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Dear TOPS Members,

Now that the trees are full of color and the days are mellow with Indian summer, fall is officially here. Fall Rally is frequently on my mind, and as I gather ideas to present there, I think about what you must be doing in your chapters to motivate each other each week when you meet. Please come to Fall Rally and share some of these ideas. I feel that the other chapters would love to hear some new ideas for contests, etc

**Just a couple of quick reminders about Fall Rally:**

- Please don't forget your area Chinese auction donation-one per chapter.
- Your \$5.00 registration fee per member attending is non-refundable.
- I would love to see as many of you attend as possible but please at least send a representative from your chapter if possible.
- Come prepared to be filled with much motivation. (It's something I like to start handing out to you as soon as you enter the building!)

We do have new promotional items for the TOPS Shoppe, also, please come prepared to shop and support your fellow TOPS Chapter's fundraisers.

TOPS Headquarters is offering a nice discount on the Choice Is Mine plus the 5<sup>th</sup> membership is free when you get 4 memberships. Don't forget this incentive. We very much need to grow our membership. When you bring someone into TOPS you are truly offering them a very precious gift. The gift of health and support and family and the list goes on. These are attributes that we always talk about and that we celebrate each week at our chapter meetings and at our rallies. Let us continue to pass this on to others. I feel that this is something that we can all do. In my own chapter, it has become fun now, because we have two new members this year so we are driven to get three more so we can offer someone a free membership. I look forward to hearing your stories, as well.

In closing, remember fear and faith may seem like opposites but they both ask us to believe something that we cannot see. Which will you choose?

*All my best,*

*Theresa*