

TOPS South East Ohio Area Captain Notes

Real People, Real Weight Loss

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Please take these notes to your Chapter and share with everyone. When I'm visiting Chapters, I find that not all members are aware of upcoming activities and other information provided.

2015 Ohio SRD

What a great time all of us had that attended this wonderful event. This was my first SRD in Ohio and I thought it was great. What a wonderful experience to see the accomplishments of the winners and what a challenge to all of us that are striving for our KOPS goal. I did want to congratulate Michael Gibbons-Camp from OH 0393 Chillicothe for being the 1st place winner in Division 7.

I want to challenge all of the members in my Area to plan on attending next years SRD to be held at the Akron/Fairlawn Hilton on 15-16 April 2016. I guarantee that once you come to an SRD you will return to your Chapter re-invigorated and ready to take those pounds off. Start saving your money now.

Area Captains Annual Program

I want to thank all of you for letting me come and give this great presentation. By the time you get this letter, I will have been at each Chapter in my area. I hope the presentation gave you some other option to help with your weight loss journey. Even though I have been at each of your Chapters, remember that I am always available, if you need me. I will be glad to help with a walk or a health fair. Just let me know if you need any help.

Something for Chapters to Think About

Do you realize that we are in the lifesaving business. We provide that constant companionship and encouragement to those that are experiencing the same weight loss journey we are. We keep each other accountable. Did you ever stop to think where we would be without our TOPS pals?

The average weight loss for each Chapter is 5 pounds per member per year. I would like to challenge each of my Chapters to set a goal to beat this average.

To help in this endeavor, I will be sending out via regular mail, information on our Fall Rally and a challenge contest that will need every member's hard work and weight loss to be the winners. The Fall Rally will be held on a Saturday in October, actual date and place to be determined. As soon as these are firmed up, I will send you the information. However as soon as you receive this Rally package, you need to start working as a Chapter and as TOPS and KOPS members. The contest will start with the first weigh-in in June and will finish with the last weigh-in in August.

I also want to have each of the Chapters think about having a New Member Coach. This person will be responsible for welcoming new members and working with them to help them understand what TOPS is about. I want each of you to remember when you first came to TOPS. Did you understand all the terminology we used and were you confused by the different activities we do? By having someone that will take this person "under their wing" and call them to make sure they will be coming to the next meeting will insure that they will continue to help the Chapter. When first joining the Chapter, each new member should receive

- My Day One (I have extra copies if needed)
- TOPS Rules
- Chapter Bylaws listing meeting times, fees, and other Chapter info
- A contact list that gives each members address, phones numbers, etc.

For more information on this important position, please refer to your "Making Your Chapter Great" The TOPS Chapter Manual". The information on the New Member Coach is on page 7.

As I have visited the various Chapters I have discussed TOPS Retreats with you and how fantastic they are. It is a wonderful time to be with other TOPS members that face the same challenges that we do. This is a week- long endeavor that really delves into the Exchange program and helps to better understand how to use this system. There is one that is in Cleveland, 9-14 August, so there is no excuse that it is too far. I am attaching a flyer so you can see more about this experience. I can guarantee that you will have fun. My wife and I are going and want to see you there.

