

# E.MO NEWS

A very warm welcome to Eastern Missouri's newest TOPS Chapters: **1274, O'Fallon, 1276, Perry and 1277, Bowling Green!** We wish you all an enjoyable successful TOPS experience!

Congrats to chapter **MO 87, St. Louis!** They won the drawing for a refund of their 2010 Chapter Maintenance!

Congratulations also go out to all new and re-elected chapter officers! Your time and efforts are so greatly appreciated! And remember-your field staff is here to help!

I also want to congratulate the many chapters that had an average loss of 5 or more pounds for 2009-and the members who contributed to those losses!

As I reviewed chapter resumes in January I was impressed with the number of chapters that had such good average losses. How about challenging your chapter to reach an average loss of 5 or more pounds in 2010!

Special congratulations go out to the Missouri chapter with the highest average loss per member! And that chapter is.....going to be announced at SRD!

Remember that chapters with a 5 or more pound average loss for 2009 will get special recognition on stage at SRD.



## *Time to Shine* **2010 Missouri SRD**



Are you making your plans to attend the 2010 Missouri TOPS State Recognition Days in beautiful, historic St. Charles June 4th and 5th?

We have some wonderful events planned. Carol Clendinen, our guest speaker scheduled at 3:00 on Friday, is funny, caring and shares a great message. The Baggy Clothes parade is always inspiring-to see just how much smaller sized clothes our members are now wearing!

And talk about **FUN!** Our celebrity dress alike/movie portrayal parade should be a hoot! What celebrities will come out for this event? And don't forget our entertainment-The Fabulous Platters will be singing some of their greatest hits!

**We've also added a retreat reunion at 4:15 on Friday, June 4th! Share your stories and pics from recent, or not so recent, TOPS retreats-and see some of your new, or not so new, retreat friends!**

And let's not forget our the purpose of our event: **RECOGNITION!** We'll be honoring our Chapter Officers, our newest and alumni KOPS and Century Award members. State Division Winners and Chapter and State Royalty-what an awe inspiring moment-to see our Annual State King, Queen and runner-ups crowned, here their stories and participate in the beautiful circle of lights! **Remember: Dress code for members on stage Saturday: Ladies: No Slacks: Gents: Coat and tie Required.**

All chapter leaders should have received the information/registration letter early in March. Copies of all the forms are also available on the Missouri TOPS web-site. Just go to [www.tops123.com](http://www.tops123.com) and click on the great state of Missouri! Then just look for the links to the SRD forms.

***-Remember to submit your chapter's great contest ideas for our contest workshop at SRD!***

### **2010 Spring Workshops**

Enclosed with this newsletter is information about the 2010 Spring Workshops. We'll share some important info on TOPS policies and procedures as well as share ideas on helping your chapter and members be successful. I hope members from your chapter can attend.

Also enclosed is the 2010 Workshop Fee form. This annual fee is used to offset the costs of presenting workshops throughout the year:meeting space, handouts, prizes, etc.

Each chapter is asked to pay this fee regardless of workshop attendance. The fee is per chapter-not per workshop or per member attending. These workshops would not be possible without your support.

The annual chapter maintenance and workshop fee are the only fees assed to chapters each year.

## Summer Contests

We will once again hold our summer contests this year! The summer contests encourage “good habits” through the summer months and are awarded at Fall Rallies. A Summer Contest report form will be sent to chapters with the Fall Rally information letter after the contest period has ended.

The contest period runs from your chapter’s first meeting on or after June 1, 2010 and ends with your chapter’s last meeting on or before August 31, 2010.

The Summer Contest categories are:

**Chapter Best Loser:** This is for the member in your chapter that loses the most weight during the contest period. Begin with member’s first weight on or after June 1st. End with member’s last weight on or before August 31st. A minimum of 6 pounds is required.

**Chapter Growth:** This award is for chapters who have more active members at the end of the contest period than at the beginning. Count all of your active members at your first meeting on or after June 1st (do not count those who have “dropped out” or have 4 or more consecutive, unexcused absences). Again count all of your active members at the last meeting on or before August 31st.

**Perfect Attendance:** This is for all of your members who weigh in every meeting during the contest period.

**KOPS at or Below Goal:** This is for your KOPS members who weigh in at or below (within leeway limit) their goal weight each time they weigh in during the summer contest period.

**Chapter No Gain Meeting:** This is for a meeting during the contest period where there is a 0 gain recorded for your chapter. KOPS who record a gain-but are in their leeway limits do not count against the No Gain Meeting.

