“TOPS® Slim Lines”
TOPS® Area Captain
Melody Rae Canfield
11360 Van Orden Road
Fowlerville, Michigan 48836
Home Phone: (517) 521-4934  E-mail: mcanfield@core.com

August 2013 Newsletter

“Summer is almost over – where did the time go”

Upcoming Events:

12th Annual Fall Fun Day: Saturday October 12, 2013 in Jackson, Michigan at American Legion Post No. 29. Theme “Hats Off to TOPS”
TOPS® Fall Fun Day 2013 Walk: Sat. Oct. 12, 2013 Wear walking shoes. (Voluntary walk, weather permitting)
Next 2013 Workshop: October 26, 2013: Scotts at the Scotts Community Center 8450 S. 36th Street Scotts, Michigan 49088
October/November 2013: Melody’s Hall 123 S. Center St. Stockbridge, Michigan
Doors open at 8:30 a.m. for both Workshops and begin promptly at 9:45 a.m. It is always suggested to try to arrive by 9:30 a.m. or sooner – there is always something to do prior to the start of Workshop !!!!!

SRD 2014: May 16th & 17th - To be held in Mount Pleasant.
IRD 2014: July in Milwaukee, Wisconsin  Theme is “Quest for Success”  Hope many of you are able to attend since it is so close !!!

4th Annual TOPS® Walk & Picnic: July/August 2014  Bennett Park in Charlotte

TOPS® National Theme for 2013: “Real People. Real Weight Loss®”

Important Reminders:

1) By now all Chapters should be aware that on August 1, 2013 – the cost of KOPS Registration, Goal Change and Reinstatement went up to $5.00 (five dollars). Weight Recorders, please be sure to change this on your L-014’s so Treasurers will send in the correct amount.

2) If Melody or Angela contact you, please take a moment to answer them promptly. Thanks, it just helps make our “jobs” a bit easier.

3) Does your Chapter have a great “Fundraiser” they do every year, such as a product they sell and receive part of the profits from such sales ? If so, would you please email me the information on the product such as an email contact and/or phone number I can call to get more info to pass on to the rest of the Chapters in our Area.

4) When visiting your “Health Care Provider”, why not ask them if they’d like to receive a FREE 1 year subscription to the TOPS News for their waiting room. All they need to do is request it on their letterhead or prescription pad and give it to you to submit to Angela.

5) Looking forward to our annual “visit” together. I can’t wait to share our new Area Captain Program for 2013 with Chapters, it’s going to really help us all take a long, hard look at ourselves and realize that we can succeed and remind us why we joined TOPS® and why we should continue to reach out to our fellow members.

Area News:

Calling all Reinstated KOPS: Are you a Reinstated KOPS® and planning to attend our 12th Annual Fall Fun Day ?? If the answer is Yes, then WE NEED YOU !!!! This year’s Panel is “Our Comeback Kids – Reinstated KOPS” and we would like you to be a part of our Panel… You don’t have to give any long speech, you’re not on stage by yourself, you share the stage with fellow reinstated KOPS® and simply take part in answering a few questions about your Journey back to KOPS®...

In our latest “TOPS News” (August/September issue) on page 48 you will find the “My Real Progress Journal” which are $3.00 each or 4/$10 (order more as a group and save on the shipping). These 5” x 7” Journals track your weigh-ins, menus, exercise, moods, emotions and much more. They will be available thru October 31, 2013, simply use the order form in this edition of the “TOPS News”. Be sure to make copies of the order form to have on hand in case your Chapter decides to order more. Angela has been using one since returning home from IRD and says it is really helping her – she recommends it to everyone. How many of you out there are using the “Friend Coupon” ??? When you bring a friend to TOPS and they join, you simply fill out one of these coupons and bring it with you when you attend our Fall Fun Day on October 12th, there will be a drawing held that day and one or both of you may win !!!! If your Chapter doesn’t have the “Friend Coupon”, please email me and I can email you a copy to print out.
Does your Chapter have a Chapter Designate ??  Even if your Leader has email, I always suggest every Chapter should have a Designate as well - you never know when there may be a computer glitch which would cause a “missed” important email.

