



November 21, 2014

Greetings TOPS Officers and Members:

Each morning we wake up feeling thankful for a new day! We are about to embark on another special time with family and friends. THANKSGIVING! I am thankful today for you and your fellowship! As TOPS friends, we have the opportunity to share with each other. Here are a few things I wish to share.

- A HUGE thanks to those members who accepted the Publicity Volunteer positions in their areas for 2014. This position is extremely valuable. You gave a priceless gift to TOPS and to your chapters. It was greatly appreciated. Your field staff will be seeking publicity volunteers for 2015. Please say yes when your coordinator and/or area captain ask for your support. It is a fun and rewarding task.
- Have you looked at the new Chapter Manual "Making Your Chapter Great"? It is awesome! I encourage each member to obtain a personal copy. It is well worth the \$2.00 cost. These may be obtained in the TOPS Store ([www.tops.org](http://www.tops.org)), by mail using Form L-017 Chapter Tools and KOPS Awards. The L-017 form is available in the forms and documents section of the members' area on the TOPS website. The manual is also available for review and download in the members' area of our website, [www.tops.org](http://www.tops.org). This is a great tool to review as a group during chapter meetings.
- Thanks to all who took part in the webinars that our President, Barb Cady, facilitated in August. Super questions were presented and answered. It was a great learning experience. These are available online for those of you who did not get to attend. We look forward to more webinars.
- If new members join between now and the end of the year or a member has a renewal due in 2014, please be certain to send it to your coordinator before December 31. In 2015, TOPS adult membership fees will be increased to \$32. All ½ price membership fees will be increased to \$16. (This amounts to just a bit more than a penny a day.) This increase will make it possible for TOPS to continue to provide super member services and to build stronger chapters as we focus on supporting each other in our weight loss journey.
- Do you have a member in your chapter who has a wonderful success story? If so, we want to hear about it. Please share it with your field staff. We would love to send it on to TOPS News for consideration and also to our regional website which is [www.topspower.org](http://www.topspower.org). These stories are so motivating.

Fall Rallies and workshops are pretty much done for the year. Thanks to all who volunteered to assist. Congratulations to all who were honored at these events. Reach out and give family and friends the gift of good health this holiday season. No one shares TOPS spirit as well as you do. You are special! Let's wake up every morning and be thankful for a bright new day! Let's not forget how important it is to enjoy our lives and to help others enjoy theirs. Let's keep moving forward and make every day our very best day! I wish you and yours the most bountiful Thanksgiving ever! Yours in TOPS Fellowship,

*"Just Judy"*

Judy Pettit, RD