



Carlene's Chit Chat
March/April 2017

**TAKE OFF POUNDS
SENSIBLY**

Hello to all of my wonderful TOPS & KOPS Family,

SRD "TEA LUNCHEON" ALERT : We are offering a choice of wraps. Turkey and Avacado Club Wrap and Veggie Tortilla Wrap. We will start seating at 10:30 am Friday. We are looking forward to our third "Tea Luncheon" in loving memory of Nancy Marasco. She was in her height of happiness creating beautiful tables and serving her TOPS friends. Our hostesses are looking forward to as many as we can seat this year.

KOPS SOCIETY WINTER WEIGHT LOSS RESULTS:

Lighter Weigh KOPS Honor Society: 13 chapters, 110 entered, top 5 received \$44.00 Tammy Earhart WA 0221 Tacoma, 14 pounds. Rosana Hefley WA 1147 Graham, 13.2 pounds, Margurite Sigrist WA 0928 Tacoma, 11.6 pounds, Kelly Pronovost WA 1147 Grham 11.6 pounds and Guy Silvester WA 1559 Fife, 11.3 pounds. Total pounds lost 214.3

Golden Key KOPS Honor Society: 9 chapters, 47 entered, top 5 received \$18.80 Todd Hammerstrom WA 1010 Black Diamond, 9 pounds, Judy Carnes WA 0642 Federal Way, 6.4 pounds, Nansi Creson WA 0917 Auburn 6 pounds, Tina Kozlowski WA 1010 Black Diamond 4.75 pounds, Carol Barden WA 0917 Auburn 4 pounds. Total pounds lost 39.10

Karing Heart KOPS Society: 131 entered, top 5 received \$52.40 Georgeann Parham WA 1030 Mill Creek, 41 pounds, Karen Gates WA 1409 Camano Island 16.2 pounds, Evelyn Hayes WA 1558 Marysville 15.8 pounds, Jessica Tri WA 1254 Everett 12.2 pounds, Marie Belcher WA 0292 Snohomish 12.2 pounds.

Kan-Do KOPS Honor Society: 79 entered, top 3 received \$26.50 Shirley Katrobos WA 0952 Vancouver, 17.5 pounds, Elaine Westfall WA 1056 Vancouver, 17 pounds, Dianna Nichols WA 1056 Vancouver, KOPS Winner

Circle of Lights KOPS Honor Society: top 5 received \$36.50 Diana Worms WA 1032 Belfair, 12.2 pounds, Rena Bochey WA 1298 Port Orchard, 9 pounds, Jan Krogh WA 1032 Belfair, 9 pounds, Cheryl Reiher WA 0459 Bremerton, 8.8 pounds, Gloria Gilchrist WA 0234 Port Orchard, 8.6 pounds.

"TOPS Million Pound Mission" How's your chapter is doing, I care.

TOPS SRD 2017: "TOPS BEACH PARTY" May 5-6 Ocean Shores

TOPS IRD 2017: July 14-15 Little Rock, Arkansas "Sparkle Like A Diamond". "Love donations" letter your hard working Area Captains included with this email.

Looking forward to seeing you soon!

Love & TOPS Hugs, *Carlene*