



TOPS



July 2010

IRD 2010 news

I sincerely want to thank the chapters in my area who contributed \$1,000 to the Area Captains Fund to help defray expenses for the Minnesota Area Captains to attend International Recognition Days in Halifax, Nova Scotia, in July.

A total of \$2,705 was collected from the areas of Shari, Bob Dischinger and Gwenn Smith and divided among the four Area Captains who were able to attend IRD this year.

The theme for this year's IRD was "Set Your Sights on Harbor Lights." Our international queen, Louise Clanzky from Andalusia, AL lost 228 3/4 lbs. to goal and our international king, Jerome Biggars from Wichita, KS, lost 251 lbs. to goal. Watch for their photos and stories in upcoming TOPS News.

Minnesota was honored and proud to have our state runner-up king, Geoffrey Hollimon represent Minnesota on stage.

I was proud to be able to cross stage as a 31-year KOPS.



Reset button

After SRD was over, Area Captain Ami Heesch sent a letter to her chapters and asked them to come along on a journey with her . . . A journey to a healthier life style. As with all of us, we sometimes get into a rut and our road to weight loss hits a roadblock.

While in Nova Scotia, some of us started talking about this and came up with the idea of a "reset button" - we all need to hit that reset button to get back on the road to our weight loss.

Since we've been home the field staff have been working hard on getting on the right track . . . We email each other for support, we drink our water, exercise, chart out food intake . . . things that all of us did when we first joined TOPS and somehow have let fall by the wayside.

Won't you join our journey? Start hitting the reset button in your chapters. We can all do it. Take it one day at a time.

TOPS is still promoting the "Cut and Burn" program (No. 64), which asks you to spend a week journaling everything you eat and all the exercise you do. Do not make changes in your routine during this week. Then, at the next chapter meeting, review your lists and select 100 calories to cut from your daily food plan. Also, decide how you will increase your activity to burn 100 calories more each day. These two small changes could result in a 10 pound loss. Make it a chapter program. If you've used it before . . . Try it again. It worked for a lot of Field Staff after President Barb Cady issued a challenge to us to lose 10 lbs. from IRD 2009 to IRD 2010 and for the KOPS to stay in their leeway. We can all hit that "reset button" . . . Let's make Minnesota proud and lose that weight!



Thank you

The area captains want to extend a thank you to the chapters who sent in money to help with their expenses of attending IRD. They attended all the workshops and sessions and have a lot of good information they will be glad to share.

Those attending IRD this year were Steve Kaiser, Vicki Schreiner-Kaiser, Ami Heesch, Diane Carmichael and Carrie Laudenbach.

Fall Rallies

Fall Rally dates have been set. Below are the dates and places for the rallies in my area.

Ami Heesch –Saturday, Sept. 18
Associated Church
Owatonna, MN

LeAnn Warner–Saturday, Sept. 25
American Legion Club
Lamberton, MN

Vicki Schreiner–Saturday, Oct. 16
Kingston, MN

The Area Captains have all sent letters regarding their Fall Rallies. They have all lined up good speakers for the day and I'm sure you will come away inspired by their messages.

If you need further information, contact them. Be sure to send your contest results in to them at the end of August. You can only be honored if you attend Fall Rally and send the contest forms in to your AC.

What If???

The following excerpts are taken from the May, 2006 issue of TOPS News, written by Myrtis Jackson from AL 445, Sulligent:

What if every TOPS member was just like me?

Do I do my best at all times?

If I gain weight, do I get discouraged and quit going to meetings, or do I try again? Success is getting up one more time than you fall.

Am I lazy and sit back and let others do the program all the time? Or, do I help?

Do I easily take offense at what others say? I don't believe anyone is out to get us. And if they *do* hurt our feelings, they don't mean to.

We are all here to grow and to learn together. TOPS is self-discipline, from start to finish.

If you hang in there, you will come out a better person.

Wisconsin chapter wins \$250 from TOPS Club, Inc.

As you know, we Coordinators have been making out a ticket for each new member your chapters have had the past year, from SRD 2009 to SRD 2010. At SRD we combined all of Minnesota's tickets (over 1,000 of them) and drew the ticket for MN 808, Rosemount, who received \$75 from the three of us Coordinators in Minnesota.



Following that drawing, I took the tickets along to Nova Scotia where they were combined with tickets from Wisconsin, Indiana and Ohio (the other states in Ruth Gielow's area) and one of the Wisconsin chapters was the lucky winner of the \$250 given away for Ruth's area.

**Positive
Attitude
Changes
Everything**

NOTE: Check your membership forms and renewals over before sending them in to make sure you have a DATE and a WEIGHT on them. I am still getting several without the date/weight and it delays me sending them to headquarters.



Shari Kieper, Coordinator #637
PO Box 112, Lamberton, MN 56152-0112
507-752-7186 * kiepers@centurytel.net or shari637@yahoo.com
Check the websites www.tops.org and topspride.org

