



# TOPS NEWS WITH A VIEW October 2011

**Good afternoon Leaders and members;**



“Searching for TOPS Treasure” Fall Rally/Workshops are done. Thanks Brenda Birdwell, A/C, Sharon Morris, A/C, Brian Steinwand, WA State King, Penny Carson, WA State Queen, and Bill Birdwell for workshops and speaking. It was so fun to see so many of you at Rally and Fall Workshop. We had lots of fun, gave lots of recognition, made new friends and I hope you went away motivated and renewed. I have had some great comments from many of you, so I feel

Rally was a success. We will continue next year to combine Fall Rally and Fall Workshop and I plan to have Rally in the Tri-Cities and in the Vancouver area. I hope you learned that it is important to register for recognition events so we can recognize you as much as possible. I had to pull a few ideas out of the bag this year, so lets try harder next year. If you have an idea for recognition please email me and I will consider your request. Our theme for next year will be

**“Ready, Set, Goal!”**



I am enclosing a copy of the exercise forms. This will be award at both Rallies next year, so start tracking your exercise. 20 minutes equals 1 mile.



Workshop was based on the Resume. It is time for the weight recorders to get busy. If you need any information for your weight charts it is on the tops.org website. Your leader or designate can help you collect the information. I have posted on whywelovetops.com instructions for the resume and it can also be downloaded from tops.org. Please, start looking at your charts now. TOPS headquarters will be sending out your chapter resume. Resume is due to me no later than January 8, 2012.

## Membership Applications/Renewals



Effective January 1, 2012, annual TOPS membership will be \$28 for full price adult, teen/preteen with TOPS News and \$14 for 1/2 price spouse, teen/preteen without TOPS News. Renewals due on or before December 31, 2011 must be postmarked in 2011 to be at the current rate. Any 2011 renewals postmarked in 2012 will be charged the new amount. All renewals due on or after January 1, 2012 will be charged the new amount, even if they are paid in 2011.

You may continue using the old form until supplies on hand have been depleted. Just cross out \$26 or \$13 and write in \$28 or \$14. **Please destroy and do not use any forms dated prior to 2009.**



If your chapter is hosting an open house, I am posting to whywelovetops.com an Open House Meeting Guide with a complete outline for an excellent open house. Also, book markers you can run off and use at your open house. This is a great time to add new members to your Chapter. New members keep your chapter fresh and help keep members motivated.



The holidays are fast approaching. “Remember the Reason of the Holiday” Is it about the food or the family and friends? You do not have to gain during the holiday season, but it is best to have a plan to make sure that you are ready. I hope your Chapter is planning programs to help members get through the holidays without the drama of the weight room. Being at weekly meetings will help you follow you plan.

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[tops.org](http://tops.org) [www.whywelovetops.com](http://www.whywelovetops.com)

