



Oh say can you see...

June / July Newsletter from Coordinator, Pat Sims

Wow!! June has come and gone and July is half over. Time surely flies. Did you honor all our Veterans, members who are still fighting for our freedom. I hope that you did pause on the 4<sup>th</sup> and give thanks to all.

June was a busy month. Preparing to attend IRD in Milwaukee, starting new chapters and working with and training new Area Captains.

If you haven't visited the TOPS website and read/ looked at the pictures about IRD, I encourage you to do so. The success stories of all the Royalty and Division Winners were amazing. They chose to take the road to freedom, freedom from the obesity level to a healthier lifestyle. This is what TOPS is about, support, encouragement, motivation from other members, participation in all areas of TOPS. They chose the sensible way, no fad or diet pills.

Have you made that commitment yet? If not, I encourage you to start today on that journey to a healthier lifestyle.

We the people have chosen TOPS to take off pounds sensibly. (Oh say can you see...)

I know you will join me in welcoming three new Area Captains, they are Helen Padgett who will cover Canton, Blue Ridge, all of the Woodstock chapters (5), Calhoun, Graysville, Dalton, Tate.

Rose Beauchamp will cover Ft Oglethorpe, Lafayette ( 2), Lilburn, Rome (2), Cartersville, Decatur, Dunwoody, Stone Mountain.

Denise Whitlock will cover Commerce, Braselton, Ila, Toccoa, Hartwell, Watkinsville, Snellville, Loganville, Bethlehem, Winterville.

I am still in need of two more Area Captains, so, if you are interested, please call or email me.

WELCOME to the new chapters in our area: GA 0562 Canton, GA 0563 Augusta, GA 0564 Augusta. Plans are in the works for a new one in Dahlonega this week. We are excited to have them in TOPS.

Congatulations to our newest KOPS, Lori Ray of GA 0373 Watkinsville.

WELCOME NEW MEMBERS TO GEORGIA TOPS:

June & July so far are: Kathy Crow and Edwina Anderson of GA 0498, Peggy O'neal of GA 0292, Christine Martin of GA 0397, Joyce Harris of GA 0562, Rebecca Stargel & Connie Ware of GA 0481, Orletta Iverson of GA 0488, Andrea Rubin of GA 0247.

\*\*\*\*\*MANDATORY\*\*\*\*\*

LEADERS, MAKE SURE THE MEMBERS HEAR / READ THIS. NO PHOTOS SHALL BE MADE DURING RALLY, SRD OR ANY OTHER TOPS FUNCTION TAKING PLACE. MEMBERS WILL HAVE TO WAIT UNTIL AFTERWARDS TO MAKE PICTURES. AN INCIDENT HAS TAKEN PLACE AT AN EVENT AND DAMAGE OCCURRED TO A MEMBER WITH THE FLASH GOING OFF IN HER EYE. TOPS COULD BE HELD LIABLE! SO, LET'S ABIDE BY THIS RULE AND MAKE SURE NO ONE IS INJURED.

!!We the people of TOPS are sensible!!

Leaders or member responsible for sending in renewals / new members: I am receiving many of these without weights or dates on them, check them carefully before mailing as this holds up your TOPS magazine if I have to send these back for corrections.

If you have a member in your chapter who needs a care giver to attend with them, it is ok as long as they do not take part in the meeting, they could maybe go into another room and wait for the members. If they wish to become a member, that would be great.

When holding an Open House, if you would like to do a small Health Fair, that would be great. You may find that attendance would be larger from Visitors.

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Fall Rall is coming up soon and I look forward to seeing all of you again. Get excited about this event and show me how you can have fun with the theme, "Diamonds, Denims, Lace". All members can dress to the theme. Each chapter is encouraged to dress up a pair of jeans, new or old. More news will be coming out soon.

Don't forget about my challenge sent out in the May Newsletter about the walk. Fill out the form and send to me no later than September 2<sup>nd</sup>. If you haven't started walking yet, you still have time. Remember the heat, choose a safe cool place to walk and drink, drink, drink.

If you haven't been to [www.tops.org](http://www.tops.org) lately then you might just want to take a peek at what's happening. If you haven't been to our Georgia website, I encourage you to do so.

That's all for this time Folks, more news to come soon! For those traveling, stay safe.

TOPS Hugs to all,

*Pat Sims, Coordinator*