

Happy Fall, everyone!

Fall Rallies were fun and my gratitude to the host chapters: MN 793, MN 1175, and MN 1586. If your chapter would like to host spring workshop or fall rally, please let me know soon. I like to schedule them early so that everyone knows about them.

WALK X MN contest: From September 1, 2010, through September 1, 2011, 41 TOPS members walked a total of 42,541 miles. The TOP WALKER was Janice Hiedeman, MN 1610 Sebeka with 1610 miles. As usual, the top 5 walkers were all KOPS. Is this a lesson to learn? ☺ Walk X MN 2011-2012 began September 1! You can do it!

TOPS Chapter Leaders will be receiving a mailing from TOPS soon. Please follow the directions for replacing the pages in your TOPS Chapter Manual so that you are up-to-date on the changes. Note that your 2011 chapter resume was included. ALL TOPS programs will now be in TOPS NEWS; NOT sent to Leaders. They are also available at www.tops.org at Leaders Corner. Check out all the good stuff on our website, especially *Learn It...Live It!*

MEMBERSHIP COUPON for \$5.00 off for new memberships from 10-1 through 11-30 was in my last letter. You must enclose the coupon with your new membership to receive this deal.

TOPS OFFER: After 4 new memberships, the 5th membership is free—this free membership can be for a new or a renewing member! Your chapter must have an email address to receive this offer; TOPS sends a listing or your new members each month. This offer runs through December 31, 2011. Let's get those new members enrolled in our chapters! We need them and they need us!

TOPS RULES are printed in the centerfold area of TOPS NEWS in the Dec/Jan issue. Please remove and save them for reference.

October 26, 2011

Congratulations to SO many of our renewing members being at a lower weight! This is SO exciting for me to record your weights! Also, there are many registrations for new KOPS and reinstated KOPS. Remember, one in seven TOPS members is a KOPS. How can we improve that statistic to 1 in 6? Only YOU can answer that question.

NEW MEMBER CONTEST: Each new member gets a "ticket". At SRD, our Regional Director will draw one ticket from each coordinator's area for a prize. Then all MN tickets are combined and one winning chapter is drawn at IRD from all of Ruth's states for a \$250 cash prize. Only new members qualify for this special prize.

TOPS MN SRD (State Recognition Days) will be May 4-5, 2011 at Grand Casino, Hinckley! The theme is TOPS----WIN AND LOSE! The key note speaker, Rebecca Radcliffe has written: "Hot Flashes, Chocolate Sauce, and Rippled Thighs", "Body Prayers: Finding Body Peace—A Journey of Self Acceptance: "Enlightened Eating: Understanding and Changing Your Relationship With Food", "Dance Naked In Your Living Room: Handling Stress and Finding Joy", and "About To Burst: Handling Stress and Ending Violence—A Message for Youth". She should be a phenomenal speaker and her books will be available at a discounted cost. We also have other "goodies" planned—Zumba, Line Dancing, Workshops, etc! SRD isn't on Mother's Day weekend or Fishing Opener! Take this time just for YOU!! You deserve it!

TOPS SUPER FOODS Program: I would be delighted to share this terrific program—or another one that you select! I LOVE visiting chapters and meeting your members!

TOPS HUGS TO ALL, GWENN, YOUR COORDINATOR