

August in the Southeast

Important Dates:

September 17 Fall Rally registrations due

October 8 Fall Rally in Troy at Park Memorial United Methodist Church

May 18-19 "TOPS Train to Success" SRD in Huntsville, AL

July 5-7 "California Dreamin'" IRD in San Diego, CA

Please make note of the dates above. You won't want to miss these events.

I hope all chapters will plan to attend Fall Rally in Troy on October 8th. Are you keeping track of your chapter points for the Summer Contests? It is not fun to sit in the audience and watch everyone else win, so keep track of your points! The only way you can win is to participate. Be sure to remind your chapter of the contest rules so everyone will know how to earn points. Last year we had 101 registered for Fall Rally. Can we register more this year? I know we can! Make your plans to attend now.

Did you remove TOPS Program #84 from your July 2011 TOPS News and put it in your Chapter Program Book? Don't forget to do so, or you will be hunting it later.

Also check out the Quick 'n Easy Programs on tops.org. They are wonderful short programs to use when you have a busy meeting--such as Awards Day. Please always have some type of program each week. We all need the information, encouragement and motivation.

It is time to plan your TOPS Fall Walk. Let me know of your walk and I will try to attend. TOPS Fall Walks are a great opportunity to get out in the fall scenery, have fun and promote TOPS.

Have you had an Open House this year? Now is a great time to have one. If you need some tips or ideas on hosting an open house, give me a call.

Please check your local events calendars. Do you have a Health Fair or any event that we could promote TOPS coming up in your area? If

you do, let me know so I can arrange to have a TOPS table at the event. With obesity rising to an unimaginable rate, we need to let people know we are here for them.

Planning has begun for Fall Rally. If your chapter has a specific thing you would like to do, let me know. Otherwise, I will be contacting you.

The annual "Resume` Workshop" will be held after Fall Rally. Please bring your weight books and any questions that you may have. This is a great time for Shirl to answer your questions face to face. It is very important that all Weight Recorders attend this workshop. If your Weight Recorder cannot attend this workshop, please make sure that your chapter is represented. This workshop will help your chapter receive a "Perfect Resume` " award at SRD.

If you have any questions or concerns, please contact me. No problem is too large or too small. I'm here to help you and your chapter.

Happy Anniversary!

No anniversaries in August.

My contact information:

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TOPS Area Captain

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"When I thought I couldn't go on, I forced myself to keep going. My success is based on persistence, not luck." Estee Lauder

Join me on the "Road to Success."

Kathy