

I have lots of news to share with you! We already have FIVE fall fun days scheduled. Please save at least one of these dates on your calendar and plan to attend. Specific info will be mailed out in July or August.

September 10 – Dallas and Fort Worth Chapters, InterContinental Hotel – the site for SRD next year

September 24 – Midland

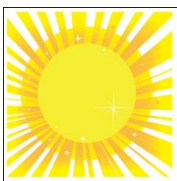
October 1 – Athens

October 8 – Amarillo

October 15 – Burkburnett



Effective June 1, Caryl Pfeiffer, who has been the Coordinator for Southeast Texas for 24 years, retired and her area was split between Kay Brown and myself. We welcome onto our staff, Shelia Callahan, who will also be servicing the chapters in the Texarkana area. We also welcome 22 more chapters into our area. Enclosed is a NEW revised Field Staff list so you have the information for your Area Captain.



June is officially the beginning of summer and for some of us, the beginning of a new chapter in our lives. I am referring to those whose youngest children or youngest grandchildren graduated from high school or college. I woke up yesterday morning when my body wanted to get up, not when the alarm clock wanted me to. I did not have to listen to see if my daughter Erin was up and about getting ready for school. I could do what I needed to do, not what was needed to make sure her education was staying on track. I could take a nap in the afternoon if I wanted, not worrying about what her schedule was that afternoon or making sure dinner time fit between school and work or studying. Really strange. I have had children in school for the last 24 years and now...nothing. Empty nest it is not. Dennis, my husband, is still recovering from his triple bypass and is underfoot 24-7. Brent (28) moved home while he started his own business. So now we have more young people coming by, which I love. All this has gotten me to thinking about the next chapter in my life and what I am going to be spending my time doing.

We all should be embarking on new journeys in some way or another. Standing still does not get one anywhere. How long has it been since you really were headed somewhere? Where are you headed now? What is your plan? This is a question I am asking myself and my children. When it comes to 'leading' we are always pushing others to have a plan and encouraging them to step out of their comfort zone. What are we going to do, what action plan do we have in place, where do we want to be a year from now or five years down the road? Definitely something to think about and discuss with our friends and our fellow TOPS members. Ladies, it has been said that one should always take a real friend with us shopping, so that they can honestly tell us what looks good and what doesn't. It makes sense to bounce ideas off our friends too, our true friends who will tell us if our ideas or goals are truly realistic. I can't say how our gentlemen interact with each other – some seem to be 'do whatever makes you feel good' or they support outrageous ideas, just because, but that is from my perspective so I apologize if I have offended any of you guys.



I have had many requests for suggestions on how to grow your membership. Each chapter needs to look at their current membership and ask themselves, what kind of new members do we need to help us all achieve our goals? What kind of member are we going to be that will help our fellow members and new members achieve their goals? It's kind of like rowing a boat. If only one person is rowing, the going is slow. If too many are pulling harder on one side of the boat, then the boat will just go in circles and never make forward progress. If we all pull super hard for a little while and then stop, we stop moving. We all need to be contributing to the success of the chapter. Yes, sometimes one member or another can't help, but some others can pick up the pace for a little while, but we should not expect them to maintain that pace forever, that is not fair. Here are some ideas that are working in our chapters that are growing:

- Programs given every week by a member with the chapter knowing what next week's program is going to be. In some cases – the members leave one week with an 'assignment' and when they get back together, they contribute to the program.
- Finding out when the health fairs are within the community and then a few of the member's manning a table with TOPS literature.
- Taking out ads in the 'coffee news' papers that are at local restaurants.
- Utilizing the TOPS window decals and adhesive decals on member's cars and in business's windows. There is an order form enclosed if your chapter would like to try this.
- Having a member create low cost paper magnets that can be placed on metal surfaces like the back of public bathroom doors.
- Leaving a copy of your TOPS NEWS in the waiting area at clinics and doctor's offices. You can write a personal note on the back inviting them to your chapter. OR you can send me a doctor's name and address and I can have HDQR send them monthly issues of TOPS NEWS.
- The most important way to keep new members is to make sure that your meetings are fun and exciting. Steer away from too much negativity. We all need more positive attitudes around us, that helps us stay motivated.
- Some chapters have set up Facebook pages or websites so they can post info and inspirational sayings. This allows the 'friends' to add special notes to fellow members also.

## TEXAS TOPS SRD – April 13-14, 2012

InterContinental Hotel

## InVest in TOPS

Denim, Diamonds and Lace

You can make your reservations now. Here is the website connection if you would like to make these online. Please only reserve the rooms you will be needing. Cancellations after the cut-off date can lead to us having to pay extra to the hotel. You can type the following into your browser and make your reservations...  
<http://www.ichotelsgroup.com/intercontinental/en/gb/dates-preferences/DFWHA?groupCode=TOP>

For those attending the Dallas-Fort Worth Fun Day, September 10, you do have the opportunity to reserve rooms at the InterContinental for only \$89 a night on September 9 and/or 10. That way you can come into Dallas a little earlier or stay a little later and check out all the places around the hotel so you can report back to your chapter. Please email me if you are interested and I will send you what is needed to get those reservations.

## Congratulations!



I recently posted all the maintenance payments and the following chapters have shown membership growth the past year. This only reflects those chapters who have paid their 2011 maintenance. I have enclosed notices for those that still need to submit maintenance. It also does not include the chapters recently added from Caryl's area, as I do not have access to that info yet.

