

Take

Off

Pounds

Sensibly

Start

Unify

Creating

Change

Exercise

Support

Success

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 or Beth at 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*