

## Summer News 2011

Dear TOPS Family,

Summer heat may have put up some detours on your Road to Success. As a whole, summer has given us more opportunities to get out and move. Our food menu now includes fresh fruits and vegetables. A healthy combination for weight loss success.

IRD in Milwaukee was exciting and inspiring. We did have “Happy Days With TOPS”. Your Area Captains, and many area members gave of themselves to make it a success. I can’t say enough about the caring and support I received as one of the Co-Chairman. Help came from all over Ohio, USA, and Canada. TOPS members are a very special breed of caring people.

All chapters should be planning to attend Fall Rally. The date for East is Saturday, Oct. 29<sup>th</sup>, and the West is Saturday, November 5<sup>th</sup>. The forms have lots of contests that all chapter members can join. Chapters can work together on the Bucket List. Membership growth is important. Get the word out about TOPS. If you have a member that is losing consistently, or a KOPS that has kept status, these are newsworthy members. Send their stories to your local newspaper. Send them also to TOPS News using form L-011.

August and September TOPS News has some exciting incentives for chapters with membership growth that also have an email contact. Look for it and plan on participating.

My Day Ones are to be given to new members the day they pay their membership. I will send you one to replace it when I receive the new membership fee from you. All chapters were sent some to have on hand from TOPS headquarters. If you need additional ones you can order them on the Award and Chapter supply form L-017.

The renewal membership form has been updated. There is a place for marking if a member has had surgery for weight loss. **Do not mark this area unless it is true.** Please read the form.

I look forward to visiting some of the chapters in my area. Call and I will come.

**I CARE! Tana O’Donnell – Area Coordinator**