

Greetings to All,

I hope your summer has been great so far.

This letter is being emailed to the 2017-2018 leaders and web designates from my personal contacts as I have not updated my contacts as of yet.

If you have not sent your NEW OFFICER CHART to Sally Gonyer, State Coordinator, please do so. If you sent it to Head Quarters, it will take longer to get to Sally. Sally's address is 58102 Meadowlark Dr., Elkhart, IN 46517. These officer charts are important as the Leaders and Web Designates will not have access to important TOPS reports and Head Quarters mailings.

Welcome to all our new members. Use your TOPS experience to the fullest. There are many tools. If you are not finding what you are seeking, please reach out and ask. Also a big welcome to our newest TOPS Chapter IN 1558 KNOX. They meet on Saturday mornings at 9:00am at the Knox Library. Mary Wendt is a very enthusiastic leader. Thank you Mary for forming this TOPS chapter.

Speaking of new members, Sally has put out a challenge to get new members. She will award \$50.00 to the chapter who brings in the most new members by December 31. Try to reach out to former members and see if they are ready to come back. Speak of TOPS at formal and informal gatherings, wear your TOPS shirts out and about; anything to spread the word. If you are promoting TOPS at a health fair or public place, I do have a nice bright blue TOPS table cloth you can use that will draw attention. I also have emery boards (nail files) with the TOPS logo you can pass out at such events. I have passed out much PR items to the chapters I have visited. If I have not yet visited your chapter and you need public relation items, or you have run out of PR items, just let me know.

How is every one doing toward your goals? Have you lost your 1st 10 pounds yet, or are you working on your last 10 pounds? Maybe you are somewhere in the middle. We are 3/4 of the way through the year. Now is the time to puuuuush through to get to your next goal by the end of the year. If you are struggling, try using the root cause analysis system of "why". Keep asking why until you get to the root of the problem. Example:

You had a bad weight in? Why? I didn't do a food chart. Why? It is inconvenient. Why? I leave the paper at home. OK, Solution: Keep a small pocket size notebook you can keep with you.

Thank you to all who came to the Area Training Meeting on July 21. I had great feedback and those attending felt it worthwhile. Hopefully I can go over the resume training again closer to resume time. Until later enjoy the rest of your summer and keep puuuuuuushhhhing through to your next goal. Live Healthy, Clarise

