

# News from your Regional Director

---

What an exciting time in TOPS as we will be gathering soon to recognize our winners and KOPS for 2017. I look forward to congratulating all winners at your upcoming SRD events and hope to see you there.



2017 was the year of TOPS “*Million Pound Challenge*”. How did we do? Unfortunately I cannot reveal that information at this time as the final results will be announced at IRD 2018 in Montreal, Canada. However, I can tell you that we had some **amazing** weight loss totals in our area!



So do we stop what we have been doing to achieve these great weight loss results? **Absolutely not!** We are on a roll and should continue supporting each other as we apply the simple principle of cutting 100 calories and burning 100 calories a day to meet our goals and/or maintain our KOPS status. After all, isn't that why you joined TOPS? So what do we need to do to keep the ball rolling?

- Have regular attendance at our chapter meeting
- Utilize chapter programs on weight loss and exercise – even if it is a brief program
- Engage in discussion with one another to find out how you can help each other
- Recognize those members who have had successful weight loss
- Welcome new members as they enter our chapter meeting (remember - you never know who might walk thru your meeting room door!)
- Face the scale each week
- Leave non-TOPS business outside of your meeting room
- Support each other throughout the week with phone calls, emails or even notes

Have you seen some of the publicity coverage with successful members in our area? The recent article in People Magazine featuring Arkansas State Queen, Bonnie W. has been exciting for all of TOPS. Soon you may also see advertising in both People Magazine and Women's Day magazine. **Thank you** for your continued support by purchasing our publicity pins at our SRD events. You have made a difference in getting the message out to potential members.



Here is a sneak preview of our 2018 publicity pin that will be available to you at our upcoming SRD events. It will go hand and hand with our theme for the 70th anniversary of TOPS. All funds from the sale of this pin will go towards our publicity efforts.



This year is the 70<sup>th</sup> anniversary of TOPS and you will notice the TOPS News featuring information about our history and celebration of this milestone event. You may have noticed the new TOPS t-shirt (currently available in the store). If you are looking to order, the women's cut of the shirt runs small – so order accordingly. Sleeves are

shorter and the cut is not like most of our shirts. I would say that this is Misses sizing – and not Women's sizing. For that reason, you may choose to order a larger size than you normally wear – or the men's shirt for a better fit. This shirt has an embroidered logo which is also available as a patch (also in the TOPS store).



*Note: The man in the above photo is our new TOPS Editorial Team Leader – John Rasche. He has joined the TOPS chapter at headquarters and has been losing great.*

**Coming soon** – a new look for the TOPS Store – I hope you will be as excited about the new look as I am. March 26-29 is the tentative date for the update. The TOPS website may be intermittently unavailable due to this update.

March 1st was the day TOPS entered another chapter of our history book as we welcomed our new (and first male) President of TOPS Club, Inc. Rick Danforth. We thank Barb Cady for the many years she has served as TOPS President and are happy that she will continue on the TOPS Board of Directors. Barb will be working with Rick to make this a smooth transition and we look forward to this new chapter in our history book.

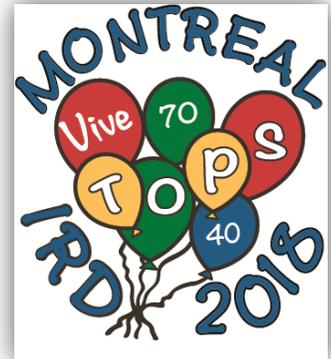




Please check with your treasurer to make certain that your chapter 2018 maintenance fee has been mailed to TOPS Headquarters. If you did not receive a notice from TOPS at the end of 2017, contact your Coordinator and she will send you a duplicate copy of this request.

Thank you to all chapters that submitted this by the requested 1-31-18 deadline.

IRD is fast approaching as we gather to celebrate the success of our 2017 International Winners in Montreal, Quebec, Canada July 13<sup>th</sup> & 14<sup>th</sup>. I hope that many of you will be able to attend this exciting event. As a reminder – a passport will be required to travel to and from Canada and it does take some time to process the paperwork. TOPS News will be highlighting IRD events in the upcoming Issues. Please watch for all registration and participation deadlines.



Please continue supporting each other as we ***Take and Keep Off Pounds Sensibly!*** In the end, we will all be winners.

Until next time –

