



THAT'S WHAT TOPS IS ALL ABOUT!

August, 2015

Hello TOPS Officers and Members:

Happy summer! Here we are- August, 2015- our year half over! We are so busy playing, learning and growing together in TOPS that the time just flies by! Just a note to say I enjoyed every state's SRD tremendously! All of you who volunteered to help and who attended made these gatherings so special! Thank you for all the courtesies extended to me during my visits. Congratulations once again to all those honored. IRD 2015 is a pleasant memory also. We witnessed so many wonderful success stories. We were proud of all our state royalty as they paraded across the stage. It was a beautiful site to see! We also had some incredible international winners from our area and some of our field staff received honors as well. I would like to share their names with you.

International Winners (You make us proud!)

Robert Secours, 2014 International King from New York – weight loss to goal	176.50
Jeff Spellar, International King Runner Up from Maine – weight loss to goal	152
Drew Briggs, Division 3, second place from Vermont – weight loss in 2014	58.50
Katie Kelley, Division 6, first place from New York – weight loss in 2014	64.2

Please go to www.TOPS.org and read the incredible stories about all the international royalty and winners from all over the world! Wish I could list them all here, just not enough space!

Field Staff Honors

Congratulations to Area Captain Patricia Smith from Maine. She received her 25 year Field Staff Service Award from President Barb Cady.

Congratulations also to Area Captains Sheila Hallahan and Jarrod Abel from New York State for earning the President's Award. Sheila placed 2nd and Jarrod placed 6th in a field of ten top ACs in the country. Both received their awards on stage at IRD from President Barb Cady.

New Chapter Officers and Committee Heads

Congratulations are also in order for our new chapter elected and appointed officers and committee heads. Thanks for serving your chapter! In TOPS there is something for everyone to do. By helping your chapter be the best it can be you also help yourself tremendously! Be proud and invite new people into your chapter. New Member Coaches are invaluable. They welcome new members and help them understand what is happening at meetings. If your chapter does not have a chapter coach, please read about this important position in your Chapter Manual entitled "Making Your Chapter Great!"

Officer Training

- ❖ President Barb Cady will be presenting a series of Officer Training Webinars for chapter officers. These are full of information to help you. In these webinars, officers will be able to ask Barb questions, share concerns and learn more about tools to help officers be as successful as possible. These webinars will be presented on August 19, August 22, August 26 and August 29. Read more about these educational opportunities by going to www.TOPS.org, then to the members' area. Go to the middle of the page and you will see a link which will take you to the registration area. All participants must register in advance. It is an easy process but if you have difficulty with the instructions, contact your coordinator or area captain.
- ❖ A New Leaders Orientation video is also located in the members' area of the website. This is a super tool for new leaders and those wishing to refresh. It is great for any member to look at. Do check it out!

Contests and Challenges

- ❖ Have you read in TOPS News about the “Bring A Friend to TOPS” campaign? I encourage each member to participate in this challenge. It is sponsored by TOPS Club, Inc. and is running through January 31, 2016. What a wonderful way to share TOPS with a cherished friend or family member. You can make a difference in their lives and yours too.
- ❖ By now you have received, through your Leaders or Chapter Designates, my Regional Director Challenge to each of you. It is entitled “Disney Chapter Capers”. I look forward to hearing from all of you and I hope you have fun with it. Winners will be honored at SRD 2016.

Area Captains’ 2016 Program

- ❖ I know you have welcomed or will welcome your Area Captains as they present their 2015 program called “Making Your Plate Great”. It all starts with making your plate great and this program will help you accomplish this with a simple overview of the Exchange System. What fun! If you have not scheduled a visit with your Area Captain, please do so now.

Publicity

We have 59 wonderful TOPS members who have stepped forward to be our publicity volunteers in their local areas for the year. I thank them from the bottom of my heart once again. I recognized last year’s group at their SRDs. I’d love to recognize you as a publicity volunteer in your area for this a year. It is only twelve months. If you have had success in TOPS, have a bit of free time and love to reach out to help people know we are here, please get information on how to become a publicity volunteer from your Area Captain and/or Coordinator.

TOPS has a wonderful magazine called “Healthy and Active”. It features all the best stories published in TOPS News from the previous year. These are placed in various public areas so that others may read about our wonderful organization and seek us out. We place them in medical offices, beauty shops, libraries, office buildings, just about anywhere that we are allowed to leave them. If you have any sites in mind that would be willing to display this magazine, please let your area captain, coordinator or me know.

That’s all for now! Enjoy the rest of the summer and remember “Your Setback is just a set up for your Come Back!” We all stumble now and again but if you believe, plan, act and persevere, you will succeed! Because you can!

TOPS hugs and mine,

Judy P.

“Just Judy”
Judy Pettit RD