

TOPS Coordinator #588 - Paula Rice

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2011

Dear Chapter leaders and members,

Here is an Acronym sent to me by Bonnie for Change: **C**hoice=control and make good ones; **H**abits=from bad to good; **A**ttitude=must stay positive;

Nutrition=learn all you can; **G**oals-short and long term and **E**xercise=move it to loose it. It's Your Time to get on the TOPS Road to Success.

Congratulations new officers please feel free to e-mail or call me if you have any question or need help. I'm here for you. Your area captain can answer most of your questions. If you need supplies please let me know, I mail them out on Monday's after I do my weekly report with the One Day Booklets. Your area captain does have supplies when they visit your chapter. Please remember that they are a guest speaker at your chapter and please help them like you would a guest speaker at your chapter, by helping them with gas reimbursement.

CONGRATULATIONS!
YOU'RE THE BEST!



Well SRD 2011 TOPS Goes Country in Tulsa is almost here. Remember the sleeping room you reserved will not be ready till 3:00 pm, even though workshops start at 10:00 am. The Promotional and Hospitality room will be open on Thursday May 11, 2007 at 6:00 pm, also early chapter packet pick up. Please be sure you register for events you want to be in. The leader received the information in January 2007 to share with the chapter. The deadline for registration to receive your free charm has passed and the fee is now \$40.00 without a charm. The SRD t-shirt order and event registration is also passed we will NOT be adding members into events at SRD!

We are going to have a share session for those chapters attending Thursday night. We will meet in Grand Ballroom IV & V at 7:45 pm till finished. Either share a contest (bring sample) that had great results either in weight loss or membership growth. Let's see if we can share how to make our chapter successful with growth and loses.

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We have some changes that will soon be coming.

- When chapter send checks in for new or renewal applications please make chapter check out to 'Paula Rice' and send separate check for other things, like fundays or SRD, they go in separate accounts.
- The One Day booklet should be given to new members when they join. I will send one back when I receive and process their L-3 applications. L-36 Welcome Brochure, you may use the PI28 How to Measure Success form instead.
- Please remember when ordering form to only order a 3 month supply, headquarter is still changing forms and we don't want to use outdated forms. If the chapter needs forms they are available by filling out an L-12 Leader Requisition Sheet or if you email me please include the address to send the forms or you may download them off TOPS Club Inc website - www.tops.org. To get off website simply go to enter (right side toward bottom) then leaders (left side toward the top) the click the form you need. If you download them off the website please send be the correct number of copies, so I don't have to make copies. You will need to enter your log in and password.



Leaders for sharing this information with the whole chapter at a meeting.

TOPS love



Paula Rice
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