**Exerciser Award:** This is for the members of your chapter that go “above and beyond” when it comes to exercise this summer. Members must walk a minimum of 150 miles or exercise 2250 minutes during the contest period. Members may track miles or minutes-whichever they prefer. If member is tracking miles walked, then miles may be best. If member is tracking a variety of types of exercise, minutes may be best. All members should begin tracking miles or minutes beginning on June 1st and ending on August 31st.

**TOPS Angel:** Any TOPS member may nominate any other TOPS member for this award. If you feel there is a TOPS member that goes “above and beyond” in showing what TOPS is all about: supportive and encouraging to others, a good example of what TOPS can do, promotes TOPS, etc then send a short note or letter to me explaining why this member is your TOPS Angel. All nominees will be recognized at Fall Rallies. Won’t they be surprised and honored to know that their efforts are noticed and appreciated!

### Coordinators Corner: ROCK BOTTOM

I wanted to talk to you a bit today about “Rock Bottom”! I did not do well-weight-wise, in 2009. My second weigh in of 2010, I hit a number I really didn’t like-and have been doing better with my weight loss progress since. Maybe that was my “rock bottom”.

Whatever the issue, we often hear people say they need to hit rock bottom before making changes. This is silly when you think about it! The deeper your hole the farther you have to climb back out! I mean, which do you really want to have to do-climb out of a hole that is 10 feet deep or 100 feet!

Just how far down that hole do you need to go-do you even know? Maybe you thought being 20 pounds overweight was your rock bottom-but now you find yourself needing to lose 50! Maybe you are a KOPS who lost status or is in danger of losing status-and rather than beginning to climb back to the surface, you find it easier to dig the other way.

I know climbing isn’t easy. You first have to have the desire to start upwards. From there, you just take small steps in the right direction. You may occasionally slip a little. But as long as you are persistent, and determined, you will eventually reach the surface.

Our holes are as deep as they are-some are standing in those 10 foot holes-others in the 100. But, let’s not go any farther underground. Let’s all make today our absolute rock bottom and start climbing out! It is a brighter day at the top!

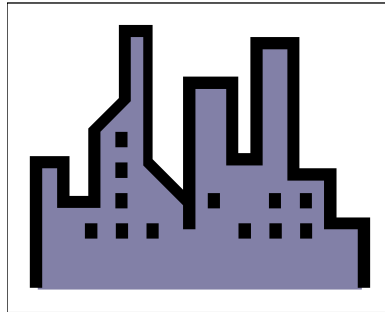
# INSIDE STORY HEADLINE

## Stroke Prevention Speaker

I have been contacted by a company that is interested in speaking to chapters about Stroke Prevention.

The company is Lifeline Screening. They spoke at my chapter several years ago and if I remember correctly, they speak on warning signs, prevention and the importance of screenings. I do believe they will offer screening appointments for those wishing to do so when they speak but no pressure.

Chapters interested in having them speak or to get more information, please contact: Laura Trost 1-800-897-9177 ext. 1777



Caption describing picture or graphic.

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# INSIDE STORY HEADLINE

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your

customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice

column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

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# INSIDE STORY HEADLINE

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

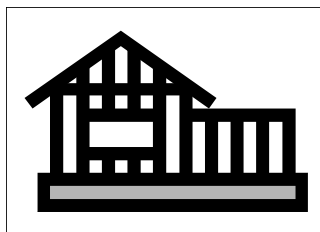
Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes

thousands of clip art images from which you can choose and import into your newsletter.

There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to



Caption describing picture or graphic.

place the caption of the image near the image.

## TOPS

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

**We're on the Web!**  
**example.microsoft.com**

*Your business tag line here.*



*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

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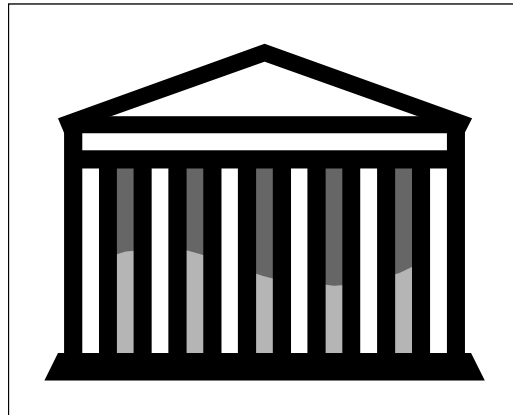
## BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees. If you have any prices of stan-



Caption describing picture or graphic.

such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.

dard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event,