

LEADERS, PLEASE READ THIS INFORMATION AT YOUR NEXT TOPS MEETING.

# August 18, 2011

TO: South Eastern Region TOPS and KOPS  
From: Mary Reed, TOPS Regional Director # 615  
RE: This and That:



**Greetings to all of our South Eastern Region TOPS and KOPS!** I do hope that everyone has had a restful and fun summer. It's hard to believe that it's time to look forward to fall already. What has happened to 2011? By now you must be looking forward to those fall rallies and workshops and meeting with your TOPS friends from other chapters. Your field staff members are all working hard to arrange an enjoyable and inspirational day for you so do plan to attend. Many of you are participating in contests in conjunction with those rallies and I wish that everyone could win the big prizes. Know that just participating in the contests makes you a winner. You have kept your eyes on your goal and are progressing down the "Road to Success" a little at a time. "A journey of a thousand miles is started with a single step." You are on that journey.

As I visited your State Recognition Days, I encouraged the attendees to think of a friend, relative or co-worker who would be in need of the support that TOPS chapters provide. **Have you invited that person to your chapter?** If each of us were to invite one person to join us, our TOPS chapters and TOPS organization would grow in leaps and bounds. You, the members, are our best advertising and I encourage you to show your pride in belonging to TOPS and share your success with your acquaintances and invite them to join you at a meeting. Wear those TOPS t-shirts and share your pride. Take pictures of your group participating in activities such as walks, aerobics classes, swims, etc. wearing those shirts and send them to headquarters to be shared on our Facebook page. (Send the pictures to: [facebook@tops.org](mailto:facebook@tops.org)).



Headquarters announced recently that they have already **awarded the first free membership** to a chapter who has taken in four new members since July 1<sup>st</sup>. They hope to give out many more free memberships between now and December 31<sup>st</sup>. (Chapters have until March 31, 2012 to redeem the coupons. See your *TOPS News* for the details.) I have talked with your state coordinators and they will be keeping a record of chapters who redeem the free membership coupons. There will be a drawing from those chapters for a prize at SRD 2012.

**Congratulations to TOPS # FL 0373, Inverness,** (Coordinator Chuckie Merrill's area) the winner of the \$250.00 cash prize drawn from tickets filled out by our coordinators and brought to IRD. We put them all in a bag, our seven states together, and one was drawn to win a \$250.00 cash prize!!!! The TOPS Board of Directors have again approved this contest and your coordinators will again be filling in the tickets for new members beginning right after IRD 2011 and until they leave for IRD 2012 in San Diego taking the tickets with them for another drawing. They will also bring the tickets to SRD 2012 and we will draw for prizes there. Thank you so much for continuing to help share the benefits of TOPS support to your acquaintances.



IRD 2011 in Milwaukee was inspirational to all who attended. We were so proud of all our state royalty who represented us as they crossed the stage. **Congratulations** to each and every one of you. We also had two division winners representing our area. Special congratulations to John Gill of Russellville, KY who was winner of 1<sup>st</sup> Place, Division 2, Male and to Donna Steiner from Greenville, NC who was winner of 1<sup>st</sup> Place, Division 9, Female. Pictures and stories of the winners are now available on the TOPS Website. Also available at the TOPS Store are some items that were sold in the Promo Room...a great ladies polo shirt in black with the aqua logo (size up when ordering for a better fit), slippers, men's caps, etc.

Housing registration for **IRD 2012, "California Dreamin'"** is available also on the TOPS Website. It's not too early to start planning for this most inspirational event.

There are a couple of announcements that have come down from the TOPS Board of directors that I would like to share with you at this time.

- For liabilities reasons and effective immediately, **personal photography will not be permitted during any sessions at Rallies, SRDs or IRDs.** If there are any accidents due to falls, flashes in eyes, etc., TOPS would possibly be liable. For those reasons, only professional photography will be permitted during sessions. Of course, as always, members are welcome to pose pictures before and after the sessions.
- Headquarters is preparing a template for an option of chapters hosting a health fair instead of having an Open House. Some chapters have found the health fair format more productive than open houses. They invite local health care organizations to participate and of course they have TOPS information available as well.
- You have noticed the announcement in TOPS News stating that membership will be increasing by \$2.00 on January 1, 2012. If your membership is due for renewal after January 1<sup>st</sup>, you will pay the higher rate even if you pay it before the end of the year. If a renewal is due before the end of the year and not paid until after January 1<sup>st</sup>, the new rate will be in effect.
- New Rule effective January 2012:  
9b. Membership in TOPS Club, Inc. is required. Only those having proof of membership may attend TOPS meetings and participate in TOPS activities.
  - 1) TOPS membership is not required for adult advisors of teen/preteen chapter to attend and participate in TOPS activities.
  - 2) Non-member caregivers of handicapped members may attend TOPS meetings and TOPS activities if and only to the very limited extent necessary to assist the handicapped member to attend TOPS meetings and participate in TOPS activities
    - a) The caregiver may not participate in TOPS activities
    - b) The Chapter Executive Committee shall determine the reasonableness of the caregiver's attendance.

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



Hope that most of you have had your area captain visit and present the special program provided to them, "**Super Foods.**" We have had a lot of positive response to this program so if your AC hasn't been there, give her/him a call and schedule a visit. And, speaking of Area Captain visits.....remember that being an area captain is a labor of love, they get no compensation from TOPS. In today's economy, it's no little expense for them to come out to visit chapters, so keep that in mind and do your best to help with expenses. A rule of thumb would be 44 cents per mile with a minimum of \$10.00. Thank you so much for making your captains feel welcome as they come to your chapters. Please feel free to ask them to assist you in special programs, open houses, etc.

**Thank you** all for your warm hospitality as I visited your states this spring. I will be attending a few Fall Rallies this fall, in Alabama in particular since I was unable to attend their SRD. I'll be looking forward to meeting some of you in Gardendale on September 24<sup>th</sup>.

TOPS is here for you!

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