014 Rochester – Gloria Boulanger

King from NH 0001 Manchester – Mark Papatones

Queen from NH 0131 Nashua – Virginia Fairbanks

Cathy Schiavo then announced Re-Attained KOPS – Phil Schiavo.

Pat Strickland announced the KOPS Honor Society Board. She then announced the Chapter KOPS of the Year.

NH(Didn't catch the Chapter)Terry Martineau

NH 0038 Pittsfield – Pat Smith

NH 0047 Strafford – Judy Dupre

NH 0051 Lancaster – Donna Evans

NH 0121 Penacook – Virginia Maxfield

NH 00126 Middleton – Terry Gray

NH 0129 Conway – Virginia Hatch

NH 0131 Nashua – Virginia Fairbanks

NH 0152 Bow – Terry Rivet

NH 0154 Lebanon – Tim Maxfield

NH 0180 Milford – Jo Ann Bonczar

The KOPS of the Year 2010 was Virginia Hatch from NH 0129 Conway. She was presented with the State Plaque.

Pat Strickland led us in song to the theme song "Travel TOPS Highway" and then TOPS Enthusiasm.

Judy Petit then repeated her talk on the Buddy Challenge and talked about Diet Rage.

11:20 Adjourned for lunch.

1:20 we resumed the program.

The Guest Speaker, Ron Azzu, the 2005 International King who is from Massachusetts began the afternoon program with an inspirational and heartfelt speech.

Ron talked about how he joined TOPS at 381 pounds and knew it was the place for him when he walked into his first meeting and saw a group of overweight women singing off key. He immediately knew this would be a safe place. He spoke about praising yourself for the little achievements and not holding on to the guilt when you go off track. Life happens and you must deal with it accordingly. You need to be realistic and accept you will go off track and when you do, enjoy what you are eating and get back on track as soon as possible. He also said you should not wait until you lose your weight to feel good about yourself or to be "Queen or King". You are Royalty today and you need to feel good about yourself the way you are now because you will still be the same person when you lose the weight. Ron weighed 159.50 when he was International King 2005. He said TOPS is a great place to take off the extra weight, as it is the place for rewards and reminders.

The winner of the Basket raffle was Betty Perreault. The Winner of the Afghan was Karen Munroe.

The Graduation Ceremony then began. Graduates were:

Queen from NH 0113 Portsmouth - Karen Kindell

Queen from NH 0014 Rochester – Gloria Boulanger

King from NH 0001 Manchester – Mark Papatones

After the KOPS address the Yellow Rose Ceremony was completed with each new graduate giving their yellow rose to a member who they wished to inspire to reach their goal.

Pat Strickland then announced the 2010 Division Winners:

Division 1

1st Place NH 0038 Pittsfield – with 36 lbs lost – Thomas McGowan

Division 2

1st Place NH 0008 Keene – with 14.75 lbs lost – Roland Barrett

Division 3

1st Place NH 0113 Portsmouth – with 24.50 lbs lost – Phil Schiavo

Division 1

1st Place NH 0038 Pittsfield – with 40.75 lbs lost – Diana McGowan

Division 1

2nd Place NH 0001 Manchester – with 28.75 lbs lost – Lucy Martel

Division 2

1st Place NH 0021 Plymouth – with 42.00 lbs lost – Janet King

Division 2

2nd Place NH 0149 Center Ossippee – with 49.50 lbs lost – June Potter

Division 3

1st Place NH 0113 Portsmouth – with 60.25 lbs lost – Karen Kindell

Division 1

1st Place NH 0129 Conway – with 39.25 lbs lost – Vicki Meserve

Terry Gray announced Past Royalty in attendance.

1995 Queen Runner Up from NH 0126 Middleton – Rosie Gray

2003 King from NH 0113 Portsmouth - Phil Schiavo

2007 Queen Runner Up from NH 0047 Strafford – Michelle Benger

2008 Queen from NH 0129 Conway – Jackie Leblanc

2008 King from NH 0129 Conway – Walter McKeen

2009 King from NH 0121 Penacook – Duane Hardy

2010 Queen from NH 0131 Nashua – Madeline Stumpf

Our Royalty for 2011 was announced and the Coronation was performed.

