

Hello to all my friends in AREA 605!!

I hope that you are managing to stay cool these days of over 100 degree temperatures. Several of you have let me know that you are getting your exercise in air conditioned gyms or walking in the mall or VERY EARLY in the morning. I always knew I have very intelligent members in this area!!!!



We know we need to keep our bodies moving but it surely is hard when we want to veg out in front of the air conditioner and watch TV. The good news is we can also enjoy those wonderful fresh veggies to eat.

It is very exciting to be the Coordinator of 65 NEW (to me) chapters from Caryl Pfeiffer's area. I hope you will plan to attend the Fall Rally in your area so that I can meet you in person. I am learning where some of these chapters are and am looking forward to visiting you. AND I am expecting all of you members from the "OLD" area to attend your Fall Rallies so I can visit with you again!!! The Area Captains work very hard to make these Rallies fun, motivational, and rewarding, so you really don't want to miss it!!!

Just so you have no excuse that you were not aware of the dates here they are for you, along with the place and the Area Captain in charge:

Sept. 10 th	Kingsland Community Center, Kingsland TX	Grace Powell & Jackie Martell
Sept. 17 th	Arcadia Christian Church, Santa Fe, TX	Kathie Sweeten
Sept. 24 th	Golf Course RD Church of Christ, Midland, TX	Clara Gleghorn
Oct. 1 st	Pavilion in the Pines, Jasper, TX	Dora Flanagan
Oct. 8 th	Northridge Park Baptist Church, San Antonio, TX	Elaine Luce
Oct. 15 ^t	Salis Park Building, New Caney, TX	Jan Scharnhorst
Oct. 22 nd	Grace Crossing Church, Conroe, TX	Bridget Gay
Oct. 29 th	We are hoping a chapter in the Victoria, Corpus Christi area will host our Rally on this date or on Nov. 5 th . The chapter that had volunteered to be host, has had to withdraw due to special circumstances and we really need someone to help us out. Let me know if you are able to do this.	

February is Rally time in the Rio Grande Valley and we need someone to be host for this area also. If you volunteered at last year's rally, please contact me right away!!!!

There is more exciting news for you. The Area Captains and I have completed our Leadership Skills training provided by TOPS Club, Inc. and we are ready to bring these skills to you for your chapter. There are 9 skills in all and I have included the First One for you in this newsletter to help you get started. They will be added to the monthly newsletters and we will also present these skills at workshops in your area and at the Rallies. There will be an activity for Leaders at SRD this year. Knowledge is always the key to success and having Knowledgeable Leaders will make every chapter successful!!!



TOPS Headquarters also is presenting something new and exciting for chapters with email, either the Leader or Chapter designate. You will find all the facts in your July TOPS News. It states that when a chapter accumulates 4 new members (full price) between July 1 – December 31, 2011 they will receive an email a free membership to print out and attach to a full price membership or a renewal in your chapter. This happens each time you have 4 new memberships. We typically get new members in our area when the days become cooler in September or October, so this is a wonderful time to host an Open House or list your chapter meeting time and place in a local newspaper. Most papers have a spot for community activities and this usually free. Are you using that as a means to let people know when you meet?

If you need anything or just want to let me know how your chapter is doing, please email or call. I am here for you.

Looking forward to seeing you at Rally soon.

TOPS hugs,

Kay

Leadership Skills - Lesson 1, Introduction to Leadership

Beginning with this August Newsletter and continuing for the next 8 months there will be information for Leaders to use to gain more skills and/or improve the skills they already have. There will also be opportunities for workshops and other “hands on” types of communication in the coming months. Although some people are born to be great leaders, leadership is a skill that can be learned. We will provide you with the information, activities and tools to help you become not just good Leaders, but great Leaders. Everyone in the chapter can benefit from these skills – as we all have the ability to be Leaders either in our families, at work, at our place of worship and within other social groups. Have you ever sat back in awe of someone who was leading a discussion or activity and marveled at how effortlessly they led the group? You too can be that person.

The first Lesson is an Introduction to Leadership Skills. As we start, we should remember the TOPS mission statement: To support our members as they take and keep off pounds sensibly. There are several points we will explore to enhance your leadership skills and achieve this mission.

- Importance of Communication and listening.
- Benefits of being organized and managing our time
- The importance of change and how to identify when it is needed and how to gently persuade others of the need
- Developing good working relationships between chapter officers, Field Staff, and chapter members.

Successful Leaders tend to possess these traits:

1. Good communication skills
2. Be able to make decisions using sound judgment
3. Be able to use past successes to move forward
4. Maturity and Stability
5. Dependability and persistence
6. A drive for continuing achievement
7. The ability to adapt and participate with the group

Think about your strengths and weaknesses and then as these Leadership skills are presented, which ones will help you be informative, inspiring and help you motivate your chapter to success.

