



CHAPTER CHAT

RD NEWSLETTER - APRIL, 2018

Hello TOPS Friends:

As one of our TOPS members from Rhode Island, Angela Henderson, recently wrote “Happy October! Let’s put the Crystal Lite away and get the Swiss Miss hot chocolate lite out and don’t forget the whipped cream (lite of course!)

Before I go on, I want to thank you for the cards, notes and prayers the past two weeks while I made it through my surgery. My pacemaker is working well and I am recovering nicely. It is great to have such wonderful friends!

By now most of you have gathered for your fall rallies. I am sure that all of you had a great time and honored many of your members as they continue their progress toward their goals or celebrated one more year of continued success in their weight loss journeys. For those of you still looking forward to your gatherings, you will not be disappointed! Enjoy!

Fall is in the air! With fall comes change! The leaves change, they fall off and they renew themselves come spring and new life is given to everything! Our theme for the next two years in TOPS is called “Seeds of Change”! Change is so important and special. If any of you have ideas surrounding this theme, please share them with us.

As the famous physician/writer, Wayne Dyer, says “if you change the way you look at things, the things you look at change”. Change is necessary for renewal and for growth. We have also heard the verse “there is nothing permanent except change. Change is good. Some of you have already heard about great, positive changes heading our way in our TOPS world. For those of you, who may not have caught up yet, let me share with you.

Have you read the October, 2018 issue of TOPS News? Please take note of the President’s message on page 1. Rick says “the coming year in TOPS will be more exciting and filled with more positive change than ever before!” TOPS is looking for people who want to make a difference through new work and volunteer opportunities. If you visit www.tops.org/changemakers, you can read about one of those opportunities to help make positive change and help to create new excitement as we move full force ahead to increase the quality of our programs and increase our TOPS membership. Effective February 28, 2019, the Regional Director positions in TOPS will be retired. These positions will be replaced by a new position entitled Service Program Administrator. All current Regional Directors, along with every other field staff member and TOPS member have been invited to submit resumes for this new position. If you would like to make a difference through new work and volunteer opportunities in TOPS, please take a moment to read about this change at this website. The deadline to apply for the new Service Program Administrator position is October 31, 2018. Please check this out and if interested, follow the directions within.

It is important that we take responsibility and local action in our communities to share the power and support of TOPS with our neighbors. I know we can count on all of you. It is not always easy but without a struggle, there can be no progress. Let’s all jump in and enjoy the dance!

CHAPTER KUDOS CORNER

VT #0082, Barton wishes to share something they did last winter to help their members get through those gloomy cold days. With winter 2018 fast approaching perhaps it is something that your chapter may consider.

Co-Leader Millie Nault came up with the great idea to get their chapter through the long winter and make it worth their while to work hard on their weight loss goals by making a quilt for the best loser. The member who lost the most weight from November 1, 2017 through May 1, 2018 was awarded the quilt. Each member weighed in weekly and if the member was the biggest loser that week, they received three quilt squares on the quilt and 2nd place winner received two squares. Each member picked out ½ yard of material to be used in the quilt and Millie kept track of the weekly winners. She put the quilt together and presented it to the winner at the end of the contest. Bonnie Dwyer was the best loser with 25 squares. She lost 7 weeks in a row! Belated congratulations to Bonnie. Thanks to Millie for making the winter of 2017 a little more bearable for her chapter and for putting together their chapter's "Blanket of Success! A great idea! If your chapter has no quilt makers, perhaps you can modify it using a donated or purchased quilt.

NH 0126 had four no gain meetings thus far this year. June 26, August 7, August 21 and September 4. Way to go! As the saying goes "Keep on Truckin' NH 0126!"

Chapters do not forget to submit news, ideas, and special accomplishments within your chapter to me for sharing in the "Chapter Kudos Corner" of my newsletter. If you submit something and you do not see it, please remind me again so I can be sure the idea or accomplishment is shared.

KOPS HONOR SOCIETIES

Officers, if you have a KOPS Honor Society in your area, please encourage all KOPS to join and participate. If you do not have a KOPS Honor Society in your area, please contact your Area Captain and/or Coordinator who will be glad to assist in starting one. The purpose of the KOPS Honor Society is to help KOPS maintain their status; provide encouragement through discussions of common problems and successes; to give awards for special achievements, to encourage others to reach and maintain their goals and to promote the ideals and purposes of TOPS.

REMINDERS

- Your dedicated Area Captains are completing their annual chapter visits to present their AC Programs. This year's program is awesome. I am sure you have enjoyed it very much or will as soon as your AC visits your chapter. You always welcome them with open arms. Please do not forget, if possible, to offer them a bit of gas money when they visit. TOPS AC's run on abundant love but their cars do not. Any donation is appreciated.
- Thanks to all the chapter publicity volunteers for the efforts put forth to promote our TOPS program in your hometowns. If anyone is interested in becoming a publicity volunteer in your locality, please let your AC know.
- Chapter Officers, it is so important that your chapter have new member coaches. Please read about this position on page 28 of your "Making Your Chapter Great guide.
- Please take a moment to review pages 6 and 7 of the "Making Your Chapter Great Guide" also. These pages outline the ideal format for chapter meetings in order of importance. It also outlines great ways to welcome new members. Let's do all we can to create interesting meetings in an inspirational and motivational environment to ensure that all members, both new and old, enjoy the encouragement TOPS is famous for.

- All members should have received and be using the new edition of “My Day One”. This guide is invaluable to all of us. All chapters should have a supply ready to give to new members at their first meeting. The new issue was provided to all current members in the centerfold of the August/September issue of TOPS News. If your chapter needs a supply or if you have questions about this publication, please reach out to your coordinator.

WORDS OF WISDOM

I would like to leave you with some thoughts. Always believe that you will ultimately succeed at whatever you do....because if you believe you can succeed, you will....if you believe you can't, then you won't.

You are meant to be whatever you dream of being. Always think of yourself as becoming the person you want to be. If you tell yourself that you can achieve whatever it is you wish to achieve and if you keep working at this and want it badly enough, you will have it. It is called perseverance. As Dolly Parton once said, “never try quitting and never quit trying”.

TOPS MISSION STATEMENT

To support our members as they take off and keep off pounds sensibly.

TOPS VISION

To be the best weight-loss support choice for people who want an active and a healthy life.

YOURS IN TOPS FELLOWSHIP,

“JUST JUDY”

Regional Director

If you no longer want to receive TOPS Newsletters, please send me an email at muffyjunior@aol.com or call me at 518-461-3329

