



FRANKIE'S FRONT PAGE NEWS!

Wow where is the time going? It's already time for our elections of officers how exciting to show your support to your chapter by holding an office! Congratulations to all our new officers. New leaders please send me your E-mail address and any exciting news you would like me to add to our newsletter. And check us out at www.topspower.org this web site is for anyone.

MARCH MADNESS!

This is the time of year when the madness hits us! No I'm not talking about all the sales... I'm talking about spring being right around the corner and the panic we start making ourselves feel because we won't be wearing those big bulge hiding sweaters and coats. This is the time of year when all those info commercials start grabbing our attention and we get those crazy thoughts that maybe those gimmicks could really work this time... Please don't be fooled and waste your time and money or worse risk your health! The best advice I can give is to get out your TOPS tools, start writing in your journals, get involved with your chapter, offer to do a program, you would be surprised how great you'll feel, how much you'll learn, and the lifestyle change you can live with so no more gimmicks.

KOPS NEWS!

KOPS I would love to see all of you at this year's first KOPS Rainbow Honor Society meeting on April 9, 2011. It will be hosted by #NY 1119 Falconer. It really is a nice time and they always have a sensible lunch. The cost is \$5.00 per year to join and the cost for the lunch is \$7.00. TOPS within 10 lbs of goal are invited to visit and get the encouragement to become a KOPS. Let's show KOPS our support. And remember its Mardi Gras, so beads and masks anything crazy and fun!

HELPFUL HINGS!

Leaders it is very important that you share any and all information from TOPS with your chapter as soon as you get it. Something's have deadlines so our immediate attention helps everyone. That also goes for renewing memberships please don't let them lapse, you may renew thru your chapter or online. Make sure chapter checks have two signatures. Any paperwork is to be sent within 3 days of meeting. Also if you wish to mail anything to me, via snail mail please use PO Box 983, Dunkirk NY 14048. E-mail and phone still the same, frankie1110@roadrunner.com (716) 203-7403.

SRD!!

SRD is right around the corner, June 3rd & 4th I hope all are planning on attending. I would love to see my area winning awards! So please be encouraged to enter contest. It is such an honor to be up on that stage and be rewarded for all your hard work. And KOPS to be recognized for each year you have maintained your goal that is just fantastic and when the lights go down and you're in the circle of light it just gives you such a thrill, such a feeling of pride. And one of the best things about TOPS no matter how long it takes us to reach our goal or even if we never reach our goal, we receive the same love and support. So get your packets mailed in ASAP, for your rooms, your entries in contest, and your registrations for recognition. I don't want anyone left out.

WORKSHOP!

My workshop will be coming soon; I hope the weather will be kind. It will be May 14, 2011. Come one and all you don't have to hold an office to attend. I will be meeting with Judy Culbertson April 30, 2011 so I will have all the information about any and everything we will need to have a great year!

OPEN HOUSE!

This is a great time of year to start planning and hosting open house's, because it's not just TOPS members that are feeling the March madness!! Please let me know the dates and times of your open houses and how you made out with them I would love to share.

TOPS LOVE: FRANKIE

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