

August 20, 2017

To: South Eastern Region TOPS and KOPS

From: Mary Reed, Regional Director

Re: This and That



Leaders and Designates: Please share this information with your chapter members. I no longer have the capability of sending emails to every member as before. If this is being mailed to the outgoing leader, please pass it along to the new leader. Thank you!

Since I haven't reported to you since before IRD, I want to congratulate all our winners who were able to attend this special event in Little Rock. Our state royalty representatives all made me so proud. Thank you so much for taking time out of your busy schedules to represent your states.

International Division Winners who represented the Southeast were:

Division 3, Second Place, Male: James White from Saint Augustine, Florida

Division 4, Second Place, Female: Anne Megher, Bluffton, South Carolina

Division 9, Second Place, Female: Gerenia Powell, Lakeland, Florida

And to top off our TOPS cake, special congratulations go to International King, Bob Lee from Valdosta, Georgia! I was so excited to have the International King in our area after having the International Queen Monica Thomas last year. Such an honor!! Bob looks forward to visiting as many events as he possibly can to share his TOPS success.

You can see photos and read stories of many of the winners on the TOPS website: www.tops.org and, of course many will be featured in future issues of TOPS News.

The attendees at IRD were amazed at the pounds lost reported by chapters for the first six months of 2017! After totaling the pounds lost reported from Canada, USA and KOPS maintaining their loses, we are already nearly ONE MILLION POUNDS!!!! It will be exciting to see our totals at the end of the year. If you haven't reached your 10 pounds lost or your goal, you have over four months to get on board and be a part of the Losing Team!!

Field Staff were honored at the special Field Staff event and we were excited to see several of your own in the group. Included were: Founder's Award for Coordinators who have met specified criteria and have had growth in their states: Aleta Isaacs from Georgia.

Field Staff recognized for having lost over 20 pounds in 2017 were: Kathy Eckman (GA), Laura Wickwar (NC) Rhonda Pruet (GA), and Itashka Wunderlich (NC). Remember that your Field Staff are first and foremost TOPS members and we celebrate their successes with them.

I was so happy to be able to go to IRD in Little Rock. It wasn't for certain until just a couple of weeks before so let me fill you in on my condition. I had finished the last round of chemo and had a couple of weeks to get back on track before. So, the doctor gave me permission. I had to get lots of rest and did at every spare moment. When I got home I had another pet scan and when I saw my doctor, he shared that there was one little spot left where the largest mass had been, all the others were gone. He

anticipates that after having my maintenance treatment in August and September, a scan in October should show it completely gone. After that, I would have the maintenance treatment (an infusion) every other month to complete two years and then just come in every year for a checkup. If the lymphoma flairs up, they'll treat it and if not, I just go on my merry way. I want to thank you all for your thoughts, prayers and cards through these past several months. There just aren't words enough to tell you how much I appreciate and love all of you. I look forward to seeing many of you at your events next spring.

Congratulations to all the new officers who accepted positions for the upcoming year. You are the heart of your chapters and we do appreciate all the work you do. I realize that many leaders accepted their nominations only because the current leader had already served their two year term limit and were in need of that break to refresh and be able to concentrate on their own journeys for a while and we thank you for that. As you move forward in your term as leader, remember that in TOPS we have LEADERS, not Bosses. One reason being is that we, as leaders, move our chapter forward as a united group. Many of you will see things that you would like to change in some of the procedures your chapter have been using and there is not a thing wrong with that. Please remember that changes are possible but any changes effecting the chapters operations should be discussed by the chapter and voted on by secret ballot with the majority ruling and placed in Chapter By-Laws if appropriate. If there are questions concerning proposed changes, please don't hesitate to contact your area captain, coordinator or me.

Now is the perfect time to volunteer to be a **New Member Coach** for your chapter and yes, you may have more than one. The New Member Coach is more than a weekly greeter. Guidelines for that person are on page 36 of the *Making Your Chapter Great: The TOPS® Chapter Manual, Second Edition*.

LEADERS AND TREASURES, PLEASE NOTE: There will be a slight change in the Maintenance fees procedure this year and it will be explained again by your coordinator when she/he sends your yearly statement. Instead of mailing that fee directly to your coordinator you will mail them to headquarters as you do your membership forms. Headquarters will then send a summary to the coordinators as they receive your payments. Thank you for your attention to this change and sending payments as directed.

Have you reviewed the "**Member Bill of Rights**" on page 6 of the April/May TOPS News? If not, please do so. There are consequences to some of the rights and members need to be aware of them. One that some do not seem to understand is the first one that states: "no member is obliged to weigh in." When you look at the page before, you see the consequences. "If a member chooses not to weigh in (Or doesn't want the weight recorded), that member is marked ABSENT and will not be able to vote, participate in contest or conduct business as an officer during that meeting. Also four unexcused absences in a row will disqualify a member for yearly awards." PLEASE NOTE that this also applies to KOPS. If a KOPS has four unexcused absences in a row, KOPS status is lost and a lost status form should be sent immediately to the coordinator. (Please refer to L-052 TOPS® Rules: under 15-31 KOPS® rules, item 22. "KOPS® having four consecutive unexcused absences, lapse of membership or unsigned KOPS® Weight Chart lose status and are disqualified for awards at all levels."

I wish each and every one of you a most successful 2018. Just over four months remain for you to work toward your goals for the year. My wish is for every single one of us to LOSE WEIGHT or maintain KOPS status.

Love,
Mary