

# October in the Southeast

## Important Dates:

January 1, 2012 Chapter Maintenance & Workshop Fees due

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.

Thank you to everyone who helped with our Fall Rally. I hope you all enjoyed it. Our Fall Rally gets bigger and better every year because of you.

TOPS has introduced an exciting 25 step program to help you in your journey to your goal. Go to [tops.org](http://tops.org) and enter through the member/leader/staff tab. Enjoy the process of refreshing what you know about yourself and gain new insights and tips to successfully travel the road to success.

Also, check out the Quick 'n Easy Programs on [tops.org](http://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.

The end of 2011 is rapidly approaching. I hope all of you remember that this is the time of the year when we need a little extra support. Try to hold as many of your regular meetings as possible. If your meeting place is closed because of the holidays, check to see if you can meet at another time or day. Maybe a weigh-in only meeting is more convenient during a holiday week. Please give your members the opportunity to meet every week until 2012. Let's end the year with a wonderful loss.

The end of the year can be a very busy time. You all received your Chapter Maintenance and Workshop fees form at Fall Rally. Let's all

send it in now. By sending it in this week you lessen the possibility of losing the form or forgetting to send it to Shirl. PLEASE, do it now.

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.

The annual "Resume` Workshop" was held after Fall Rally. I was happy to see so many attending. By attending you increase your chances of having a Perfect Resume' for the year. Don't wait until the last minute to start your Resume`. You can start now by preparing your weight charts. **Remember: If you have problems with your Resume` call Kathy or Shirl.** Your Resume` must be postmarked by January 8. Don't be late or your winners will be disqualified.

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.

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Happy Anniversary!

Oct. 3rd TOPS AL 0546 Montgomery 8 yrs. Congratulations!!

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My contact information:

Kathy McCall

TOPS Area Captain

1710 South Alice Street

Do than, AL 36301

334-793-5281 or 334-798-2378 (cell)

"Once you replace negative thoughts with positive ones you'll start to have positive results." Willie Nelson

Join me on the "Road to Success."

Kathy