

February 27, 2017

To: South Eastern Region TOPS® and KOPS®
From: Mary Reed, TOPS® Regional **Director**



Don't forget the President's
TOPS® Millions Pounds Mission.
Are you working toward
your 10 pounds loss in 2017?

RE: This and That

Watch TOPS® News for new ideas on how to accomplish this goal.

LEADERS: Please be sure to over this important information with your chapters.

Since we in the South are experiencing an unusually warm February, I hope you are taking advantage of these beautiful days and getting outdoors. Of course, with the early spring like weather comes the pollen and allergies, too. Just something we have to deal with for the privilege of living where we do.

I would share with you that circumstances have arisen that prevent me from doing my spring travels to visit your SRDs this year. I have been diagnosed with non-Hodgkins lymphoma and am undergoing Chemotherapy. I have been assured that most people go into remission for years following the treatments so I'm claiming that victory for myself. I have had one series of treatments and the next one is next week. So far, I have not suffered from many of the side-effects that I have heard about and feel amazingly well. The problem is that my immune system is compromised and I am not to be in large groups of people where I might pick up something that would interfere with my treatment schedule. This is **not a secret but I do ask that you not post anything about it on Facebook** or other social media. I WILL be ok and your thoughts and prayers for both Bob and me are very much appreciated. We hope to be able to attend some fall rallies later on but will miss seeing everyone and celebrating your successes with you at SRD. I may see you at the events for a few minutes via Skype if that's available.

I recently received word that the **Revised Making Your TOPS Chapter Great Chapter Manual** is "in the mail." We are excited about the changes and clarifications that have been added. Be sure to take advantage of the glossary when looking for specific rules and policies, makes it much easier to find those elusive tidbits. Please notice that there is a coupon provided so that the chapter may order a second copy of the manual for free. There is a deadline stated on the coupon. Photo copies of the coupons and those received after the deadline will not be honored.

You will find a **TOPS® Member Bill of Rights** on page 4, a list of things our members should be aware of, some expectations and information that all should be aware of. This would be perfect to put in your chapter welcome packet.

A few notes on some rule changes that need your attention:

Holding Elections (Page 26, item 2. A.)

"Leaders may serve only two consecutive terms as Leader but may run for other offices if they are nominated." If your chapter leader was elected in 2015, re-elected in 2016, she/he may not be elected to that office in 2017. Now is the time to start thinking about who would best lead your chapter and give that longtime leader a break. Remember, the leader does not have to do everything, he/she just needs to be sure everything gets done.

KOPS Goal changes (Page 52 under KOPS® Goal change)

"Slip must be submitted to the Weight Recorder while KOPS® is still in leeway of present goal. If not within leeway of new goal at time of presentation, KOPS® must record a weight at or

below the new goal within two weeks to maintain status This means KOPS® MUST BE AT OR BELOW THE NEW GOAL WITH TWO WEEKS of a goal change.

It is very important that leaders and weight recorders review the new manual carefully. You will notice several places where detail has been added to clarify items.

The news we hear from TOPS® headquarters is that most chapters are having few problems with the transition to sending TOPS® membership applications and renewals to headquarters instead of to your coordinators. I have heard of some KOPS® forms being sent to headquarters as well. Please **send all KOPS® registrations to your coordinator** with documentation as requested on the form. The forms are available on at www.tops.org or you can request them from your coordinator. I did have a question concerning the renewal form. The member asked if they were to use the new membership application instead. If you received a renewal form from headquarters, please use that form. You don't need to fill out the new L-003 unless you did not receive a renewal form from headquarters or misplaced it. Since they send out well over 100,000 each year, it is possible that some do get lost in the mail or are overlooked.

A new version of **"Healthy & Active" magazine** is about ready to roll off the presses and ready for shipment. We are still taking requests for H & A to be placed in Doctor's offices as well as places you visit daily. If you sit and wait any place, that might be the perfect places for the placement of a set of 25 magazines in a display box free of charge to you or the recipient. If you take a TOPS® News magazine along with you, you can show it to the contact person and explain that the H & A is very similar to that. When you get an "OK" to have the magazine delivered, please send the following information to your coordinator.

- Name of placement site:
- Name and title of contact person
- Complete mailing address
- Email and or phone number
- Name of TOPS® member making the request.

Requests are forwarded to me for further review. I check to be sure that all information needed is provided and then forward them to Headquarters weekly.

I have had some questions about what types of **outside speakers** at chapter meetings. When considering such a speaker, please think about the TOPS® Mission. "The TOPS® Mission is to support our members as they take and keep off pounds sensibly." Realizing that TOPS® is in the "weight loss support" organization that focuses on health and well being, ask yourself if that prospective speaker will provide information that will support that mission. There is much subject matter out there which is interesting and beneficial but does it support our mission or would it be best presented at another forum. If you are in doubt, contact your coordinator for her/his advice.

I have reviewed your resumes, the lists of winners have been compiled and you will be impressed at the accomplishments of your fellow members when the winners are revealed at your events. I send my love and congratulations to all.

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