

NEWSLETTER

May 2011 - Mid-Coast Area of the TOPS Gulf Coast
Kathie Sweeten, TOPS Area Captain #6054

Fall Rally



It's confirmed, so put it on your calendar. Our Fall Rally will be September 17 in Santa Fe, hosted by TX 1237 Santa Fe. The Theme will be **“Let's Play Ball!” Get on the Road with the Winning Team.** Are you a sports enthusiast or at least an armchair spectator? I hope so, so start thinking about “your team” and if anyone has a suggestion for a contest or an activity that you would like to see included that day, please let me know.

Chapter Survey

There is a Chapter Survey in the Leader's Corner on the tops.org website. The Leader or Chapter Designate can access it. They are asking that you print out a copy and take it to your meeting and discuss and answer the questions. Then using those answers, go back and enter your Chapter's opinions by clicking on the “Respond to Survey”. There are only eight questions, so please take a little time to do this. The deadline is May 31, 2011. Let's join together to make TOPS Chapters the very best that they can be and renew our personal commitment to travel the Road to Success.



Together Counts™

TOPS Club, Inc. is pleased to be partnered with the Healthy Weight Commitment Foundation in support of their new initiative called Together Counts™. Together Counts is a nationwide program and is designed to inspire active and healthy living. The idea is to get families and community members to take a simple pledge: **Eat at least one meal and do at least one activity together every week.** Remember that together we can make a difference.



You can take the pledge today at www.togethercounts.com

Chapter Acknowledgement

HAPPY ANNIVERSARY

On May 3, TOPS TX 1626 Santa Fe celebrated their 15th Anniversary for the Chapter and on May 18 TOPS TX 1316 Dickinson will be 23 years old. Congratulations to the members of these Chapters and my wishes for many more years of successful weight loss.

Dates to Remember

2011 Area Rally – Sept. 17 in Santa Fe

Theme: Let's Play Ball!

2011 IRD – July 7-9 in Milwaukee, WI

Theme: Happy Days With TOPS

2012 SRD – April 13-14 in Addison

Intercontinental Hotel

Theme: Invest in TOPS

TOPS Love, Kathie Sweeten Area Captain #6054