

# BACK IN BLACK!

Hello there TOPS & KOPS members-

Spring is among us, and the Easter Bunny has arrived. Hopefully he has not left any treats at yours or my house! May all of our Easter Baskets be filled with Good Cheer instead of Good treats!

This is such an exciting time to be a TOPS member. We have so much going on in our TOPS world and so many things to be looking forward to:

- There is the BACK IN BLACK challenge where we are all trying to end the month weighing less than we did at the beginning of the month for the rest of the year. How is that going for everyone? Are you having success? As you may recall in last months newsletter, I referred to this as Give back the black! It changed names this month because I believe in you that we can make this happen and actually turn this around and have these losses at the end of the month. The weigh this works is that you are giving back your excess weight by removing your pounds to be in the black. Thus ending in the black each month! You only have to be in the black, there is no minimum or maximum requirements, just be in the black. Let's see how many can make this happen from now thru the end of the year! I also wonder if there is a chapter out there that can take this challenge on chapter wide for all their members to end the year in the black! You CAN DO IT! I believe in you!
- June 4<sup>th</sup> & 5<sup>th</sup> is our SRD (State Recognition Days) in St. Charles, MO. Please turn in your registration to your chapter. If you have not received information about this event, you can find information about it at TOPS123.com. Simply click on the Missouri link, then go to the SRD site and you will find the forms that contain the information about the event along with the promotional items we are pre-selling.
- July 15<sup>th</sup>-17<sup>th</sup>, 2010 is our IRD (International Recognition Days) in Halifax, Nova Scotia. What a wonderful opportunity to see the world and honor our International winners. Some of the best motivational speakers will be there, among all of our inspiring international winners. This year's theme is "Set your sights on harbor lights"!
- September 12<sup>th</sup>-17<sup>th</sup>, 2010 is the Men's Retreat in Aurora, Nebraska. Not that far away! Your host and educator for this retreat's non other than our very own TOPS President Barbara Cady. Cost for this one full week is \$449.00 and covers room and board. You may book online at TOPS.org. Please hurry and book right away as space is limited.

SRD will be here before you know it! I am so excited to honor our winners and our KOPS and to see everyone again! It is like a family reunion every time we get together. This year at SRD we are having a contest workshop. If you have a contest in your chapter that you have had great success with and your members really enjoy and you would like to share with other chapters, please submit the instructions in writing to me. Mark the outside of the envelope CONTEST IDEA and send it separate with nothing else in the envelope. IT WILL NOT BE OPENED UNTIL JUST BEFORE SRD!

I am so excited for each and every one of your hopes and dreams to be successes!

*"To accomplish great things, we must not only act,  
but also dream; not only plan, but also believe."*

ANATOLE FRANCE

TOPS Hugs,  
Randy Paul