

Newsletter Issue 7 August 2009

NOTE FROM YOUR AREA CAPTAIN

Hi Friends!

It's hard to believe that it is August already. The summer is flying by quickly, and I have already seen Halloween decorations and even Christmas items in some of the stores! How have you been doing on your resolution to eat better and get more exercise over the summer? I'm anxious to see the losses as the Rally registrations come in for Summer's Best Loser.

The team is hard at work planning the first ever Monroe County TOPS Rally Day. I promise you it will be motivational and fun. It's hard to believe that it's less than seven weeks away! Please plan to attend and share the successes of your fellow TOPS members, and hopefully, celebrate successes of your own.

Please join us as we celebrate *TOPS Time to Shine*....
YOUR time to shine! ☺

 *Sandy*



FALL RALLY DAY

SATURDAY, SEPTEMBER 19th - TOPS Monroe County Rally Day at the Diplomat Banquet Center in Rochester.

The planning team is putting together an awesome event. You won't want to miss it! Please send in your registrations no later than Saturday, August 22nd. The Rally Registration Package can be found at www.TOPSPower.org in the "Events" area.

Award categories include:

- 🌟 Teens and Pre-Teens
- 🌟 Men in TOPS
- 🌟 KOPS / Reinstated KOPS
- 🌟 KOPS in Black Since the Last Rally
- 🌟 Taking Time for TOPS (Perfect Attendance)
- 🌟 Past and Present State Royalty
- 🌟 Century Club Winners
- 🌟 Back in Time Presentation
- 🌟 Brightest Star Award
- 🌟 Summer's Best Loser (Reg. due 9/4/09)
- 🌟 Rally to Rally Best Loser
- 🌟 Area Captain's Exercise Challenge
- 🌟 Chapter "No-Gain" Weeks



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NEW MEMBERS

I'd like to offer a warm welcome to these new members who have recently joined our Monroe County TOPS family:

TOPS NY 0241 Rochester – **Bette Bouenzi**

TOPS NY 0277 Hilton – **Gail Phillips**

Welcome to our TOPS Family! We are happy to have you with us, and we are here to support you!

TOPS RULES - WEIGHT LOSS SURGERY

I have received many questions recently concerning TOPS members who have had weight loss surgery and the rules about eligibility for awards, etc. In a recent communication from TOPS President, Barbara Cady, the following information was shared:

"If a member has surgery for weight loss that is still effective, the member is placed in Division 9 until such time as member provides a slip from a Health Care professional stating the surgery is no longer effective. The statement must be attached to weight chart."

"After presentation of this statement, the member shall be placed into a traditional adult division competition as of the first weigh-in of the following year. In addition, weight at the time the Health Care professional's slip of ineffectiveness is presented, or at renewals thereafter, shall be member's highest weight for Royalty Competition if member registers as a KOPS for the first time after presenting the statement."

In cases where members have the surgery, and it is still effective, they are placed in Division 9 and are eligible for all awards with the exception of Royalty. They can be Division Winners, Greatest Improvement Winners, etc., but cannot be named as Chapter or State Royalty.

With regard to chapter contests, I would suggest that all chapters discuss this and write something into your by-laws concerning chapter contest eligibility, even if you don't have any members affected at this time. That is the best time to do this and less likely to be taken personally.

Please remember that weight loss surgery is a tool to aid weight loss efforts, but is not an "easy" answer to lose weight and get healthy. The person has to be committed to attain their goals and continue to make good choices, as we all must. They need the support of their TOPS family and should be recognized in some way for their achievements and encouraged to reach their goal weight.

✦ Be sure to flip the page for more news! ✦

CONGRATULATIONS, MARY LOU!

There were shouts of joy when Mary Lou Bowie hit a milestone on Wednesday, July 15th. She weighed in with a loss that brought her total weight loss since joining TOPS NY 0037 Spencerport on October 1, 2008, to just over 100 pounds!

We are so excited for Mary Lou and proud of her accomplishments! Her commitment to weight loss and good health is unwavering and she is a wonderful example to all of us. Please join me in congratulating Mary Lou for reaching this milestone and in wishing her the best for continued success. I am sure you'll be seeing even less of her at Rally Day in September!



(Mary Lou Bowie in July of 2008)



(Mary Lou on Wednesday, July 15th after hitting her 100 pound loss milestone!)



(Mary Lou Bowie and Area Captain Sandy Friday; Note to self – get moving!!!)

NEWS FROM TOPS HEADQUARTERS

- 📌 The Chapter Guide and Guide for Weight Recording are being combined into a Chapter Manual. This will be loose-leaf, three-hole punched and each page dated and numbered. Two copies will be sent to each chapter in the November mailing. Please destroy all old guides after completing the chapter resume for 2009. Additional copies of the Chapter Manual may be ordered on the L-015 at \$2.00 each.
- 📌 The Choice Is Mine and the companion Workbook shall be offered for new members at a discount on the Membership Application (Form L-003) at time of joining.
- 📌 Chapter ID is the two letter postal designation, four digit Chapter number. TOPS and the city may be added if desired to form the chapter name. The number symbol (#) is no longer used and the comma between the Chapter ID and city is optional. (Example: TOPS NY0054 Fairport)
- 📌 Starting with the December/January *TOPS News*, TOPS and KOPS Rules will be combined as the TOPS RULES and printed annually in the centerfold of that issue. Be sure to remove these from the issue and save them for future reference.
- 📌 A special limited edition of the TOPS Pound Bank Book shall be available in the Dec/Jan *TOPS News* commemorating the Twenty-fifth Anniversary of the Bank Book which was originally offered in 1985. These may be ordered on a first-come basis on the form in *TOPS News* as long as the supply lasts.
- 📌 Even though the "G" series KOPS numerals have been removed from the L-017, there are some left. Orders will continue to be filled until the supply is exhausted.

NOTE: Photos from the May 2nd KOPS Luncheon can be viewed at www.TOPSPower.org in the "KOPS" area.

AWESOME!!!

CONGRATULATIONS, PEGGY!

Chapter NY 0037 Spencerport recently celebrated the reinstatement of KOPS Peggy Outhouse, effective May 20th. Congratulations, Peggy, on this outstanding achievement! You are a role model to many and a good example that it can be done. Great job! We are so happy for you.

(Peggy Outhouse and Leader, Diana Inman)



WATCH FOR THE NEW CHALLENGE IN THE AUGUST ISSUE OF TOPS NEWS!

The August issue of *TOPS News* will announce the new TOPS challenge – the Cut and Burn Program, which will run until just before next year's IRD.

Beginning with your first weigh-in after IRD, the goal is to select one thing to cut and one way to burn more calories to achieve a TOPS loss of ten or more pounds, and for KOPS... getting back within leeway and staying there. Small changes equal big results! See the August issue of *TOPS News* for more details.

AREA CAPTAIN'S CHALLENGE

My August challenge for you is to exercise five times each week for 30 minutes! Try to get in extra steps by parking a greater distance away from stores, theaters, church, or anywhere that you may go. And for every extra effort that you make to increase your activity, be sure to PRAISE YOURSELF!!



★ Be sure to flip the page for more news! ★