



June Newsletter

News from your Southeastern Minnesota Area

Captain Fran Heilman

OMG! It is the end of June and I'm just doing my first real newsletter of 2018. Where has the time gone.

I would like to thank all the chapters that I have already did the area captain program for, you all make me feel so inspired and motivated to keep writing my story! With just a few short days before IRD I can say I'm half done with my visits. I encourage each of you to be your hero and let others know what you need from them to continue your story.

SRD recap... As Shari sent out in her letter southern Minnesota was well represented among the state winners. I was super happy to have three state winners from my area. Congratulations again to

Mary Louise Wirkus 979 Albert Lea Division 2 first place

Anna Nicholson 1022 Owatonna Division 9 first place

Steven Hacker 153 Albert Lea Division 7 first place

You are all truly inspirational! Keep up the great work!

Important Information

Make sure that you have your chapter elections the first two weeks in July and get your new officers form sent in to Shari Kieper ASAP! July 15 they empty the data base!! Please get your stuff in right away



Fall Rally will be hosted by our newest Chapter 1860 Stewartville !!
Thank you for say yes!
Make your calendar
OCTOBER 20th, 2018

NEW KOPS Since the beginning of 2018:

DONNA BAMLET, June 18, 2018 from 1860 Stewartville

NANCY MASSARO April 13, 2018 from 9907 Rochester



We have had 5 different chapters welcome new members in the last 95 days. I would like to extend a special welcome to TOPS to the following new members:

Barbara Vancor MN 1272 Mary Stevens MN 0263, Thora Staver MN 1002, Kim Gwilt MN 1417, and Bonnie Baxter MN 0718. Welcome and enjoy your journey. The only way our chapters grow is if we invite people to join us. Keep on sharing about TOPS!

Happy Birthday TOPS! 70 Years!!!

Do you realize that you are a member of an organization that was started 70 years ago. 2018 TOPS will celebrate this milestone anniversary. Please be on the look out for fun contests and events to help celebrate TOPS success. TOPS was started in 1948 at a kitchen table. Read more about in your TOPS News .

New member coaching— What is it? Well a coach in this case is someone that comes alongside the member (new or old) and helps them toward their goal by listening and asking questions. Maybe it is just that listening ear or restating the persons idea back to them . Coaching is one of the skills that teachers use to help their students we can use it to help each other on our TOPS journey.

There are many definitions for what coaching is all about. The International Coach Federation (ICF) defines coaching as;

“Partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential”

We need to think about ourselves as all coaches to the members in our chapters. Think about adding the office of member Coach to your appointed or elected officers they can really make a difference in you meetings and group.

Important Date to Remember

ASAP officer elections with forms sent to Shari Kieper by mid July.

July 14-15 IRD in Montreal

Oct 20th Fall Rally in Stewartville More details when I get back from Montreal

SRD May 3-4 in St Cloud.

Summer is here it is time to slow down just a bit to relax and have a vacation of two or three but no matter where you are or what your are doing remember you are the real people of TOPS and that we all have the same goal to Take and Keep Off Pounds Sensibly.

Fran Heilman.



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