



# TOPS

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A new year is ahead of us. It's time to reflect on our goals for the coming year. Set small, attainable goals. Don't think of the whole weight loss you would like to achieve, just aim for small losses. Even if it's a pound a month - that would be 12 pounds for the year.

**RESUMES** All resumes have been sent to our Regional Director Ruth Gielow and as soon as they are reviewed and approved, I will be sending out letters to our state winners and certificates for your chapter's winners.

**AREA CAPTAIN PROGRAM:** Your area captains have a brand new program to present to your chapters in 2018. Please don't hesitate to invite your area captain to come and visit your chapter.

**MAINTENANCE FEE:** All chapters should have received your maintenance notice from Headquarters. The deadline was January 31<sup>st</sup>, so if you have not sent your check to headquarters, please do ASAP. (I have had several calls about Verdis Parks being listed as the leader on the portion you send to headquarters. Just cross her name off and put your chapter's leader's name on the line. Verdis must be a busy lady as she was listed for all 87 of my chapters as well as all other chapters in the state, and we don't even have a Verdis Parks. It's called a 'computer glitch' as I'm sure we all know can happen).

**WORKSHOP FUND.** I have enclosed the form with this letter. Deadline is Feb. 24<sup>th</sup>. I purposely waited to send it out until now as I did not want chapters to combine the maintenance and workshop funds and send one check as you have done in past years. As you know all maintenance checks were sent directly to headquarters and the workshop fund comes to me. The first Spring Fling is Vicki's on March 10<sup>th</sup> followed by LeAnn's March 17<sup>th</sup>, so I would appreciate your checks as soon as possible. The Area Captains use this money to help with expenses for the Spring Fling, to pay for speakers, facility rent, etc.

## KOPS Longevity Awards

Delores Horkey, MN 160, Morris - 5 years  
June Sweet, MN 1002, Owatonna - 5 years  
June Richardson, MN 1550, Windom - 5 years  
LaVona Schmidt, MN 627, Mankato - 20 years

## Chapter anniversaries

MN 551, Mankato - 50 years  
November 14, 1967



TOPS is celebrating 70 years!! How are you going to help in the Celebration in your Chapter - maybe a contest, some challenges, whatever it may be!! Make it FUN. Let's make this year extra special !!

Here are some facts that you may not know about TOPS (Thanks to Dianne Herbert, AC for Eastern Ohio who researched this).

The original name of our club was "TOP"; however, when written up in the Milwaukee newspaper the reporter inadvertently added the "s" and they decided to keep the letter and have it stand for "sensibly."

TOPS was a feature article in the April 9, 1951 LIFE magazine (which featured Omar Bradley on the cover). The article was subtitled, "A kind of Fat Ladies Non-Anonymous helps girls to fight for their figures." The non-anonymous alludes to the fact that the club was structured along the lines of Alcoholics Anonymous; however, weight is out there for all to see. The article in part stated, "During the war, when she had a job in a Milwaukee brewery, it was the sensible custom of Mrs. Esther Manz to wear slacks. It was also the pleasant habit of her employer to call a short halt in midmorning and midafternoon and serve each employee a glass of the company product. Mrs. Manz had always been a bit overweight, and this kind treatment soon betrayed her. She found she was too big to get into her slacks." The article went on to cover three pages in the magazine with the last page showing pictures of six ladies with their weights. This was all well and good; however, the pictures were placed on the same page as a girdle foundation advertisement that pictured a "Jane Russell" type model. Really? Two other observations from this article is the use of the word "fat" not just once but several times and the habit of the brewery serving their products during breaks. Neither would happen in today's society. Life published a follow up in the March 31, 1952 magazine stating that "President Esther Manz says: LIFE's article got us members in 47 states. We got thousands of letters and our phone rang constantly for two weeks." Both articles can be read in their entirety by googling TIME LIFE.

Esther Manz appeared on "To Tell The Truth" in 1963 and has her own Wikipedia page. She and our organization have been referenced in many books. Her obituary appeared in papers across the land.

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I look forward to seeing many of you at the Spring Flings to be held in March and April. Your Area Captains will be getting information to your chapters regarding date/place/time/speakers. Make plans to attend now.



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