



CHAPTER CHAT

REGIONAL DIRECTOR NEWSLETTER - AUGUST, 2017

Hello TOPS Pals:

Here we are, half way through the month of August already. It won't be long and the summer of '17 will be a fond memory. On to a beautiful fall (we hope)! Time does fly by. August 1 brought us our new officers. Congratulations to all our new chapter officers and to those who were re-elected. A hearty thanks also to the outgoing officers who stepped down for a well-deserved rest.

PUBLICITY IN YOUR AREA

Now that elections are over, a great way to get some news coverage for your chapter is to submit a human interest article to your local newspaper. You may consider listing the names of your newly elected officers and committee chairs. You may also wish to list members receiving awards for their personal successes. Achievements of your KOPS are great ways to showcase success in your chapter. It is also great to recognize your chapter, state and international division winners and royalty. Consider submitting their success stories and before and after photos for publishing. However, be sure to get permission of your members before sharing their personal information.

MILLION POUND MISSION AND REGIONAL DIRECTOR 2017 CHALLENGE

Wow! Many of you have been working very hard on our "Million Pound Mission" challenge. I am thrilled to share our results as of July 14, 2017. USA members have lost 377,714.70 pounds. Our Canadian friends have lost 65,583.60 pounds and KOPS have lost 544,754.50! Very impressive, indeed! At this rate, we can far surpass our million pound loss mission by December 31! Way to go members!

Don't forget that I have offered all members in our region a challenge as well. In the centerfold of the April/May issue of TOPS News is a page to add the Burni stickers to as TOPS members lose weight and KOPS maintain their status. TOPS get to put one sticker on the page for each pound lost and KOPS earn a sticker for every two weeks they maintain their KOPS status. I will personally recognize every TOPS who loses at least 10 pounds and every KOPS who maintains their status all of 2017 at the 2018 SRD's. You or your chapter will need to send me your names on a list in January in order to be recognized. I will send reminders as it gets closer to the end of the year. Many chapters have taken the challenge and provided each member with the Burni stickers for their sheets. However, you may still participate if you do not have the stickers. You may color in the slots as you progress. Remember, TOPS must lose a minimum of ten pounds net by December 31. I have attached the sticker sheet to this email in case you do not have your issue of the April/May TOPS News.

WELCOME TO NEW CHAPTERS

I am excited to welcome the following new chapters to our region. Congratulations and best wishes for great success!

TOPS CT 0218 East Haven
TOPS CT 0219 Lebanon
TOPS ME 0417 Lewiston
TOPS NY 1374 Lake Placid

REMINDERS

The chapter annual audit period covers August 1 through July 31. If your chapter has not done the annual audit and submitted it to your coordinator, please take a few minutes to do that now.

The new Executive Board should also review the current chapter by-laws, make suggested changes, have the chapter vote on them and submit them to your coordinator for review and approval. Remember, it is not necessary to restate Official TOPS Rules as part of your chapter bylaws.

CHAPTER AND PERSONAL ACCOMPLISHMENTS

I would like to hear about special accomplishments and/or milestones your chapter may have reached. If you have something special to share and would like me to put it in my newsletter, please let me know. I will be glad to acknowledge it and share with your fellow TOPS pals. Just send it to me via email or regular mail with a note stating you would like me to share it in my next Chapter Newsletter.

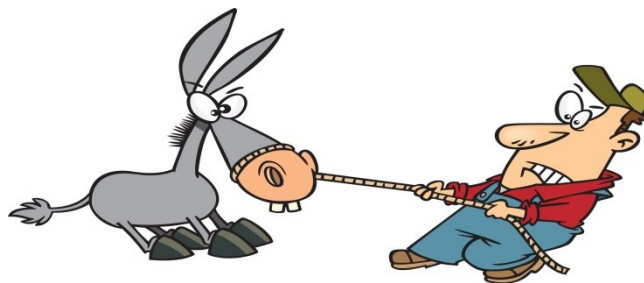
TOPS MISSION STATEMENT

To support our members as they take off and keep off pounds sensibly.

TOPS VISION

To be the best weight-loss support choice for people who want an active and a healthy life.

YOURS IN TOPS FELLOWSHIP,
"JUST JUDY"
Regional Director



Never forget the value of persistence, discipline and determination!

If you no longer want to receive TOPS Newsletters, please send me an email at muffjunior@aol.com or call me at 518-461-3329