Have you visited the “newly revised” TOPS® Website lately ???  If you haven’t, please do soon. There is so much you can “gain” from visiting the website, you'll be amazed.

**Facebook Connection:** With over 120 members we’d “love” you to join our “Western Michigan TOPS®” Facebook Page... If you’d like to join, please let us know. Angela and Melody are moderators, we can add you today, send a ‘friend request” to one of us via Facebook.

**Chapter News:** Our area’s Chapter challenge/contest in the coming year, is “Walking to Milwaukee”. Please let me know how your Chapter members are doing so far...

**Chapters celebrating “Milestone Anniversaries in 2013:**

- 45 Years: TOPS MI 694, Williamston – TOPS MI 765, Niles
- 35 Years: TOPS MI 1277, Mason
- 30 Years: TOPS MI 1449, South Haven
- 25 Years: TOPS MI 1544, Portage - TOPS MI 1549, Niles
- 20 Years: TOPS MI 1651, Paw Paw - TOPS MI 1652, Lansing
- 15 Years: TOPS MI 1711, Riverside
- 10 Years: TOPS MI 1763, Onsted - TOPS MI 1769, Albion

**Well Wishes:** We all know TOPS® support is important to so many of us... Please send “Hope You’re Feeling Better Wishes” as well as “Good Thoughts” to the following members and/or their family member - from TOPS MI 1140, Eaton Rapids members JoAnn Vallencourt and Joyce Richmond - from TOPS MI 1187, Homer member Pat Burgett - from TOPS MI 1449, South Haven member Elizabeth Balliet - from TOPS MI 1466, Leslie member Marlene Gray and from TOPS MI 1660, Battle Creek member Joan Casterline. These fellow members can use any “positive thoughts” you send their way. Please let me know if there’s anyone at your Chapter we should mention here.

**Condolences:** Go out to any Member/Chapter who suffered a loss this past month. TOPS MI 260, Battle Creek lost long time member Ruth Fugate. Kathy Ayers a member of TOPS MI 381, Haslett lost her Husband Carter. TOPS MI 1261, Kalamazoo lost their long time member Roberta Ritsema. TOPS MI 1711, Riverside lost one of their KOPS, Mildred Brown. Please know that our thoughts are with you during the days ahead. Losing someone close to us can often times have devastating effects in the days that follow, please always remember your TOPS® friends are just a phone call away. Reach for the phone and call a TOPS® friend rather than comfort food and know you’re in our thoughts.

**Congratulations:** To anyone celebrating a Birthday and/or Anniversary in August....

**KOPS News:** Since our July Newsletter, we’ve had 2 new KOPS®. Our newest KOPS are Susan Edstrom from TOPS MI 1035, Jackson and Virginia MacGeorge from TOPS MI 1440, Tecumseh. What an inspiration both of you are to your fellow TOPS® members. Congratulations to the following members who are within 10# of their Goal: from TOPS MI 433, Eaton Rapids Dixie Stahr - from TOPS MI 694, Williamston Cheryl Forester and from TOPS MI 1763, Onsted Bonnie Shepherd.... Dixie, Cheryl and Bonnie, we’re cheering for you. Let me know of anyone in your Chapter is within 10# of their goal please...

Did you see a TOPS® Press Release in your local paper this month? Watch for them and please cut them out for me. Thank You.

I leave you with this thought for the month: “ALLOW YOURSELF TO DREAM, BUT IT’S ACTING ON YOUR DREAMS THAT WILL MAKE IT HAPPEN.” Remember, I am only an email or phone call away and never hesitate to contact me. I’m here to help in any way I can.

As we continue on our “Journey to a Healthier Lifestyle” always remember.... “Together We Can Do This”.

**TOPS® Love, Melody**