



IT'S A HAWAIIAN LUAU

TOPS Massachusetts 2024 Fall Rally

Your Massachusetts Field Staff is pleased to invite you to join us for our Hawaiian Luau themed Fall Rallies this year. We have a couple of locations and dates available. Members can choose from two different rallies this year. So, plan to attend one or both! Don't forget to show your TOPS enthusiasm by wearing a Luau themed outfit for the day.

<p><u>Saturday, October 19, 2024</u> Venus DeMilo 75 Grand Army of the Republic Hwy Swansea, MA 02777 Registration: 8:00 am Rally: 8:45 am</p>	<p><u>Saturday, October 26, 2024</u> Castle of Knights 1599 Memorial Drive Chicopee, MA 01020 Registration: 8:00 am Rally: 9:15 am</p>
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Registration Fee is \$45.00 per member (per rally). Lunch included.

Do chapter members have to attend the same rally? No, but separate forms must be completed for each day. Can a chapter attend more than one rally? Yes, but again, separate forms must be completed as well as registration fees for each rally. All forms can be mailed in the same envelope. Members or chapters attending more than one rally may only participate in the Weight Loss and Special Awards Contests at one location

Rally plans include awards, raffles, skits, inspiration, information and lots of laughter. Chapters are encouraged to design a centerpiece for your table, making sure your chapter number and city are on it. For example...TOPS MA 0000 City/Town. The centerpieces should be theme related.

We will be breaking for lunch and an updated email will be sent to chapter Leaders and Web Designates with the menus as we get closer to the dates.

Reminder: If members of the same chapter are attending different rallies or more than one rally, separate forms must be completed.

The rally packet includes the following:

- Mailing address and due date
- Basket Raffle, 50/50 Drawing & Promotions
- Fall Rally Registration
- Summer Weight Loss Recognition
- Chapter Skits
- Chapter Anela (Angel)
- Consecutive Monthly Weight Loss Recognition
- KOPS Solid As Mauna Kea Mountain Recognition (at or below goal)
- KOPS of the Summer (Maintaining KOPS Status throughout the summer)
- New KOPS of the Summer (Recognizing all new KOPS)

Note: Summer Best Loser will be determined from the Male and Female Members with the Highest Weight Loss sent in on the Weight Loss Forms.

Come join us rally for weight loss in Luau style, as we support our fellow TOPS & KOPS members, and leave motivated to continue moving to the music with your TOPS journey!

PLEASE try to send ALL forms together at one time. Receiving multiple mailings from many chapters causes confusion and could lead to registrations, recognitions or awards being missed. THANK YOU!

Your TOPS Massachusetts Field Staff

Patti Jean Horton, Coordinator (508-813-7948 pattijeanh@gmail.com)

Susan Brandon, Advocate

Kathy Hersey, Advocate

Terri Lavigne, Advocate

Ralph Lesure, Advocate

Debbie McGuire, Advocate

Robb Topolski, Advocate

Mellissa Eldridge, State Secretary

Kathy Passerini, State Treasurer



2024 FALL RALLY REGISTRATION FORM

Chapter: TOPS MA _____

Leader's name and address:

Leader's phone number: _____



CHECK WHICH RALLY ATTENDING:

Saturday, October 19th Swansea _____ Saturday, October 26th Chicopee _____

**** If members of your chapter are attending different rallies, please send a separate form for each rally. ****

Please make chapter checks (or money order) payable to **Massachusetts State Recognition Days.**

