

# TOPS

August 2018

## MN 1131, Madison Lake wins David Fox Award for Best Average Loss with 23.89 lbs. lost per member

Imagine how proud those of us from Minnesota were as they announced that MN 1131, Madison Lake was the winner of the David Fox Award for the chapter with the most weight lost in the nation in 2017 with 23.89 lbs. lost per member. They had 7 members in their chapter in 2017.

Eight Area Captains were able to attend IRD and came back motivated, challenging each other to have a weight loss for 2018. We are all kept busy at IRD, volunteering to work in the hospitality room, promo room; and wherever else help is needed.

I, along with Coordinator Diane Carmichael and Area Captains Vicki, Steve and Ami were part of Bob Dischinger's welcome to IRD in Portland in 2019. His theme is *Legacy of TOPS* and if you look at the photo at the bottom, you'll see that faces of the past presidents of TOPS. Well . . . Obviously someone has to be behind the faces. I was the one on the left (Esther Manz, founder of TOPS); Vicki was next as Betty Dominoe; Steve, of course, played our new President Rick Danforth; Ami was LaNeida Herrick and Diane was Barb Cady.

I sincerely want to thank the chapters who contributed to the Area Captains Fund to help defray expenses for the Minnesota Area Captains to attend International Recognition Days in Montreal. It was quite expensive being in Canada and I know they were grateful to have help with expenses.



Barb Cahill of MN 1131 Madison Lake, holds the certificate presented to the chapter for winning the David Fox Award. Pictured with her are, left, Barb Cady, Past-President; Shari Kieper, Coordinator; Rick Danforth, TOPS President and Ruth Gielow, Regional Director.



2017 International Royalty crowned at IRD in Montreal, left, Runner-up Queen Joyce Webb, Thunder



Bay, ON, 154.5 lbs. lost; Runner-Up King, Martin Aune, Pah-rump, NV, 144 lbs. lost; International Queen Vena Dickinson, Caldwell, ID 159 lbs. lost; Int'l. King Jeffrey Yersich, Chicago, IL, 348 lbs. lost.

# Fall Rallies



Fall Rally dates have been set. Below are the dates and places for the rallies in my area.

**Vicki Schreiner-Kaiser**  
Saturday, Sept. 22  
Hutchinson

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**LeAnn Warner**  
Saturday, Sept. 29  
Sleepy Eye

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**Fran Heilman**  
Saturday, Oct. 20  
Stewartville

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**Ami Heesch**  
Saturday, Oct. 27  
Mankato

The Area Captains have all sent letters regarding their Fall Rallies and the summer contests. Make plans now to attend and get inspired by the speakers and contest winners.

Be sure to send your contest results in to them by the deadline. You can only be honored if you attend Fall Rally and send the contest forms in to your AC.

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**Congratulations**  
**Special Anniversary**  
MN 884, Montgomery, 45 years  
(5-24-1993)

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**Officer's Charts**—I still have a few officer's charts that need to be sent to me. If I have not received one from you, I have enclosed one to be filled out ASAP. Your chapter will not receive mailings from headquarters until they get the 2018-19 chart in.

# Million Pound Challenge

As you are aware, President Barb Cady challenged members to lose one million pounds from IRD 2017 to IRD 2018. I am happy to report that we lost 1,010,136.74 lbs.

Way to go members . . . . Keep up the good losses.

## This and That . . . .

By now you have all received your TOPS News. Did you notice the new My Day One included with this issue. It is your personal copy and is the most current issue. Be sure to tear it out of the magazine—take it to chapter—and use it for chapter programs.

All chapters should have a copy of the My Day One to give to a new member when they join.

**KOPS REGISTRATIONS**—new, reinstated or goal change. These are all mailed to **ME**—not to headquarters. It will only delay registering your KOPS if you send it to headquarters.

There has been no \$5 fee since 2013 so you do not need to send a check. What I do need is the L-14, the doctor's goal slip (if they change goal, are a new KOPS or are reinstated at a different goal) . . . . AND a copy of their current weight chart. I cannot send the KOPS registrations in until I have those three things.

**RENEWALS** are mailed 6-8 weeks before membership expires. Please take it to your chapter right away to get it sent in to headquarters. Your 'due' date will not change if you send it in early. Often it seems to get forgotten if it is put aside to mail in later. If it is late—you may miss getting your next issue of the TOPS News. All renewals go directly to TOPS Club, Inc. (not me).



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