

Where or where has summer gone? Cool nights beautiful days and the beginning of fall season. Soon we will start seeing the changing colors of the trees and the appearance of apple and pumpkin stands.

*As I reflect on TOPS this summer, I have been super busy with the trip to Montreal (Thank you again to all the chapters that gave money to the AC fund) and all my chapters visits. By September 20th I will have visited all my chapters. Thank you so much for making me feel so welcome. I hope that the 2018 AC program left you feeling supported by me and each other. Remember the key to support is **FIRST** to listen to each others and the **SECOND** to tell others what you need.*

Next years AC program theme is Growing with TOPS be thinking about gardening themed contests or games. As a gardener myself I often this time of year start making my plans for what I am going to do next spring. Just like a gardener now is a good time to take stalk of your year and see what you what to keep doing or change to get you to your goal. We have 4 months left of the year, are you working your way toward being chapter or state Royalty? Are you closer to being a KOPS? Are you Healthier? Are you where you want to be? If not what do you want to change or can you change to make a difference in your health. Just some things for you to think about personally or as a chapter.

CELEBRATIONS TO NOTE

New KOPS

JUDY O from 1860 Stewartville

New Members

MARLYS S From 9907 Rochester

Chapter Anniversaries

Winona 608, Albert Lea 1829 and Stewartville 1860 were all started in the month of September.

New My Day Ones

I hope by now all of you have had a chance to look through your new My Day One. I know my chapter is enjoying working through it as suggested in the TOPS News. Remember to hang on to it and revisit it often.

If you need more copies of it please let me or Shari Keiper know and we will get them to you.

Like I said last month I am new to this whole contest planning I decided to keep it simple this year. Our one mission is to take off pounds or keep off pounds and so that is what the contest is about.

From August 1st to Sept 29th each member and chapter will see how many pounds they can take/keep off.

Here are the prize areas.

- * Chapter with the Highest Average weight loss per member*
- * Person attending rally with the greatest loss*
- * KOPS in black Aug 1 to Sept 29*
- * NEW KOPS*
- * Chapter with a new member during the contest*

All Contest information and registration will need to be sent to me by OCTOBER 6th.

FALL RALLY

Come one come all to 2018 Fall Rally hosted by Stewartville 1860 in Stewartville MN.

***When:** Saturday October 20th from 8:30 -11:00 am*

***Where:** Southern Hills Trailer Park Community Center 105 20th Street NW Stewartville. Look for signs, and balloons for parking and TOPS Signs to mark the way.*

***Speakers :** Mary Louise Wirkus 2018 State Division 2 winner will she her story and teach us some new things. The second speaker is Destiny Berland from Urban Yoga MN based in Rochester. She is going to help us with our Balance both physical-ly and mental-ly . Come ready to learn.*

Don't forget to be able to share a jingle or ditty about your chapter for Roll call.

***Cost:** \$5.00 per person.*

Send me Registration and Contest forms by October 6th

How is it going? Do you have questions, concerns or just feeling a little lost? Would you like me to have a little get together to answer some of your questions and have a little training? Please let me know ASAP (before rally) if you would like to have a little training one evening. Location and time will be determined by the responses I get so please let me know either way. Thanks.

Can't make it to my fall rally Oct. 20th here are the other southern MN rallies.

Sept. 22 in Hutchinson -AC Vicki Schreiner- Kaiser

Sept. 29, 2018 - Sleepy Eye AC LeAnn Warner

Oct. 27, 2018 - Mankato AC Ami Heesch

Find out more information about these rallies on www.TOPSPRIDE.org

As I shared with the Ac Program Coaching is one of the questions most important things members can do for each member. It is very important that each chapter have a New member coach to help new members in the first 6 weeks . I thing of it like having a mentor to the new member.

But more importantly is the coaching of all members. Coaching is just asking questions to cause the member to reflect and think about their reason for joining TOPS and what they want out of TOPS.

Get the word out ! TOPS members lost 1,010,136.74 Pounds last year. So why do we struggle to get members? Simply we are not getting the word out. We Need to be better at sharing about TOPS and to be our own advertisers -with that being said I need some more help spreading the news about TOPS in my area- I am looking for Publicity Volunteers! I would like to have to more members that are willing to hang posters and help to advertise in their communities. Please late me know if you are interested in helping.

Important Date to Remember

Oct 20th Fall Rally in Stewartville January 4th or so Resumes are due to Shari

SRD May 3-4 in St Cloud. IRD 2019 in Portland Oregon July 12-13 2019

I hope you can shed your pounds like the fall trees shed their leaves! Fran

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Fall Rally 2018

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Hosted by 1860 Stewartville in Stewartville MN.

When: Saturday October 20th from 8:30 -11:00 am

Where: Southern Hills Trailer Park Community Center Building

105 20th Street NW Stewartville.

Look for signs, and balloons for parking and TOPS Signs to mark the way.

Cost: \$5.00 per person.

Speakers :

Mary Louise Wirkus from 979 Albert Lea our 2018 State Division 2 winner for will she her story and teach us some new things about eating healthy.

Destiny Berland from Urban Yoga MN based in Rochester. She is going to help us with our Balance both physically and mentally . Come ready to learn.

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