



TOPS

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Maintenance, workshop forms

Thank you to all who have sent in their 2012 maintenance and workshop funds. I have enclosed a second request to the 10 chapters who need to send theirs in. If you have not paid yours for this year, I would appreciate your checks as soon as possible.

Elections

Elections are to take place the first meeting in March and the new officers take over the first meeting of April. All leaders will be receiving (if they have not already), the Officers Chart (L-1). Be very careful to complete the form (especially the phone numbers and street address of your meeting place). The form includes a place to put email addresses of officers. If your chapter has a member who is the designee to receive emails, please list them. Many times I need to get hold of a chapter and it is much easier via email than by phone so I do appreciate the listing of email addresses. **Be sure your March and April renewals are in to me as you must be paid-up members of TOPS in order to be nominated, vote or hold office. Mail the master chart to me as soon as you hold elections. Officers take over at the first meeting in April.**

Taking an office need not be a time consuming, scary or a difficult job. It's not up to just the leader, or other officers to make a chapter successful. They are there for the same reason everyone else is - to take off pounds sensibly. Consider getting involved in your chapter by offering to take an office. It could be just what you need to succeed in TOPS.

If funds permit, we suggest that chapters pay the membership dues for their leaders as a thank you for taking the office. I'm sure your leaders would appreciate the gesture.

Great News from President Barb Cady

We just received word that TOPS membership as of January 2012 is up 1,200 members!! Pat yourself on the back . . . encourage former members to rejoin, invite new members to join.

What is your chapter doing to attract new members? Are you holding open houses, participating in health fairs, wellness days, walks? Place articles about your members' successes in your local

newspapers. Let's keep this going. I am enclosing a chapter update from Barb with this letter. Please read it at your meeting.

Area Captain's programs

Your Area Captain has started the new year with a kickoff new member campaign. They have been asked to contact Senior Centers in the area to encourage starting a TOPS chapter in their facility. If you know of a Senior Center in your area that would benefit from a TOPS chapter, please inform your area captain so they can check it out. We all know the elderly don't always like to travel, or are unable to travel to meetings - what better way to help them than bringing a TOPS chapter to their apartment complex, or assisted living complex.

The Area Captains also have a new program for 2012 they would love to present to your chapters. They are required to visit and present a program to 75% of their chapters - please invite them to come to your chapter, and remember to offer them some help with their gas expense. They appreciate anything you can give them.

Resumes completed

Thank you so much for your cooperation in getting your chapter's resumes to me in such a timely manner. We have some wonderful weight losses in our area and you can be proud of them. The resumes have all been sent to Regional Director Ruth Gielow who checks them over before they get sent to headquarters. I will be sending out the certificates for your winners and returning your copy of the resume as soon as I get the okay from Ruth.

Please be sure to honor your winners. They have worked hard for their achievements and deserve the recognition. They are examples of what TOPS is about - taking off pounds sensibly.

Spring workshops set

Your area captains will be sending letters out with the spring workshop information in the near future. You won't want to miss this year's spring workshops which will be geared toward increasing membership by focusing on what the current members want and what they feel would attract new members and be able to keep them coming back. Dates have been set for our area as follows:

March 24 - Ami Heesch - Albert Lea

April 14 - Vicki Schreiner-Kaiser - Pennock

April 21 - LeAnn Warner - Lamberton



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