

News from your Regional Director

What a pleasure it was to visit with you at our recent SRDs. One of the best things about my job is to be able to congratulate our royalty and winners. If you were unable to attend your recognition event this year, please consider doing so next year. We always receive motivation and encouragement from the success stories of our winners and KOPS.

If you have a member who has had successful weight loss, now is the time to let your community know how your chapter has helped them achieve their success. Reach out to your local newspapers to see if they will do a story about their weight loss. If you need help in putting this together, contact your Coordinator - she will be excited to help you do this.



Soon it will be time for our annual election of officers. I hope that many of you are considering the role of a chapter officer this year. If you are not sure what's involved, check out what the various officer roles are in the *Making your Chapter Great Manual* (pages 28-38). There you will

learn how you can help to make your chapter great, motivate others on their weight-loss journey or just lend a hand. TOPS offers many tools on our website (www.tops.org) to help make it easier, including weekly meeting ideas for a year, a live Q&A with the TOPS president and more. If you are uncertain about how your chapter elections should be held, refer to page 25-27 of the TOPS Chapter Manual.

Immediately following your election of officers, an officer needs to fill out the Officer Chart form completely, including your web designate even if that has not changed. Then send the form **to your Coordinator**. This is form L-001 which has been mailed to the current chapter leader – or is also available on-line under chapter forms (or on TOPS website at this link) – you must be logged in to access the link: https://www.tops.org/tops/TOPS/Member/Members_Forms_Reference.aspx If you have any questions or concerns regarding your chapter elections, please contact your Coordinator.

Another important task that needs to be completed between the transitions of officers is the annual chapter treasury audit. This is for the protection of your chapter and officers. A sample form was included in the recent leader's mailing – but you can use whatever format works best for you. This audit goes to your Coordinator.



Some unfinished business for some chapters may be the annual maintenance payment for 2018. Please make sure that this has been taken care before you pass the books between the new and old officers. This was due January 31st and several chapters have still not made this payment. This should be sent directly to TOPS Headquarters along with the invoice that was sent to the chapter at the end of 2017. If you are in need of this form, please contact your Coordinator who can send you a duplicate copy. Thank you for taking care of this important paperwork.



Many of you have been seen with Burnie in various and even some strange places. It looks like you are having a great time with him. He represents our mission of Taking and Keeping Off Pounds Sensibly and should be a reminder to all of us how by cutting just 100 calories a day and burning another 100 calories we can achieve weight loss success. He also reminds us that as a chapter we should do the things that encourage weight loss for everyone in our chapter by doing these basic things:

- 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

Continue traveling with Burnie and let him be your reminder of what we are here for.

Thank you to everyone who bought the 2018 publicity pin at your SRD event. If you did not have the opportunity to purchase the pin at your event, check with your Field Staff. Additional pins may be available for you to purchase.

As a reminder, all funds from the sale of this pin will go towards our publicity efforts in your state.



My TOPS News arrived the other day – and I love the new “Learn It, Live It” program. Why not have everyone in your chapter bring in the June/July issue of the TOPS News, and work thru the various items in this program. And then everyone can take the TOPS News quiz on page SP12. Make sure you put your name and

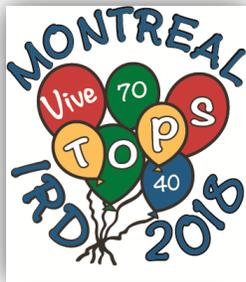
membership number someplace on the quiz, and mail it to TOPS Club, Inc. at the address shown on the quiz – and you will have your name entered in the random drawing to win a \$ 50 gift card. What fun and a learning experience at the same time.

Please note the new schedule for when this great magazine will be arriving at your door.

New print schedule for TOPS News

TOPS News will be adopting a new print schedule, starting this fall. Rather than the usual Oct./Nov. issue, members will receive an issue dedicated to just the month of October, followed by a Nov./Dec. issue. This is a brief transition as we will continue to produce our bimonthly magazine six times a year. The 2019 TOPS News schedule will be:

- Jan./Feb.
- May/June
- Sept./Oct.
- March/April
- July/Aug.
- Nov./Dec.



IRD is fast approaching as we gather to celebrate the success of our 2017 International Winners in Montreal, Quebec, Canada July 13th & 14th. I am excited to announce that we have several winners from our area. 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. If you are traveling to IRD and have any questions, please reach out to your field staff. They are there to assist you in any way they can.

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

Until next time –



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Learn It. Live It.
An activity for use at chapter meetings



Materials
• enough June/July 2018 issues of TOPS News for the chapter to share
• pens/pencils
• copies of this quiz

Preparation
Read through the entire June/July 2018 issue of TOPS News to familiarize yourself with the content prior to presenting. Encourage members to do the same in preparation for the quiz and to bring their TOPS News magazines to the meeting. Distribute pens/pencils and copies of this quiz to each member at the start of the meeting.

News You Can Use
A TOPS News Quiz for Your Chapter



How much do you know about health, nutrition, wellness and fitness? Fill in the blanks using this June/July 2018 issue to find out. Answers are located at the bottom of the page, but no peeking!

Send your filled-out quiz to TOPS Headquarters by **July 31, 2018**, to be entered in a prize drawing. We will send a \$50 gift card to five members, chosen at random, who have completed and turned in their quiz.
Mail to: TOPS Club Inc., TOPS News Quiz, 4575 S. 5th St., P.O. Box 070360, Milwaukee WI 53207.

1. _____ training challenges your body more than working at an easier, steady pace, and has additional benefits, too.
2. A two-stage _____ is best for most grilling recipes.
3. Most physicians recommend checking adult males annually for high blood pressure, _____ and various STDs.
4. Rinsing canned veggies can cut down their _____ content.
5. The "magic" at TOPS retreats is seeing members choosing to _____ themselves, says Retreat Director Terri Ord.
6. A "free" exchange is any food or drink that has fewer than 20 _____ and fewer than 5 _____ of carbs per serving.
7. This year's International Recognition Days will take place in _____.

Answers: 1. Interval 2. fat 3. cholesterol 4. sodium 5. empower 6. calories/greens 7. Montreal