

**T**ake

**O**ff

**P**ounds

**S**ensibly

**S**tart

**U**nify

**C**reating

**C**hange

**E**xercise

**S**upport

**S**uccess

## 2010 CALENDAR

### January

Open House Month  
2009 Resumes due

### February

Bring Friends & Family to  
A free chapter meeting

### March

Election of Officers  
Spring Workshops  
Date & Places TBD

### April

Officer Installation &  
Recognition  
Spring Workshops  
Date & Places TBD

### May

State Recognition Days  
"TOPS 2010 Olympics"  
May 21-22

### June

Half way there!

### July

International Recognition Days  
"Set Your Sights on Harbor Lights"  
Halifax, Nova Scotia  
July 15-17

### August

Open House Month

### September

Walk Across MN  
Miles due

### October

Fall Rallies  
Date & Places TBD

### November

Stay Connected

### December

Resume Time  
Royalty & Division  
Winner Preparation

## HAPPY NEW YEAR TO ALL!

I'm back! And I'm ready to get back to what is important to me: **YOU my TOPS family!** My first nine months as an Area Captain were great fun--- visiting chapters, attending workshops, SRD , IRD and fall rallies. Then my job of nearly 25 years CHANGED and I lost focus. It's been a very challenging process. Thanks to our coordinator Gwenn, she had faith in me!

## Invite me to do a program soon!

## HOST A SPRING WORKSHOP?

We are in GREAT NEED of Chapter(s) to host Spring workshops. Contact Gwenn to pick a date a.s.a.p. Spring will be here before we know it.

## SHARE YOUR SHINE

Share and encourage your shine with members and chapters across the country! **"TOPS News"** is our connection.

- Anyone from your chapter can submit personal success stories, unique situations, any publicity efforts. Email Kathy at [Kdavis@tops.org](mailto:Kdavis@tops.org) or Beth at [bmaniero@tops.org](mailto:bmaniero@tops.org).

Don't worry about perfection. If sending photos (always a plus), please refer to the Photo Guidelines on page 58 of the new *Chapter Manual*.

## MINNESOTA TOPS CHALLENGE

### TO INCREASE CHAPTER MEMBERSHIP

All TOPS chapters are being challenged! Invite friends & family to a free chapter meeting & share your success stories. The best way is to be a great example of TOPS when you talk about your healthier lifestyle, others will listen and want to become healthier. One Minnesota chapter will win \$75.00 at MN SRD in May and one chapter will win \$250.00 at IRD in Nova Scotia in July. There will be 10 winning chapters at IRD. The more new members, the better your chances are to win the \$\$\$\$\$.

## LET SOMEBODY IN ON A FACT:

**One in seven TOPS members is KOPS!  
Will you be the next one?**

**GO FOR IT!!  
YOU CAN DO IT!!**

FROM YOUR MN TOPS AREA CAPTAIN: *Carrie Laudenbach*