2011 Queen Runner Up from NH 0113 Portsmouth with 53.75 lbs – Karen Kindell

2011 Queen from NH 0131 Nashua with 85.50 lbs – Virginia Fairbanks

2011 King from NH 0001 Manchester with 89.00 lbs – Mark Papatones

Jo-Ann Bonczar then announced this year's KOPS Pendants recipients:

Audrey Taylor NH 0121 Penacook 15 Years

Marjorie Jobin NH 0004 Bow 25 Years

The 50/50 winner for Saturday was Sandy Glimore and she received \$178.00.

Sooky announced that things were going to be done a bit differently this year and that the Circle of Light Ceremony would be the last thing done.

Judy Petit then took the podium. She thanked Sooky for all her hard work and gave her a gift. She talked about our Area Captains Rosie Gray and Pam Matthews. She talked about how they are a very important link between Headquarters, Field Staff and Chapter Members. She thanked them for all they do and called them our Angels. She presented both Rosie and Pam with their Angels of the Year. She then spoke about how Rosie does a wonderful job but doesn't like to do the paperwork but this year Rosie had done all her paperwork and was awarded the Area Captain of the Year.

Sooky then took the podium. She thanked all the members for all their support stating "No member has ever refused anything she has asked of them, no matter how short the time frame."

She thanked the Head Table:

Regional Director-Judy Petit

Judy's Right Hand Woman- Judy Johansson

Ron Azzu- The 2005 International King

Vermont Coordinator – JJ

Vermont Maple KHS Person – Chris Mowry

NH Area Captains-Rosie Gray and Pam Matthews

TOPS Liaison – Pat Strickland

Darlene for the flowers.

Duane Hardy for all he does.

Gisele Houston for taking over Hostess

Pat Smith and her escorts

Jackie Leblanc for making this year's Royalty Sashes
NH 0004 Bow for the beautiful backdrop
Fred and Terry Gray for their never-ending support and help

Sooky then introduced Linda Miner who called up our KOPS Alumni and they were recognized on stage:

| | | |
|--------------------|--------------------|----------|
| NH 0131 Nashua | Madeline Stumpf | 1 Year |
| NH 0131 Nashua | Joanne Sousa | 1 Year |
| NH 0121 Penacook | Duane Hardy | 2 Years |
| NH 0152 Bow | Rita Chadwick | 2 Years |
| NH 0129 Conway | Jackie Leblanc | 3 Years |
| NH 0047 Strafford | Michelle Bengier | 3 Years |
| NH 0154 Lebanon | Angie Hinton | 3 Years |
| NH 0126 Middleton | Pam Matthews | 4 Years |
| NH 0131 Nashua | Patricia Kudzma | 4 Years |
| NH 0129 Conway | Cathy Burroughs | 4 Years |
| NH 0129 Conway | Walter McKeen | 4 Years |
| NH 0004 Bow | Karen Laroche | 5 years |
| NH 0051 Lancaster | Jo Forrest | 5 Years |
| NH 0001 Manchester | Anne Marie Hatin | 7 Years |
| NH 0131 Nashua | Joyce Plamondon | 8 Years |
| NH 0038 Pittsfield | Pat Smith | 9 Years |
| NH 0129 Conway | Virginia Hatch | 11 Years |
| NH 0121 Penacook | Virginia Maxfield | 12 Years |
| NH 0129 Conway | Hazel Heald | 12 Years |
| NH 0129 Conway | Evangeline Johnson | 14 Years |
| NH 0121 Penacook | Audrey Taylor | 15 Years |
| NH 0131 Nashua | Pat Burant | 15 Years |
| NH 0126 Middleton | Rosie Gray | 17 Years |
| NH 0004 Bow | Carolyn Hodgdon | 17 Years |
| NH 0129 Conway | Louise Locke | 18 Years |
| NH 0126 Middleton | Terry Gray | 19 Years |
| NH 0121 Penacook | Beverly Barrett | 20 Years |
| NH 0051 Lancaster | Donna Evans | 21 Years |
| NH 0152 Bow | Terry Rivet | 24 Years |
| NH 0004 Bow | Marjorie Jobin | 25 Years |
| NH 0180 Milford | Jo-Ann Bonczar | 28 Years |
| NH 0001 Manchester | Clair Locke | 32 Years |
| NH 0014 Rochester | Madeline Gravel | 33 Years |
| NH 0001 Manchester | Mim Sprague | 42 Years |

As all the KOPS made a Circle around the hall Mim Sprague lit the Candle of Continuity on the stage and the Circle of Light Ceremony was performed.

SRD concluded at 3:30 PM.