

June 19, 2017

To: South Eastern Region TOPS Members
From: Mary Reed, Regional Director

Re: This and That



June is more than half gone as is our TOPS year! Are you ½ way to your 10 pound goal for the year to meet [TOPS Million Pounds Mission](#). Please your pounds lost as of the last weigh in of June to your coordinator to share at IRD in Little Rock!

Hope everyone picked up inspiration and motivation at your SRDs. The success stories I read were amazing. Several of you asked for the story I told when I visited your SRD via Skype. It is now under my newsletters at www.topsbouquet.org for you. I have my last chemo this week, port removal next week, and another pet-scan after IRD to tell us if I need further treatment. So I'll be hoping and praying that to rest a while and build up my energy level again. Thanks to everyone for all the thoughts and prayers and many, many, many notes and cards that I have received. You just don't know until you're on the receiving end of such cards how much they mean.

Election time is upon us.....your chapter should be announcing that your chapter elections will be held on the second weigh-in in July as directed by TOPS Rule, 7, c. Members who are not going to be present may leave a letter of willingness to hold office and state which office or must be present at time of election. The nominee receiving the greatest number of votes via secret ballot shall be named elected. No absentee ballots may be cast. What a wonderful gift some of our chapters will be giving leaders of two or more consecutive years service with the break from office as required by Rule 7, d.

Outgoing Leader: Please pass along all the TOPS materials that you have acquired to the new leader. Brief her or him on any matters that are ongoing, for example Summer Contest and Fall Rally information. The basic chapter materials are shown on Page 90 of the "Making Your TOPS® Chapter Great!" manual.

New Leader: Please send the L-001 Officer chart to your coordinator immediately following the election so that she/he can verify eligibility and send the list to headquarters before the new officer take their places at the first meeting in August. The outgoing leader received this a short while ago. Be sure to review all TOPS materials given to you by the outgoing leader. If you don't have all that you should have, check with your coordinator on the best way to acquire these items. Take time to go over the chapter manual carefully. Chapters 1 and 2 are full of ideas of how to make your chapter the best it can be. The Minutes template on page 82 is a wonderful guide to use as an agenda when planning your meetings. Other items that need immediate attention would be the yearly audit of the chapter treasury and a review of chapter bylaws.

Web Designate: Be aware that all web designates lose access to the Leader's Corner on www.tops.org on July 15. If you wish the same web designate to continue he or she must be

listed on the Officers Chart (L-001) to again receive access to the Leader's Corner. Access will not begin until the signed Officers Chart is processed at TOPS® Headquarters and entered into the system. It is recommended that every chapter have an appointed web designate to be of assistance to the leader. Good choices might be the co-leader, treasurer or weight recorder.

New Member Coach: Be sure that one or more NEW MEMBER COACHES is appointed for your chapter. The position description is on page 36 of "Making Your TOPS® Chapter Great!" Manual. This position is different than your weekly greeter. There is a video explaining the position on the TOPS website that I recommend each greeter watch.

I mentioned at your SRDs that a new issue of Healthy and Active Magazine is now available. Please send your coordinator the following information on any place that you have spoken with that would be willing to allow us to send them a set of 25 in a display box to display for clients or customers. Your coordinator then verifies the information and sends it on to me for processing through headquarters. Please allow 2-3 weeks for this process to be completed. Please print the information clearly.

Name of business:
Name and title of contact person
Complete Mailing address to include zip code
Email and/or phone number
Name of TOPS member making request

Last year we placed over 250 sets of Healthy & Active ...our goal is to break that record!

Congratulations to the following for being recognized in the latest TOPS News, another issue jam packed with wonderful information:

TOPS KY 2015 Queen: Jewell Laster TOPS SC 2015 King: Brian Holle
TOPS AL 2015 King: William Baker TOPS TN 2015 King: Danny Clark
TOPS GA 2015 King: Phillip Oliver Cover girl: NC Area Captain, Sonya Strader
TOPS on TV: 2016 International Queen: Monica Thomas (NC)
TOPS on TV: Patsy Casteen (GA Queen Runner up 2015)
TOPS FL Wellness Chapter located at Stetson University College of Law, Gulfport, FL

Congratulations to the KOPS longevity awards, Century Awards and new chapters listed...
Always proud of you!

Again, thanks to each and every one of you for your expressions love and support throughout the past six months. We should be on the downhill run.

Love,
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