



SHARI KIEPER,  
COORDINATOR  
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OCTOBER  
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## Congratulations to Fall Rally winners

Thank you to all who took the time out of your busy schedules to attend the Fall Rallies that your Area Captains, Ami, LeAnn and Vicki held.

Congratulations to all the winners. Actually, all who attended are winners! You took the time, made the effort to come help celebrate and congratulate others for their successes and listen to several great speakers.

If you have suggestions for contest ideas or something you'd like to see at Fall Rally, please let your Area Captains know. It's hard to please everyone and the AC's are willing to try new things. The Area Captains are the ones who plan the Rally . . .they do the planning, the work, the worrying—all for no monetary pay. Their pay is something only you can give them—your caring and your support.

### New Member Coupon

Several of you have used the new member coupon already. Please encourage your members to bring in their friends to join and take advantage of the \$5 off their membership fee.

We are still down members in our area for the year, but thanks to all of you asking others to join, we are catching up. Let's get those members signed up. You are TOPS advertisers!!

### Changes in Membership Fees

Effective January 1, 2012, the membership fees will increase to \$28.00. If your renewal is due in December of 2011, be sure you get it paid in 2011 or you will have to pay the increase.

If your renewal is due in January, you can pay it early, but you will still have to pay the \$28.00

**\$5.00 TOPS COUPON**  
**(off new membership only)**

Offer good Oct. 1—Dec. 31, 2011

TOPS MN \_\_\_\_\_, \_\_\_\_\_

New member's name \_\_\_\_\_

## Inactive List enclosed

With this mailing I am enclosing a list of your INACTIVE members. I have also enclosed several postcards that you can send to members who have not been attending chapter. Send them a card, invite them back, tell them you've missed them. Feel free to duplicate these postcards and send them to anyone who hasn't been attending meetings.

In August I sent a list of your active members and we were able to correct addresses, email addresses, get members in the right chapters, and fix several other errors. Take a look at the inactive list and see if there are members on this list that shouldn't be. If their name appears here, perhaps their membership did not get sent in.

## Support your immune system

Area captain Diane Carmichael (Bob Dischinger's area) heard a medical person talk about people and their health. She said the most important part about living a long healthy life has to do with supporting our immune system.

\*Eating a diet high in fruits, vegetables and whole grains and low in saturated fats.

\*Get regular exercise.

\*Maintain a healthy weight,

\*Get adequate sleep, 7 to 9 hours a night,

\*Take steps to avoid infections, washing your hands frequently.

\*Control your blood pressure.

\*Don't smoke.

\*If you drink, do so in moderation.

\*Get regular medical screening test for people of your age group.

Every part of your body including your immune system functions better when protected from environmental assaults and bolstered by healthy-living strategies such as the above.

## Leaders renewals

Please check your renewal dates, and those of the other members.

**Remember: If funds are available in your chapter, it is recommended the leader's membership is paid by the chapter.** It is a misconception that the leaders membership is paid automatically by TOPS because they are the leader. The membership is paid by the chapter if funds are available. **And I do need to have the renewal form sent to me.** Some leaders presume their membership is being paid by TOPS and fail to send in their renewal form.



Check out this great website  
[www.topspride.org](http://www.topspride.org)  
(click on Minnesota)  
(All of my letters, as well as workshop info,  
Rally info, SRD, etc. are on this website)



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