

Eastend TOPS Receives Awards

Early Saturday morning, April 14, 2012 found four Eastend TOPS members on their way to the Provincial Recognition Days being held in Regina. This event is held annually to celebrate the Weight Loss of the members and to encourage others. Attending from Eastend TOPS Chapter #4581 were Enid Dallyn-Leader; Shirley Wig- Co-Leader; Marie Shiels- Secretary; Sharon Girard- Weight Recorder.

The Saskatchewan PRD was held at the Delta Regina Hotel under the Theme "Time To Switch Your Track". The décor was superb with Railroad cars and various Railway - related items adorning the auditorium. The Program was well-planned with excellent leaders and speakers. Host Chapter was SK5267 Regina who did a wonderful job. There were three Raffles going on during the weekend; A Room at the Delta; Cash Train and 10 amazing baskets.

The stories of their weight-loss was shared by the members who had achieved their goals and became KOPS. (Keep Off Pounds Sensibly) Other member- success stories were also shared, some of which caused a few tears. Regional Director Sandra Seidlitz urged us to learn from the success stories that we heard and to be inspired by those we meet. Provincial Coordinator Murray Turton said that we all have our ups and downs along this journey but keep on trying to move ahead. There was much hilarity when a Beauty Make-Over was staged with not a lot of success. Also adding to the fun was the "Costume Parade". This gave the Losers an opportunity to show off the clothes that they could not wear anymore. Our very own Sharon was in this. We saw some very large clothes !! The Prince Albert Chapters invited us to celebrate "Friends Helping Friends" next year 2013.

The Reigning Royalty —Queen Melody Mills and King Paul Morin were "clapped" into the main area and were cheered for their success. Three members of the Eastend TOPS - Enid Dallyn, Kay McCuaig, and Mary Hamm were successful in the Provincial Challenge, "walking" from Saskatoon to Regina. (143 kms). The Eastend Chapter were rewarded for achieving a No Gain for 2011. We were also thrilled to receive a Plaque from TOPS Club, Inc (USA) for the Best Average Weight Loss for Saskatchewan (12.54 Ibs) for 2011. The Weight Loss Achievement Award for achieving an average of 8 pounds loss per member in 2011 was also awarded to Eastend. Thanks to Sharon Girard, we had a Perfect Resume. Needless to say, by the end of the PRD, everyone knew that Eastend TOPS is "on the road to success ", which was the TOPS theme for 2011. It kept our Leader, Enid Dallyn, busy going up to receive the awards!

In the final session, KOPS were given their chance to "shine". Awards were given for those who had been successful in "keeping off their pounds "for 5,10, 15, 20, 25, 30 years. There was a KOPS Graduation Ceremony, and a KOPS Alumni Parade in which Shirley Wig (15) participated. Following that there was the Circle of Lights in which all KOPS with their "candle" circled the auditorium while music played. It was a wonderful ending to a week-end of many successes.

To celebrate, we have invited our Area Captain Margaret Larock as well as the Gullake TOPS Chapter, to Eastend on May 7 at 3pm at WWHC Board Room. You are welcome to come and enjoy this time together with our Chapter and friends.