** TOPS had us consolidate bank accounts and we now use one account for all events. This is the name of our account.

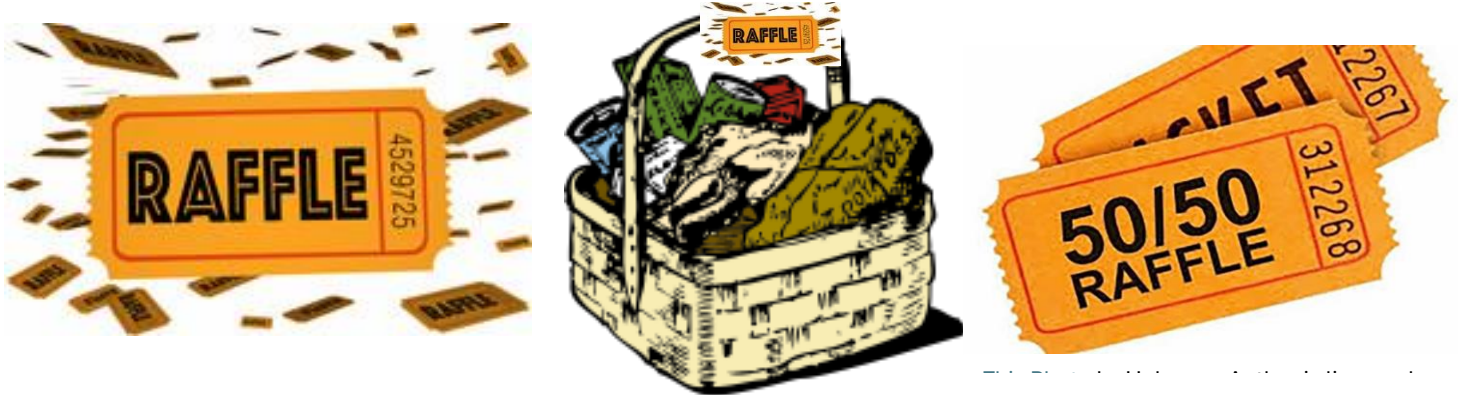
Members Attending: _____ x \$45.00 per member = \$ _____ Check # _____

List all names of members attending. Please print or type. If more space is needed, please use a separate sheet of paper. Please place a "check mark" by attendees who are KOPS.

1	2
3	4
5	6
7	8
9	10
11	12
13	14

Basket Raffle, 50/50 Drawing & Promotions

Once again we are asking each chapter attending to donate a gift basket for the basket raffle. The basket can be filled with any items your chapter decides



(please not unhealthy foods or candy). If a chapter has members who are attending more than one rally, only one basket at one rally is necessary. Before the end of the rally, all donations will be raffled off and won by fellow attendees.

There will be separate tables selling tickets for the raffle baskets and the 50/50 drawings.

Promotions:

A promotions table will be set up with pins, charms and other TOPS and Theme related items that can be purchased for yourself or your chapter. 2024 Fall Rally pins will be preordered, however there may be a few extras for sale at this time.

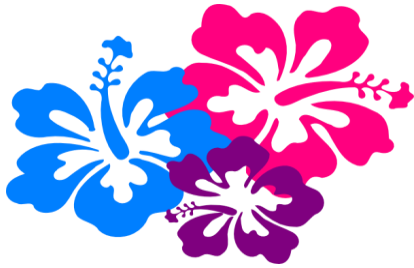
Before the rally begins:

- Register your basket at the Raffle table when you arrive.
- Buy your tickets for the basket raffle and 50/50 drawing.
- Browse the Promotions area for TOPS and theme related items for your chapter.

Ticket Sales and Promotions will also be available during the lunch break.

Drawings will be near the end of the rally.

All proceeds help defray the costs for the rally.



SUMMER WEIGHT LOSS RECOGNITION

List members (male & female) who have recorded a loss of at least 5 pounds through the summer months of June, July & August. Record below their last weigh-in for May and the last weigh-in for August. Weights are to be taken from official weight charts only. Please add any additional names on a separate piece of paper. ****If members of your chapter are attending separate rallies, please complete separate forms for each rally.**

Name of Attendee	Male (M) or Female (F)	Last WI of May 2024	Last WI of August 2024	Total Pounds Lost: (At least 5 pounds)

Consecutive Monthly Weight Loss Recognition

Please list each member who had consecutive losses for the months of June, July and August. **Note: they must have had a loss for each individual month to qualify. It does not matter how much weight was lost.**

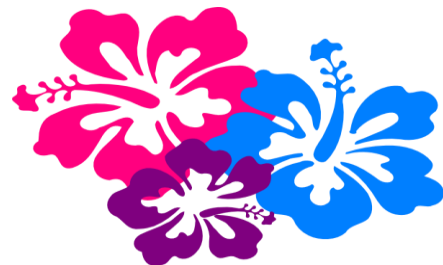
Name of Attendee	June Weight Loss	July Weight Loss	August Weight Loss

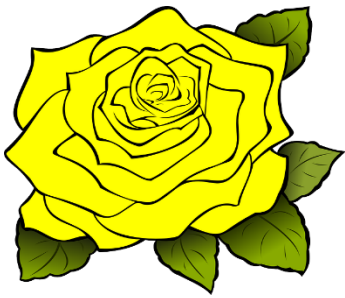
Chapter: TOPS MA _____

Leader's Name: _____ Leader's phone #: _____

Check which rally attending:

Saturday, October 19th Swansea _____ Saturday, October 26th Chicopee _____





KOPS CONTEST REGISTRATIONS

KOPS OF THE SUMMER

This contest is open to all KOPS members who maintained their KOPS status from May 31, 2024, through August 31, 2024, even if they had a red mark.