0010 – Abilene	0024-Wichita Falls	0056-Snyder	0083-Fort Worth
0092-Weatherford	0144-Vernon	0161-Richardson	0284-Farmers Branch
0477-Lewisville	0636-Burkburnett	0665-Texarkana	1088-Quitman
1152-Arlington	1233-Sulphur Springs	1244-Emory	1249-Mt Pleasant
1278-Royse City	1352-Breckenridge	1408-Wylie	1429-Wichita Falls
1451-Mineola	1569-Decatur	1643-Graham	1692-Fort Worth
1710-Alvarado	1815-Iowa Park	1827-Sherman	1842-Duncanville
1867-Granbury	1871-Hico	1900-Electra	1903-Fort Worth
1920-Hubbard			

# Chapter Anniversaries in 2011

## 50 years – TX 0010 Abilene 8/29

45 years – TX 0190 2/1, TX 0193 1/3, TX 0202 3/7, TX 0221 6/8

40 years – TX 0698 5/24

35 years – TX 0968 11/1

30 years – TX 1111 1/27

## 25 years – TX 1244 1/14, TX 1249 3/20, TX 1263 7/29, TX 1265 10/13, TX 1268 11/18

20 years – TX 1429 3/19, TX 1435 7/11, TX 1450 11/18, TX 1451 11/21

15 years – TX 1629 5/2, TX 1639 9/3

5 years – TX 1867 11/16



Enclosed also is a HIGHEST WEIGHT REPORT for each chapter. It also lists when a member's renewal is due, so be sure and use this as a checklist to make sure your active members renew on time. If there is any incorrect info, please let me know via email so that I can get it corrected. Remember that the Highest Weight Recorded is based on the member's weight when they joined OR submitted on a renewal. If the 'Renewal Wght' is zero, then it has never been written on a renewal application, otherwise it is the lowest weight ever given on a renewal or it is their goal weight if they are a KOPS.

## THE PENCIL..... 5 IMPORTANT LESSONS (Thanks to Greg from TX 1278)

### A PENCIL MAKER TOLD THE PENCIL 5 IMPORTANT LESSONS JUST



#### BEFORE PUTTING IT IN THE BOX :

- 1.) EVERYTHING YOU DO WILL ALWAYS LEAVE A MARK.
- 2.) YOU CAN ALWAYS CORRECT THE MISTAKES YOU MAKE.
- 3.) WHAT IS IMPORTANT IS WHAT IS INSIDE OF YOU.
- 4.) IN LIFE, YOU WILL UNDERGO PAINFUL SHARPENINGS, WHICH WILL ONLY MAKE YOU BETTER.
- 5.) TO BE THE BEST PENCIL, YOU MUST ALLOW YOURSELF TO BE HELD AND GUIDED BY THE HAND THAT HOLDS YOU.

\* We all need to be constantly sharpened.\* This parable may encourage you to know that you are a special person with unique talents and abilities, just like everyone else. \*Only you can fulfill the purpose which you were born to accomplish. \*Never allow yourself to get discouraged and think that your life is insignificant and cannot be changed and, like the pencil, always remember that the most important part of who you are is what's inside of you.

Absolutely amazing that someone carved the key from the lead in the pencil. This reminded me that the key to success is within all of us.

Please call me or your Area Captain if you have any questions. We are here to help you in any way possible.

TOPS Love,

Cindy Moore

13636 Janwood

Dallas, TX 75234

Cell 214.797.1976

Email [coord452@tx.rr.com](mailto:coord452@tx.rr.com)

## NOW HEAR THIS



In order to get the TOPS word out, we are going to be doing some publicity around the state.

We have decals that you can put on your car or other places that might be visible to the outside world. We are giving you the opportunity to purchase some for the **low, low** price of 5 for \$2.00.

**Get some now and promote TOPS the easy and sensible way.**

When your field staff visits your chapter or when we are at a workshop or fun day, we will be looking in the parking lot for decals on cars. Or if you are out and about and see a decal in a public place, take a picture of it, send it to us and you might just win a prize.

**The early bird gets the worm.**

Come on now and let's get started promoting **TOPS**

Order yours today!!!!

Call or email me soon to get your order in and pay no shipping.

There are **TWO** kinds of decals:

**Static Cling** – that you put on the inside of the glass and are readable from the outside – such as car windows, door window at your meeting place, plate glass windows in stores

**Adhesive** – that you put on the outside – such as outside of tinted car windows, on bags or cases

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**AREA 452 ...TEXAS TOPS FIELD STAFF... effective 6/1/2011**

**AREA CAPTAINS**

6322		5154		6150	5936		6063	6296	5160
Shelia Callahan		Willie Bird		Clara Gleghorn	Kay Gray		Joyce Lange	Peggy Manning	Vernie Nordstrom
14194		5536		3515			6011	1110	1041
Quanah Parker		CR 2630		W Louisiana	PO Box 65		Plantation	Brennan St	City View Dr
Log Cabin, TX		Caddo Mills		Midland	Joshua		Flower Mound	Fritch, TX	Wichita Falls
75148		75135		79703	76058		75022	79036	76305
202	1280	160	1408	10	64	1305	58	283	24
366	1300	161	1451	21	83	1416	74	327	144
414	1324	190	1453	56	92	1639	166	598	439
427	1329	276	1465	87	162	1681	167	612	636
449	1435	968	1565	927	193	1692	221	643	1429
471	1450	1088	1719	1352	460	1710	284	1018	1569
530	1471	1228	1724	1764	867	1851	477	1799	1643
665	1548	1233	1827		998	1867	1263	1901	1773
698	1579	1244	1872		1061	1871	1469	1940	1777
837	1597	1278	1892		1080	1903	1771		1815
917	1629	1366	1939		1152	1905	1842		1818
925	1677	1405			1198	1917	1914		1843
996	1693				1268	1924	1920		1889
1111	1870						1932		1900
1137	1875								1936
1249	1875								
1265	1925								

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