

On the Road to Success

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Note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis or treatment.

Trick or Treat!

It's not news that Linda Bursell has retired as our state coordinator. We will miss her as coordinator, she has agreed to be our state treasurer and most of us will still have contact with her. I have taken the coordinator's position and would like to use this as my introduction. I am Deb Pier and I live in Hot Springs, a small town in the northwestern corner of our fabulous state. I have served as area captain in this area since the first of the year. TOPS Chapter 544 has the dubious honor of being called 'my' chapter. With help of my wonderful group I have found the support I needed to lose weight that has tormented me for the majority of my life. I hope each of you have that same sense of belonging to a chapter that is totally supportive and open that you know you are among 'family'. I am hoping to meet most of you or reacquaint myself with some that I have already met at the upcoming rallies. I am planning on being in Helena and Billings this month for those. If you have any need to contact me feel free to email, call, or write using the information in the headings of this newsletter. If your chapter has information you want dispersed statewide, you can ask me to put it in upcoming newsletters. I will be contacting leaders with requests to come to chapter meetings, I enjoyed doing that as an area captain, and hope to get to as many chapters as I can while the roads are good. If you are having a special event and would like to see my smiling face, please send me an invitation. I would appreciate information on open houses, health fairs, and other events, as well as regular chapter meetings. Let me know how I can best serve you. I will look forward to getting to know each of you a little better as the year progresses.

Deb

Upcoming Events—Fall Rallies

Northwest Rally

**October 1~~Trinity Lutheran Church
460 3rd Avenue West N in Kalispell, Montana**

Central Rally

**October 8~~ St. Peter's Episcopal Cathedral
511 N. Park Ave. in Helena, Montana**

Southwest Rally

October 22~~Seeley Lake, Montana

South Central and East Rally

**October 22~~ Trinity Baptist Church
1145 Nutter Blvd. in Billings, Montana**

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No Gain Meetings

MT 376, Malta
August 29

MT 527, Circle
September 6

MT 541, Thompson Falls
September 9

MT 414, Inverness
September 12

MT 556, Thompson Falls
September 13

MT 376, Malta
September 19

MT 541, Thompson Falls
September 20

MT 529, East Helena
September 22

MT 559, Trout Creek
September 26

MT 427, Helena
September 27

MT 564, Bigfork
September, 28

Membership Incentives

1--As many of you already know, our chapters with leader or designate email on file at TOPS Club, Inc. are bringing new members and earning free membership coupons!

The Board of Directors decided to add a special discount offer for The Choice Is Mine to the free membership promotion . If chapters that have already redeemed the free membership, no worries. You will receive a notice of the opportunity to purchase five Choice Is Mines for \$25.00 (\$5.00 each).

2--There will be a new member drawing next year at IRD. Linda and I are keeping track of new members starting from July 10th. The chapter's name goes on a ticket for each new member until the last week of June 2012. There will be a drawing at SRD as well. There will be one winner for a drawing of \$100 at SRD. Then it will be placed back into the tickets to compete at IRD plus I will still be able to add names until the end of June.

TOPS Retreat Coming Near You Soon

Retreat Director: Terri Ord
email: key2kops@aol.com

A \$50.00 cancellation fee on refunds will be charged.

- **Place-** Rosemary Heights Retreat Centre
3690 – 152 Street
Surrey, British Columbia V3S 0L3
Canada
www.rosemaryheights.com
- **Date-** June 11 – June 15, 2012 (4 days, Mon. – Fri.)
- **Who-** all Adult, Female members (18 years or older)
- **Capacity-** 44 openings
- **Cost-** \$430.00 Canadian Funds per person includes all retreat activities, room and board –(6/11 Monday night arrival—6/14 Thursday departure).

*Registration is now open. To receive registration form, rules and information,
Look for coupon in TOPS NEWS.*

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Linda Bursell sends this to everyone who contributed to her retirement gifts.

How can I ever begin to say thank you for your generosity, your cards, your warm wishes and your love. I was overwhelmed with the gift I received today at fall rally. I never expected anything like that. Thank you seems so small for how much you have given me.

I know that you will support Deb as much as you have supported me. I look forward to seeing you at our TOPS functions and telling you how much I appreciate all you have done.

Love and hugs,

Linda Bursell

I also need to inform you that Membership Fees will be increasing as of January 1, 2012. There will a two (2) dollar increase effective for all membership new and renewed memberships. Membership forms will be distributed and reflect the change in cost before the effective date.

Do you prefer the newsletter online or hard copy? Am mailing this with an enclosed letter, but from now on I will post it to the website at www.tops123.com . Then I will email members of its availability, if you need a hard copy please drop me a note to that effect.