



## Coordinator's Newsletter

January 2010

Serving Minnesota TOPS Anoka, Benton, Big Stone, Chisago, Douglas, Grant, Hennepin, Isanti, Pope, Ramsey, Sherburne, Stearns, Stevens, Traverse, Washington and Wright Counties

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I want to wish each of you a Very Happy New Year as we start out the year 2010. IT'S THE NEW YEAR, a time for new goals and resolutions. Is one of yours to create a new, thinner you? Make it easy to follow. Start out your morning with breakfast. Your body needs fuel just like a car needs fuel to keep you going. Exercise, start out slow and build it up. Nobody say's you have to run a marathon. Keep moving, that's the key to losing weight. In time you'll be up to 15 – 30 minuets a day and enjoying it. Drink plenty of water and eat moderately. Try and keep fresh cut up fruit and vegetables on hand in front and center of your refrigerator to snack on. At the end of each day evaluate how you've done. Re-adjust your plan if need be. Let's show ourselves that **WE CAN DO IT** in 2010.

### **Congratulations to Fall Rally winners!!**

I want to thank all of you that took time out of your busy schedules to attend fall rallies that our Area Captains, Diane, Vicki and Steve held.

Congratulations to all the winners. All of you that attended are winners! You took the time, made the effort to come help celebrate and congratulate others for their successes.

### **Spring Workshop**

Spring workshop is for anyone that wants to attend, not just the officers. There will be three workshops in my area. You are welcome to attend whichever one best fits your schedule. We encourage all TOPS members to attend. The Area Captains will be sending out more information in the coming months.

Vicki Schreiner Kaiser – March 27, 2010 at the Pennock Community Center (close to Willmar, MN)

Diane Carmichael – April 10, 2010 at the Calvary Baptist Church, New Brighton

Steve Kaiser – April 17, 2010 at the Salvation Army Church, Minneapolis

### **Maintenance and Workshop Funds**

Your chapter maintenance and workshop fund forms are enclosed with this mailing. Please get them to me as soon as possible. These are **two different funds** and I do need both. You can make one check out to me for both funds. Please make a note in the memo area of your check workshop/maintenance for your chapter records. I only need **ONE** copy of the Maintenance form when you return it to me.

### **Resumes**

I want to thank all of the chapters for getting the resumes to me in a timely manner. It is greatly appreciated. When I mail your chapter copy back please do not be offended by the red, green or black marks. This is a tool for myself to make sure

I don't miss any winners or figures. I also want to thank the weight recorders and or preparers for taking the time to complete the resume and weight sheets. YOU ARE AWESOME!!

I would like to welcome our newest chapter MN 1794 Ortonville who chartered on October 15, 2009. Welcome to our TOPS family.

### **SRD May 21 – 22, 2010 ‘TOPS Summer Olympics’**

State Recognition Days (SRD) will be held in St. Cloud May 21 – 22 at the Best Western Kelly Inn.

Shari Kieper, Coordinator in charge has been finalizing workshops as well as other details and the letter that she hopes will be going out to chapters towards the end of January.

Be sure to mark this date on your calendar and make plans to attend.

### **Choice is Mine and Choice is Mine Workbook**

All new members have the option of purchasing the Choice is Mine for \$12.00 and the accompanying workbook for \$8.00. You can order one or the other or both for \$20.00. Write it on the membership application form (L-003) in the box marked “other”. The cost must be included with the application processing otherwise the member will pay the full price. This is a GREAT deal for new members.

### **IRD**

International Recognition Days held in Halifax, Nova Scotia July 15 – 17, 2010, is fast approaching. Do you have your passport? A fabulous bus tour is being offered by Regional Director Ruth Gielow. Departs July 8<sup>th</sup> from Milwaukee, Wisconsin. It will stop in Ohio the first night. Final destination IRD Halifax. Tours of the Halifax area are included. It sounds fantastic. Cost for the tour, starting July 8<sup>th</sup> – 22<sup>nd</sup>, 2010 is per person. Double \$2,749 Triple \$2,229 Quad \$2,109 and Single \$3,939.

Contact Ruth Gielow for more information at N64 W14121 Lincoln Lane, Menomonee, WI 3051-51211 or email her at [ruthgielow@aol.com](mailto:ruthgielow@aol.com).

### **Area Captains**

I hope you enjoyed having your Area Captain visit and present the Time to Create Lasting Change program. Area Captains are required to visit 75% of their chapters each year and give a program. I am very proud of our Area Captains who make their chapter visits as well as conduct workshops, have walks and TOPS displays at local health fairs and other events. Please remember to help with gas expense from chapter funds when your Area Captain comes to your chapter for a visit. With gas prices being so high these days, the cost of traveling to 15 or more chapters at up to 100 miles away does add up. Area Captains do not earn near enough to cover their expenses. It would be nice to incorporate this expense in your chapter bi-laws so that the Area Captain isn't asked how much money he/she would like for their visit. This is a goodwill offering to the Area Captains. When I receive a call asking how much I think is appropriate I tell the caller that a good starting point is \$25.00 that is if the funds are available. The 2010 Area Captain program will be on Stress and Time Management. They will have a great Stress Management workbook for members to purchase.

I will be taking my parents on vacation for two weeks starting February 16<sup>th</sup>. If you need any assistance with TOPS while I'm gone please call one of the Area Captains. If they can't answer your question they will get in touch with Shari Kieper (Coordinator).

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TOPS Hugs,

*Bob Dischinger*

