



Dear TOPS Members,

Yes, it is Fall already and time to take advantage of the Farmers' Markets, great outdoor weather for a walk or bike ride. It is also almost the end of 2011. How is your year going? I hope all KOPS are in leeway at or below goal. What a wonderful place to be to help the TOPS see and know it can be done. We still have 3 months to make a difference in order to show a loss at the end of the year and continue down that Road to Success. Good luck to all.

I have enclosed a copy of the Alerts for Chapters from the Board of Directors meeting last month. Please take time to read, copy if necessary and discuss these important changes and information.

**New Members:** Congratulations to all the chapters who have brought in our 21 new members since July 1. Remember, there is a contest for a free membership (explained on the inside cover of the July TOPS News). We really want to grow our chapters. There are benefits to joining now or even starting a new chapter. In addition to getting the 5<sup>th</sup> membership free after signing up 4 new members, the Board of Directors added a special discount for The Choice Is Mine—5 for \$25. That's only \$5 each for a \$15 book. What a great incentive.

**New Member Packet:** Do you have a folder ready for a new member when they join your chapter? I have asked the Area Captains to take a look at your new member packet when they visit. Having an information packet for a new member is crucial as anyone ready to begin their weight loss journey is eager for information to help them. That first meeting is very important and they need to go home with these items: My Day One booklet; TOPS Rules; officer contact list; chapter by-laws & TOPS Terms. Other helpful things to include are: copy of a food diary, achievement log and an copy of our TOPS News magazine. See the TOPS Chapter Manual, #7 on page 14. Thanks for having a packet ready for your next new member. We will have a packet for each chapter at Fall Rally October 22, along with additional copies of My Day One.

**Thank You:** A huge thank you for being so generous when your Area Captain visits and presents the annual TOPS program. Giving them some gas money is much appreciated even . They are not compensated by TOPS or me for these visits. If you have not yet had a visit, please ask her to present Super Foods, A great program.

**Chapter changes:** If you have a change of any officer, meeting day, place or time be sure to either call, e-mail or send me that information immediately. I need to stay up to date and also keep HQ and your Area Captain aware . We want you to receive all the mailings and emails that are sent out to help your

**Maintenance:** Thank you to all chapters who have already sent in your maintenance. Good Job!! It also helps to see every one's renewal date. We even found a few that were missed. It would be great to have these all in before December.

THANK YOU FOR READING AT CHAPTER

## IMPORTANT INFORMATION FOR ETHEL & SALLY'S AREA

Fall Rally **OCTOBER 22, 2011** La Porte Library. The Rally will start at **10:00 AM Central Standard Time** (That would be 11:00 AM Eastern Time).

My apologies,

I was unaware that Lake & LaPorte Counties are on Central Day Light Savings time . Needless to say this is confusing for everyone. I tried to changed the time with the Library, however the Library can open until 9:00 AM Central, they also have an event schedule the evening before so we could not set up at that time. Again my apologies!!!!

Thought For The Day: You will never "find" time for anything. If you want time, you must make it!

Have a wonderful Fall. Hope to see you soon. GO PACKERS and GO TOPS!!!

Together We're TOPS,  
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