

Abel Territory Coordinator Correspondence



January 2018

Hello TOPS friends,

For those of you who have taken part in the 10 Pound Challenge, Judy Pettit will personally recognize every TOPS who loses at least 10 pounds and every KOPS who maintains their status all of 2017 at the 2018 SRD's. She asked each chapter to submit the names of those members who accomplish these goals after the last weigh in in December. You must report to her by the deadline to be eligible.

The rules are simple.

- Any TOPS who lost at least 10 pounds during 2017 is eligible
- Every KOPS who **did not go out of leeway at any time during 2017** is eligible.
- I need the list of the successful members sent to me by January 31, 2018.
- The members also **must be present** at their 2018 SRD in order to be recognized.

KOPS Congratulations

New KOPS - Donald Snyder from NY 0784 Bath
Jeanne Cooke from NY 9334 Wellsburg
Roxanne Ferris from NY 0801 Seneca Falls
Lynda Judge from NY 0605 Lake Ronkonkoma
Marie DeFillippo from NY 0605 Lake Ronkonkoma

KOPS Longevity Awards - Linda Pasto from NY 0875 Groton 5 years.
Margaret Sipes from NY 0768 Van Etten 15 years
M. Helen Luley from NY 1082 Canandaigua 15 years
Carol West from NY 0562 Painted Post 20 years.

Welcome to all new TOPS member.

Reminder:

Keep up the good work Resumes were wonderful and being sent to our RD for approval.

Inspirational thought: Calm

“When faced with difficulties, you have a choice. You can choose to explode, or you can respect those around you and proceed calmly. Choosing calmness reduces the stress of all involved, results in better decisions, and promotes longevity. Learn from the situation and move on.”

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