

# TOPS



November, 2018

Thank you to all who took the time out of your busy schedules to attend the Fall Rallies that your Area Captains, Ami, Fran, LeAnn and Vicki held. Congratulations to all the winners. All who attended are winners! You took the time, made the effort to come help celebrate and congratulate others for their successes and listen to several great speakers. I also enjoyed attending the Fall Rally at Breckenridge.

Upon Gwenn Smith's retirement October 20<sup>th</sup> as Coordinator in Northern Minnesota, I am honored to have been appointed Coordinator Becker, Beltrami, Cass, Clay, Clearwater, Hubbard, Kittson, Lake of the Woods, Mahnomen, Marshall, Norman, Otter Tail, Pennington, Polk, Red Lake, Roseau, Todd, Wadena and Wilkin counties. Area Captain Ami Heesch will add Cass and Todd counties to the area she serves, and I am in the process of looking for area captains for the other counties. If you are interested in becoming an area captain, I would be more than glad to meet with you and discuss what the position entails. As an area captain you would be joining a supportive team as well as meet new people as you visit chapters.

## **Reminder: KOPS forms go to Coordinator**

Please remember to send everything related to KOPS to me. There is no longer the \$5 charge for registering a first-time KOPS, changing a goal or reinstating a KOPS. Be sure to include their current weight chart, the L-0014 and if it is a goal change, the doctor's goal slip. Do NOT send them to headquarters.

## **Online members**

If you have a member who joined TOPS online and has been coming to your chapter, be sure an L-003 membership application form is filled out and sent to headquarters. Put their TOPS number on the form, the weight they were on the first day at your chapter. Their starting date will be the day they joined online. Since they paid online, there is no additional fee, just mark the box on the form next to "joined online".

## **New Member Coach**

Do you have a New Member Coach? Who welcomes visitors to your chapter? Who explains the meeting to them? Who contacts them during the week? If you reach out, they will return. If visitors don't return find out why. Do you need to make some changes? Are your meetings fun or are you stuck in a rut? Don't be afraid to ask, to change, and to improve.

## Maintenance forms

In December, headquarters will send out a letter to chapters requesting funds for chapter maintenance. This is a mandatory fund that pays for all forms and communications for your chapter. The number of ACTIVE members you have in your chapter will be in the box under active member count and the maintenance due will be listed. Active members are those whose memberships are still current (it is not the number of members who attend your meetings or have dropped out during the year - they are still members until their renewal day). Be sure to send the form, along with a chapter check, to headquarters by January 31, 2019.

## Reminder

We are about to begin the holiday season. If you are a chapter that meets on the days that Christmas Eve, Christmas, New Years Eve or New Years fall this year and you are thinking of having no meetings, remember that all new KOPS registered in 2018 and all Division Winners (who have lost 10 pounds or more) must have at least one weigh-in during December in order to be eligible for recognition. Don't let a potential winner lose out on an award because they didn't weigh in during December.

## Chapter anniversaries

MN 164, Maynard - 55 years - October 15, 1963

MN 1123, Grand Meadow - 40 years - November 6, 1978

## SRD May 3-4-, 2019 - "Friends Helping Friends"



SRD 2019 will be May 3-4 in St. Cloud at the Holiday Inn and Suites. We are always in need of volunteers to help at SRD. If you are willing to help in the promo room for a shift, help with hostessing, etc. we will be more than happy to put you to work. Just let me know.

A decorative graphic featuring several autumn leaves in shades of orange, yellow, and brown scattered around a central brown rectangular box. To the left of the box is a large orange pumpkin with a green stem and a small leaf. The box contains contact information for Shari Kieper.

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