

April 2010



SHARI KIEPER, COORDINATOR #637

TOPS

Spring Workshops

I appreciate all of you who made an effort to attend LeAnn's and Vicki's Spring Workshops held March 20th and 27th. Both had great attendance with lots of input from chapters.

Hopefully you took home a few ideas to help motivate your chapters. We tried to give you pertinent and up-to-date information and chapter supplies.

Make your chapter professional and organized; be confident and compassionate; make members feel confident that they can lose weight; be ready for new members and make sure they leave with a plan. Create a positive experience for them.

Ami's workshop

Area Captain Ami Heesch

Saturday, April 24th

9 a.m. to 12 noon

Associated Church

800 Havana Road, Owatonna

**POSITIVE
ATTITUDE
CHANGES
EVERYTHING**

Officers charts Are due NOW

Thank you to all who have held their elections and sent in the L-001 officers chart for 2010. I have about 10 chapters who have not sent theirs in yet. If you can't find the form, just let me know who the officers are and I will fill out the form and fax it to headquarters. They need to know who the current leaders are so the mail from headquarters gets to the right person.

Be sure to check your officer's renewal dates so they are not inactive. An officer must have their membership active in order to hold office.

Weights & Dates on L-03

A reminder . . . When filling out the L-03 application form for your new members **PLEASE** be sure the beginning weight and date is filled in. Lately I have been receiving many new applications without the weights and dates on and this only delays sending them to headquarters.

Also . . . *Please* send the L-3 the same week the member joins your chapter. It is not uncommon to receive an application form 2 months after the member has joined and then they wonder why they have not received the TOPS News.

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ARE YOU WILLING TO HELP AT SRD???

SRD is fast approaching and we could use volunteers to help sell promo items Thursday evening and during the day Friday, May 20th and 21st as we celebrate "TOPS Summer Olympics" at the Best Western Kelly Inn in St. Cloud. If we have enough volunteers, no one has to work a long shift. We just need to have someone at the tables to help members with their purchases. We can also use hostesses. If you would like to help, please contact Shari at 507-752-7186 or email me at kiepers@centurytel.net

BYLAWS

At the change of officers each year, it is a good time to go over your chapter bylaws. After a winter like we had, make sure you have a plan in place for no meetings due to snowstorms, how you will notify your people; what you do in case a holiday falls on your meeting day, etc.

If you sent me your bylaws last year and you have no changes this year, you do not need to send them again. If you have made changes, please send me a copy.

Be sure you go over the changes made at a chapter meeting, and if all are in agreement, make copies for your members.

Thank you to all who have taken an office in 2010

Thank you to all chapter officers—new or re-elected, who have consented to take an office in your TOPS chapter this year. You are the wonderful volunteers who give much to your chapters and I appreciate all you do.

Remember members, it's not up to just the leader or the other officers to make a chapter successful. They are there for the same reason everyone else is . . .to take off pounds sensibly. Consider helping your officers out by offering to do a program or come up with an idea for a speaker.

You know our greatest advertisement for TOPS is our own weight loss. Let's all work this year to advertise for TOPS by taking off pounds sensibly . . .or keeping off pounds sensibly.

Now is the time to open our doors and hearts to people who need the support of our groups. We have the lowest membership fee, let's invite people to join.

AUDIT FORMS

Just a reminder that your annual chapter audit is due. Please fill it out and sent back to me as soon as possible.

A good time seems to be when the new (and old) officers take over for another year.

You can download a form from www.tops.org or ask me for one.

VOLUNTEERS NEEDED FOR IRD 2011

We are looking for volunteers to share in the excitement of IRD 2011 in Milwaukee. We need soloists and singers; EMT or Medical personnel; host and hostesses; promotion or hospitality room worker. If you can help in any of the above areas, please let me know and I will give your name to Regional Director Ruth Gielow, who is the RD in charge of IRD 2011. Or you can email Ruth at Ruthgielow@aol.com