

TOPS APRIL SHOWERS BRINGS MAY KOPS FLOWERS!

Be honest we all get spring fever, lets run with it! Or walk. Shut those TV's off get up off the couch and get outside. You'll be amazed how soon being active will be an important part of your day. And the days are lasting longer now. So join me in making our yards and bodies look great! Don't know where to start...



Not to worry thanks to TOPS and all of the TOPS tools available not to mention the love and support from your TOPS friends and families were going to do this! I'm excited for



us, so get out those tools! Dust off the Choice is Mine, get the measuring cups and spoons out and use them! And the most important tool is your journal. I can't stress enough how important it is to keep track daily plus how exciting to see the progress you're making.

SRD

By now everyone should have their registrations sent in and rooms reserved for another great SRD! I have to say due to lack of members interested, there will not be a bus, so hop in your cars and take some buddies with you. I hope that you will also take advantage of the mini retreat! My chapter and I are very excited about hosting the teen workshop! There is going to be so much to do! So everyone to the starting line as we run for the roses! And please feel free to get creative with your SRD attire.

CHAPTER NEWS

I wish I had some news to share. Anything that you would like me to share, please send it to me I would be proud to add it to my newsletter. I hope your chapters are planning to host an open house this year, again let me know I will do all I can to help you with it. I am also ready to visit chapters, just give me a call or e-mail and we'll set something up.

KOPS NEWS

I am sad to say that this April's Rainbow Honor Society's lunch will be canceled due to lack of KOPS attendance. This really makes me sad for the host chapter that works so hard to make this a special day and for the KOPS that did want to

attend. Leaders please encourage your KOPS and TOPS within 10 lbs to goal to attend the next one.

SPRING WORKSHOP



I will be having spring workshop on May 8th at the Falconer United Methodist Church 201 North Work Street Falconer NY 14733. Please



try to have at least one officer or member from your chapter attend. Registration will start at 9am and the meeting will start at 10am. Please bring any questions you may have and also a list of what you need for supplies. All are welcome to attend, the more the merrier.

LAST, BUT NOT LEAST

If you have not sent in your master charts or workshop fees please do so ASAP. I need to know who my new officers are. It is very important that you open any mail from TOPS and read it at your next meeting so if you need to send anything in it can be done in a timely manor. **Please note that Marcia Jackson has a new address, PO BOX 145, Middleport, NY 14105.** Thanks so very much for all you do. And as always I'm just a call or e-mail away if you need anything you can reach me at 716-203-7403 or frankie1110@roadrunner.com

TOPS LOVE; FRANKIE