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Dear TOPS Members,

Another beautiful fall month has gone into 2011 history and as the year turns into November many of us begin to think about Thanksgiving and things that we may be grateful for. Hopefully you are thankful for TOPS and what you have accomplished this year. Many of you have helped others accomplish their goals as well. It is wonderful to have our TOPS families to celebrate our weight losses and maintenance and encourage us to go even further yet!

Fall Rally was a day of thanks and celebration for many of us on Saturday, October 22nd at Rice Lake. I handed out many awards for various recognitions that were earned. Laurie Kapke of 1464 Rice Lake, received an award for being in TOPS for over 40 years! Top weight losers for the quarter were Sharon Lewis of 714 Rice Lake with 25.25 pounds lost, Nancy Stannard of 886 Minong with 26.00 pounds lost, and Kathy Graham of 886 Minong, with 43.00 pounds off! We had 9 members that lost 10 to 15 pounds for the quarter. Great job to all of you! You inspire us to work harder!

We recognized our KOPS and had one new KOPS for the quarter: Congratulations to Patricia Ruegger from 1370 Winter, and to Nancy Anderson on her reinstatement to KOPS status! We are so appreciative to our KOPS for paving our shining way of hope to a better way of living and enjoying every day life.

Either enclosed with this letter or in an attachment to this letter is the contest rules for the "Triple Crown Pin" that you can earn at Winter Quarterly. You don't have to have been at Fall Rally but a chapter member will have to be at Winter Quarterly to receive your pin. The three weigh-ins are the week after Thanksgiving, Christmas and New Year's. No EX or NM (no meeting) allowed. TOPS must have a loss and KOPS must be at goal or below goal.

Our Rally speaker was Lynda Sirianni, from 1464 Rice Lake. She is a long time friend of mine and we are both "Cumberlandites." Her beloved sister was a boss of mine as well at one time and I really enjoy Lynda. Her speech was great. She had a nice simplistic message that we can relate to our everyday life and truly be thankful for the angels in our life. It is always nice having that talent right in our TOPS family as well. Thank you, Lynda!

The TOPS Spirit Member award was given to Bonnie Luebke from 1511 Spooner and Dorothea Jepsen from 261 Luck and the TOPS Spirit Chapter Award was given to 1511 Spooner. Janice Tripp of 886 Minong was awarded the Chapter Officer Award. Congratulations to all!

The traveling trophy was taken home by 1511 Spooner with an average loss per member of 4.35 pounds per member with 886 Minong in second place with 3.50 average pounds lost and 1205 St. Croix Falls with 2.79 average pounds lost per member. Congratulations to all!

There were many other awards plus shopping galore with many beautiful items in the fund raisers. If you missed it, you missed a lot!

Thanks to everyone who helped in anyway, Diane Stoetzel, the Menomonie host chapters, the Jepsens, 1511 Spooner, 714 Rice Lake, and EVERYONE who attended! I am grateful to you all.

It has come to my attention that there have been several late renewals in recent months. Now I am not chastising anyone because I have to keep myself to task in the procrastination department! To make it all go much easier, when you first receive your renewal form from TOPS, immediately bring it to the treasurer at your next meeting and TAKE CARE OF IT and be DONE WITH IT! Trust me. I know how things can get misplaced. We live in a busy world and we have much to keep track of, however, we only have to renew it once a year.

I did a mini workshop at Fall Rally on chapter meetings but I neglected to mention the new member packets. I trust that you are all giving out packets of some kind. I know that Diane mentioned in a previous newsletter of what to put in the packet. I want to remind you of those suggestions of what can go into those new member packets:

- My Day One booklet (very important)
- An issue of *Tops News*
- A copy of your chapter bylaws
- Chapter officer contact list
- TOPS rules & TOPS terms

This is so important to get our new members off to a proper start and this little bit of vital follow through will help insure that they will feel welcome in their new chapter.

Please mark your calendars for the winter quarterly date of Saturday January 28, 2012. It will be hosted by 886 Minong and it will be in Minong. I will be sending you those details in a later newsletter.

Have a wonderful November and Thanksgiving! Thank you for giving me the pleasure of serving you as your area captain for another year.

My TOPS best,

Theresa