



Did You Know?

- Americans are the heaviest of people in developed countries. The U.S. Surgeon General has called obesity a national epidemic.
- With each decade as we age, we need 100 fewer calories per day.

From the Coordinator's Corner

Hello TOPS Members,

Wow ~ it's hard for me to believe that summer is over already ~ how about you?

Congratulations to all the chapters who are getting new members. I have been processing new membership applications every week. Some of you are fast approaching your fourth new membership which will entitle those who have an e-mail address for the leader registered at headquarters to a free membership. Please see the details in our President, Barb Cady's column in the July issue of "TOPS News." Weigh to go! Keep going ~ you have until December 31 to take advantage of this promotion.

Speaking of Barb Cady, the third page of this newsletter contains information that I received from her via an e-mail. It has some very important items that need to be shared with all your members so please take a minute to read it at your next meeting.

Also, please pay special attention to the "reminders" listed below.

Happy Fall everyone. As Tom Hanks said in "You've Got Mail" ~ don't you love the smell of freshly sharpened pencils?

Karen



A few reminders:

- ◇ **The deadline for letting us know if you are planning to attend either of the Fall Workshops on September 24 is fast approaching. Please let Sue Reed know if you are going to the Walk/Mini Workshop in Milford or me if you are going to the Workshop in Zanesville no later than September 15. We hope to see lots of you in attendance.**
- ◇ **Deadline for registration at our Fall Rallies is October 15. To clarify the "shoe box" car contest, there will be only one entry from each chapter. I apologize if there has been confusion. Apparently I did not make that clear in the packet that was sent out to all chapters.**
- ◇ **Don't forget to vote for your Chapter "Spark Plug". This is the person that sparks the enthusiasm, livens up every meeting they attend, and creates that playful attitude in your chapter. Please vote by secret ballot at a chapter meeting. They do not have to be in attendance at rally. Have two members count the votes, fill out the form included in the rally packet and return to me no later than Saturday, October 15.**

- ◇ **TOPS international dues will be increased to \$28 per year effective January 1, 2012.**
- ◇ **Chapter Maintenance for 2012 is now due. I will be sending a statement via "snail mail". Please send your chapter check and the form to my attention at your earliest convenience. If, by chance, you did not pay your Maintenance for 2011, please send that money to me as well. I received no report or money from Linda Gordon so I have no way of knowing if your chapter paid other than those who I dealt with directly after I took over. Thanks for your cooperation!**



I've been receiving reports of no gain meetings from a few of our chapters. TOPS OH 2102 Ripley has had two no-gainers since the beginning of the year and OH 0512 Gahanna has recently had a no gain meeting as well. It sounds easy, but believe me, it's difficult to attain and I say congrats to those two chapters and all those who are working hard every week to have a no gain meeting. Keep me posted!

I had an e-mail from Saundra Smith, Leader of TOPS OH 2116 Bethel, with some mind boggling news. Their chapter has reached a milestone of epic proportions ~ Since the chapter was chartered on April 18, 2006, they have lost a staggering 1,058 pounds which averages out to almost 200 pounds per year. Quite impressive don't you think?

Eat Right!

Stop the Backsliding!

We all face challenges as we try to improve our lifestyle! If you started out great but have stopped measuring your portions or keeping your Food Log, don't worry! These are common challenges, and you can overcome them!

These tips are from fitness expert, Denise Austin. To get back on track, let's get back to basics.

- **Portions count.** Remember that the key to sensible portions is right in your kitchen cabinet! If you've stopped measuring, it's good to revisit your bowls — think of them as measuring tools and not just a means to get your amazing dinner on the table!
- **Choose the right foods.** I know how easily fattening snacks, junk food, and soda can sneak back into your diet. If it's just one food, try taking it out of your cabinet. Sometimes just eliminating the temptation — throw it away, put it out of reach, don't buy it again — can make a big difference!
- **Get moving.** Exercise is the absolute best way to jump-start your weight loss! Even a few minutes counts! Take a short walk, stand while you talk on the telephone, walk instead of drive to a nearby store. These simple activities can give you energy and make you feel great!
- **Get motivated.** "You're doing a great job!" Sometimes hearing those words is all it takes to get you back on track! Discuss your concerns and offer support to others. What a perfect way to get back on track!

"Life is what we make it. Always has been, always will be."

~ Grandma Moses

IMPORTANT MESSAGES FROM OUR TOPS PRESIDENT, BARBARA CADY



August 2011 - Chapter Signs and Mileposts

Get your TOPS Calendars for 2012 as soon as the order form appears in TOPS News. The supply is limited! Together, we will strengthen our focus on 365 days a year to build healthy changes in our lives...not just 52 meetings!

CONGRATULATIONS to all chapters who have an email contact registered with TOPS who have already earned a **free membership** for bringing four new members to your chapter since July 1. **This contest runs through December 31, 2011.**

There are changes to 5 pages of the Chapter Manual. **Please replace the old pages with the new ones and throw the old away.** The chapter shall receive two sets of the changes in the packet with this year's Chapter Resume, order sheet for special Chapter Yearly Award items and Weight Charts for the new year.

LEADERS, Please remind your members that **TOPS Rules** are printed in the **centerfold** of the **Dec/Jan** issue of **TOPS News** and should be removed and saved.

Beginning with February TOPS News, all chapter programs shall be printed in TOPS News. These shall also be posted on www.tops.org in a black and white version. All existing programs are being redesigned in the same format and will become part of the "Learn it... Live it!" Life Lesson series.

Door signs are being designed for you to display at the door of your chapter meeting each week. That way, people passing by will see that we are there to help them each and every week. These will be mailed to the Leader in February.

**TOPS Website is under construction and wonderful changes will be unveiled
Log in and check it out.**



in October.

A new rhinestone TOPS flag pin and TOPS and KOPS pendants will soon be available in TOPS News. Also, new award items are being added to our Awards and Tools including Road to Success theme items and the Daily Do It many of you have been using since your Area Captain visited and presented the Super Foods program.

There is a slight increase in mailing Award items for 2012:



\$ 0.00 - \$10.00	no change		
\$10.00 - \$20.00	no change		
\$20.01 - \$40.00	up \$1.00	\$ 9.95 US	\$10.95 Canada
\$40.01 and up	up \$2.00	\$11.95 US	\$13.95 Canada

Unchaperoned children **who are members** may attend chapter meetings if the chapter members do not object. Parent or guardian must sign the membership application of a minor under 18 years of age.

Retreats... we want to play fair... so, be aware!

- No member may be placed on a retreat waiting list to attend prior to its announcement.
- Member may not register for a retreat prior to its announcement.
- Member must make full payment at time of registering for a retreat
- If retreat is charged by the facility for a cancellation, that charge shall be deducted from any refund that may be due to a retreatant in addition to the \$50 cancellation fee.

