



# TOPS

July 2011

## IRD 2011 news

I sincerely want to thank the chapters in my area who contributed \$1,020 to the Area Captains Fund to help defray expenses for the Minnesota Area Captains to attend International Recognition Days in Milwaukee, WI, in July.



A total of \$2,438 was collected from the areas of Shari, Bob Dischinger and Gwenn Smith and divided among the six Area Captains who were able to attend IRD this year.

You can be proud of your area captains. They were all so willing to pitch in and help wherever they were needed. I was in charge of the workshops and the AC's were always there to help out. Especially for the Thursday afternoon workshop that was to start at 2:30 and the speaker was not there yet. Thank goodness Area Captain Ami Heesch and the Minnesota field staff were there. Ami took the stage and got the 1,000 members attending the workshop up on their feet to sing the TOPS Enthusiasm song while the rest of us lined the front of the stage and led the actions. All ended well, there was just a small glitch with the time the speaker thought she was scheduled for and she arrived 15 minutes late.

The theme for this year's IRD was "Happy Days With Tops." Our international queen, Dione Housden from Portland, OR lost 228 1/2 lbs. to goal and our international king, Tom Carano from Wakefield, MA lost 230 lbs. to goal. I have included their before and after photos on the right. Click onto [www.tops.org](http://www.tops.org) and read their inspiring stories, as well as other winners' stories.

Minnesota was honored and proud to have our state queen Gloria Goble represent Minnesota on stage.

I was proud to cross stage as a 32-year KOPS and to be honored with a plaque for my 25 years



**International King  
Tom Carano  
From  
Wakefield,  
MA**

**230 lbs. lost**

as Field Staff.

It was also exciting to see former Area Captain, Tammy Boerst from MN 1550, Windom be recognized for her 25 years of consecutive KOPS status. Her husband and mother-in-law were also able to attend to see Tammy honored.



**International Queen  
Dione Housden  
From  
Portland, OR  
228.5 lbs. lost**

A list of all the winners is enclosed with this letter.

# Fall Rallies

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

Ami Heesch –Saturday, Sept. 17  
Grace Lutheran Church  
Mankato, MN



LeAnn Warner—  
Saturday, Sept. 24  
Sacred Heart School  
Heron Lake, MN

Vicki Schreiner—Saturday, Oct. 15  
Morris, MN

The Area Captains have all sent letters regarding their Fall Rallies. Make plans now to attend and get inspired by the speakers and contest winners.

If you need further information, contact them. Be sure to send your contest results in to them by the deadline. 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.

## Ohio 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 IRD 2010 to IRD 2011.



Prior to IRD, a drawing was held from the 235 new member tickets in my area and the lucky winner was MN 975, Montevideo. They will receive a TOPS watch, a gift from Regional Director Ruth Gielow. The tickets were then taken to IRD in Milwaukee and combined with tickets from the other four states (Indiana, Ohio and Wisconsin) in Ruth's area. A drawing was held for each of the nine Regional Director's areas and a chapter in Ohio was the winner for our 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.**



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Check the websites [www.tops.org](http://www.tops.org) and [topspride.org](http://topspride.org)

