

On the Road to Success

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No Gain Meetings

MT 134, Livingston
September 20 & September 27

MT 473, Chinook
October 19

MT 482, Butte
October 27

MT 541, Thompson Falls
October 28

MT 544, Hot Springs
November 9

MT 559, Trout Creek
November 21

MT 287, Lewistown
November 28

Upcoming Events:

I will be participating in the HHP Freeze Burn fitness walk on December 4th. It starts at the Frenchtown High School Parking lot. Registration is at 8:45 and the walk begins at 10. Weatherman says it will be cold but not rainy and a slight chance of snow. If you can be there look for the SRD Tee-shirt I will wear over my coat and walk with me. I will have something stashed in my pocket for TOPS members who find me in the crowd. More information about the walk is available at http://www.coehs.umt.edu/hhp/current_events/default.html

NEWS FROM NATIONAL – HERE'S A CHALLENGE TO WORK ON!

Your weight losses as a chapter matter so much! This shows what an effective team you are!

Your Regional Director wants to acknowledge the outstanding successes of chapters in your area. This spring at your recognition days, she will have the honor of presenting a special certificate on stage to each chapter achieving an average loss per member of eight or more pounds in 2011.

In addition, TOPS Club, Inc. will be listing a chapter honor roll of all chapters achieving an average loss per member of fifteen or more pounds in TOPS News after International Recognition Days is celebrated in July.

UPCOMING DUES CHANGE ONLY A MONTH AWAY!

The national membership fee will change to \$28.00 on January 1, 2012. The January 2012 renewals are scheduled to be printed the first week of November and will be mailed that week. The renewal forms will have the \$28.00 printed on them. The member is to pay the new rate even if they are paying in 2011.

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PLANS FOR SPRING WORKSHOPS AND SRD

It is that time to start planning our next two events. I'm looking for some suggestions, ideas, and volunteers. Let me know how you if you or your chapter can assist with the planning stages of either event.

We need hostess chapters for Spring Workshops. Agendas will be arranged by Area Captains and myself. They will be training sessions for officers and members alike.

June brings SRD and we will need volunteers for registration desk, masters of ceremonies, promotion room workers, raffle tables, song leader, pianist, photographer, and many more.

Needing the Right Form??

All the newest weight charts, TOPS, KOPS, Transfer, and Chapter Resume forms for 2012 were mailed to each chapter this past month. Those plus most of the current forms are available online at the TOPS website and can be accessed either by the chapter leader or chapter designate. Email me or call if you have questions on any form needed.

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.

Request for Articles for TOPS MAGAZINE

The editorial staff of the TOPS NEWS is looking for articles for upcoming issues. If you have a submission about your weight loss journey or an exciting event that your chapter has held, please write it up and submit for publication. The focus of recent issues has been to feature actual members and their successes. Photographs used to illustrate this should be sent with the article. Stories about spring and summer would be appropriate at this time as the magazine is put together a couple of months in advance of distribution.

