

TOPS Portapique Installs Officers

TOPS Branch 5261 in Portapique held their Annual Installation of Officers on April 2nd at the Portapique Riverside Community Hall. The meeting had a Lighthouse theme this year. The Provincial TOPS Conference will be held May 24- 26th in Truro. (Harrington Photos)



The newly instated Executive for TOPS Chapter 5261 Portapique pose for a photo. Left to right- Debbie Lewis Treasurer), Virginia Roberts (Assistant Weight Recorder), Louise Cooke (Weight Recorder), Rilla MacDougall (Leader), Linda Rushton (Co-Leader) and Lisa Lewis (Secretary). The Portapique Chapter with 14 members, lost an average of 16.98 lbs per person.



TOPS Leader Rilla MacDougall welcomes newly elected Weight Recorder Louise Cooke and Assistant Weight Recorder Virginia Roberts to their Executive positions.



TOPS Leader Rilla MacDougall and MC Jeanne Purdy welcome Lisa Lewis as Secretary. Lisa was also presented with a certificate of congratulations for being re-instated to KOPS status.



Claire Morash was crowned Queen for TOPS Chapter 5261 Portapique, having met her goal weight loss, and losing the most weight of all members in the Chapter. Claire also won 1st place for Division 4 and achieved KOPS status for the first time.

By Linda Harrington

TOPS NS 5261 Portapique held their annual Installation of Officers on April 2nd at the Portapique Riverside Community Hall.

TOPS stands for Take Off Pounds Sensibly, a non-profit weight-loss support group offering tools and programs for healthy living and weight management.

TOPS Chapters are led by volunteers, elected by their peers. There are currently 22 chapters throughout Cumberland, Colchester and Pictou counties.

A TOPS member is called KOPS (Keep off Pounds Sensibly) when they reach their weight-loss goal (goal weight is set by a member's health-care professional). These members continue to attend meetings for support as they maintain their weight. Century Awards are given to those losing over 100 pounds.

The Portapique Chapter of TOPS has 14 members and they meet every Tuesday at 10AM. There are other local Chapters, including one in Bass River, meeting every Wednesday at 1:00PM.

Area Captain, Rilla MacDougall and leader of the Portapique Chapter says the first meeting at any Chapter is free and encourages anyone who is interested to attend meetings at different

Chapters until you find one you feel comfortable with. She is pleased there are so many Chapters available within a relatively short distance. "There are also three Chapters in Truro, but two are booked up. We also have a Chapter at the Community Workshop in Truro, and even one at the Nova Institution for Women, the only TOPS in North America located within a federal prison."

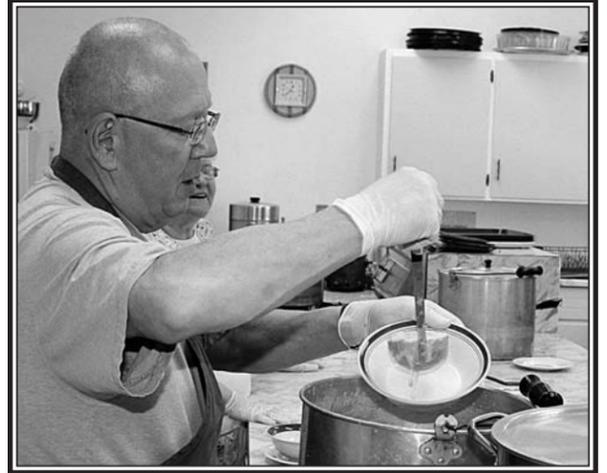
Newly elected Executive for NS 5261 Portapique Chapter include: Leader- Rilla MacDougall, Co-Leader- Linda Rushton, Secretary- Lisa Lewis, Treasurer- Debbie Lewis, Weight Recorder- Louise Cooke and Assistant Weight Recorder- Virginia Roberts.

TOPS members from all across Nova Scotia will be heading for Truro on May 24th to 26th, when Provincial Recognition Days are held locally. Rilla expects about 1000 participants to attend this event, a highlight of the year, with a Provincial King and Queen crowned to represent the Province at International Days in Calgary, Alberta.

Anyone is welcome to join TOPS at any time through the year. For more information, or to locate a local Chapter, go to www.Tops.org or email Rilla MacDougall at rilla.macdougall@bellaliant.net



Margie Tower and Kathy Crossman enjoyed a lovely homemade dessert following the Chowder Luncheon at the Debert Fire Hall on April 3rd. The Luncheons were held each Wednesday throughout the month of April, sponsored by Debert United Church. (Harrington Photo)



Ken Spence serves up a hot and tastie bowl of seafood chowder. Debert United Church held Chowder Luncheons each Wednesday in April. (Harrington Photo)

Onslow Belmont Notes

By Debbie Weatherby

Was in town the afternoon of the fire at A.J. Walkers and what a lot of smoke! The fire crews and police were quite organized and seemed to have everything under control. Didn't hang around long as I had an appointment and the smoke was heavy and smelly!! Darn shame, losing a lot of our old stores due mainly to closures and now to fire. Some newer shops have opened up but seem awfully pricey or maybe that is just me?

Regular Sunday service at 10:00 a.m. Services are held every Sunday at the Trinity United Church in Onslow at 10:00 a.m. Trinity is at the corner of Meeting House Road and Onslow Road. All are welcome to attend and we hope to see you there.

Card social of 45's is held on Wednesdays at 7:00 p.m. Admission is 5.00 and a light lunch and prizes as well. All are welcome. Card Party on Monday evenings at Lower Onslow Community Center beginning at 7:00 p.m. Admission is 5.00 with a 50/50 draw and there is also a light lunch.

Belmont Baptist Church services are held every Sunday at 11:00 a.m. with Sunday School at 9:30 a.m. Prayer meeting is held

Wednesday evenings at 7:00 p.m.

Congrats to Amanda Johnson and Derek Farnell of Cross Road Belmont on the arrival of their baby girl 7 lbs. 4.8 ozs.

Belated 50th wedding anniversary to Don and Karen Turner of Belmont, they were married on March 23, 1963.

Condolences go out to Orland (Myrtle) Roblee of Belmont and the families on the loss of his sister Clara May Staples (Beaver); William (Vie) Lynds of Belmont and the families on the loss of his mother Celia Jane Lynds on April 3, 2013 and Vaughn (Brenda) Dickie of Onslow and the families on the loss of his brother Carl Richards 'Gamp' Dickie on April 9, 2013.

It is so nice to see the crocus up through and blooming, so pretty, all different colors and looks like some daffodils will be blooming shortly too. My sister had made a comment that the humming birds should soon be arriving as well. Always a joy to watch them flutter about the feeders.

Well till next time take care everyone and enjoy the sun when we see it and the warmer temps when they are here, now if the weather would just cooperate we would be all set.



TOPS Leader Rilla MacDougall presents Linda Morash with an award for 2nd Place Achiever in District 4.



Debbie Lewis accepts an award for 1st Place Winner in Division 2 from TOPS leader Rilla MacDougall. Debbie was also elected as Treasurer for the Portapique 5261 Chapter.

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The **Shoreline** Journal

is May 21

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