

QUESTION OF THE MONTH

Aug News

Why did you join your TOPS chapter?

Was it the friendly members?

Was it great programs you heard at the meeting you visited?

Was it the member's response at the roll call, i.e., joy at loss and acknowledgement of a gain and the fact that the week had not gone well and member's response of "we're glad you came" or you'll do better this week?

Was it a follow-up call or a note on thanking you for visiting?

Was it a paper print-out telling about the chapter, i.e., dues, food plans, suggestions, officer's phone numbers if you have questions?

These are all some reasons I learned that caused people to join their chapter. In my case, I joined even before the meeting started because I felt so welcome 39 year ago.

This morning, as I took the dogs out, it was still dark. Off in the east the sky was starting to turn pink and promised me a beautiful sunrise and new day ahead. "I will rejoice and be glad in it" as our TOPS manual says "The Choice is Mine".

THINGS I LOOK FORWARD TO:

Chapter visits because you make me feel so welcome and I get to know you better.

Monthly reports chapters sent me that let me know how the chapters are doing, i.e., how many members attended, programs presented, weight loss and best losers and sometimes a note added saying someone is close to goal or close to qualifying for Century Club year in waiting.

A phone call right from the meeting that it's a no gainer meeting (thanks Grapevine – keep up the good work).

a newspaper article telling Hubbard Chap. great loss

A new issue of our TOPS magazine with programs that challenge me. The latest issue with the Cut and Burn program is to be a month long challenge program at my chapter, thanks to our co-leader's presentation, Great JOB Diane!

CHAPTER TIDBITS:

Grapevine chapter did a several week program on water with a contest that showed real results.

The Lewisville chapter has a new gentleman member that set them up with a web site. How lucky are they?

The Gainesville chapter has changed their meeting time to make their chapter more accessible to people still in the "working" world. (Share any news with me so I can pass it on to other chapters)..

I hope all of you are considering a TOPS "day out" for the fun* day in Plano. Round up a carful, enjoy the awards, inspiration, fun, fellowship and then eat out together (sensibly, of course) on the way home.

I won't be back from "Retreat" in Biloxi in time so fill me in when I return. I always look forward to your news.

Well, the sun is all the way up now so I'd better check my email and get this brand new day off to a good start.

TOPS love.

Aoyee