Please print KOPS names below:

1.	2.	3.
4.	5.	6.
7.	8.	9.

KOPS SOLID AS MAUNA KEA MOUNTAIN

MAUNA KEA is a mountain located on the Island of Hawaii and it is the tallest mountain on Earth as measured from base to summit, 13,803 feet. In honor of our Hawaiian Luau Theme, we have created a special recognition for all KOPS who stay within leeway below goal or at goal without going over. This award will be the “KOPS Solid as Mauna Kea Mountain Recognition”. This is open to all KOPS who do not go over their goal and stay in leeway below that goal (no more than 7 pounds below goal) from May 31, 2024, through August 31, 2024.

Please print all qualifying KOPS names below:

1.	2.	3.
4.	5.	6.
7.	8.	9.

KOPS OF THE SUMMER

This contest is open to all Brand-New KOPS who achieved their status anytime during the months of June, July or August of 2024.

Please print the names of your chapter’s New KOPS below:

1.	2.	3.
4	5	6

Chapter: TOPS MA _____

Leader’s Name: _____ Leader’s Phone #: _____

Check which rally attending:

Saturday, October 19th _____

Saturday, October 26th _____

CHAPTER ANELA (ANGEL)



In every chapter there is at least one member who always seems to have a positive attitude and who offers support without being asked. This person comforts members when they need it and celebrates members successes as they earn them. Without an official TOPS title, this member is your Chapter Anela, also known as Angel.

Whether they are on track with their own goals or not, this member puts a smile on the faces of their chapter members just by attending the meetings. This is someone you look forward to seeing every week because you know they will brighten your day. We would like to honor your Chapter Anela at Fall Rally with a special award. We are asking every chapter to vote on the one person you feel deserves to be recognized.

This is not to be a popularity contest, it's to recognize someone who goes out of their way to make your meetings enjoyable and motivate your members. **Please try to choose a member who regularly attends meetings and has not won "Chapter Angel" in the past.**

To keep you Chapter Anela a surprise, have members vote by secret ballot. Collect the votes and seal them in an envelope. **DO NOT PEEK!** Return the sealed envelope with the rally forms. Field Staff will count the votes and announce the winner. The Chapter Anela does not have to attend the rally to be recognized.

** Please send along with the other Fall Rally forms to avoid any confusion. **

.....SAMPLE BALLOT – MAKE COPIES TO HAND OUT TO EACH MEMBER.....

Chapter Anela

Chapter: TOPS MA _____

Chapter Anela: _____
(Write name of member)

Check which rally attending:

Saturday, October 19th Swansea _____

Saturday, October 26th Chicopee _____

Show Us

MOTIVATIONAL ~ FUNNY

Your TOPS

ORIGINAL

Spirit &
Talent!



INSPIRING

TASTEFUL

CHAPTER SKITS

Get your chapter together and put on a SKIT. The funnier the better! Put your thinking caps on and come up with a memorable skit to entertain and inspire. The skit should be about TOPS or weight loss.

Guidelines for Skits

- Cannot be more than 3 minutes long or the hook will come out!
 - Any music must be battery powered.
 - Only one skit per chapter per rally.
 - Should be original.
 - Must be in good taste.

.....CUT HERE.....

Skit Registration

Chapter: TOPS MA _____

Contact Name: _____

Contact Phone Number: _____

Check which rally attending:

Saturday, October 19th Swansea ____

Saturday, October 26th Chicopee ____

IT'S A HAWAIIAN LUAU

TOPS MASSACHUSETTS 2024 Fall Rally

Mailing Address

**Patti Jean Horton
30 Algerine Street
Berkley, MA 02779**

Checks Payable to:

Massachusetts State Recognition Day

** TOPS had us consolidate bank accounts and we now use one account for all events. This is the name of our account.



POSTMARK DATE

September 16, 2024