

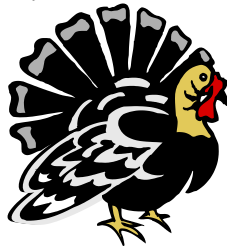
On the Road to Success

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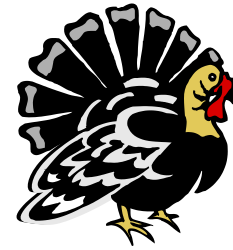
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November 2011



Holidays are Headed Our Way

How's your old friend Will Power doing? I know he will be put to the test as I start planning some holiday menus and get-togethers with friends and families. There is Thanksgiving and Christmas just around the corner and I plan on inviting Will to join me before I talk to anyone else and make any commitments. Planning ahead is my goal for being sensible throughout the oncoming challenges. I am going to offer to host at least one of the 'big' meals my family has. That way I can plan for success. I will attend any others by offering to bring a dish or two that I can enjoy without guilt. Eating lightly beforehand, so I'm not hungry is also my plan. Continue to find ways to exercise; even on the day of the larger meals is going to be essential. Making certain my friend Will Power is there and vocal will be my line of defense. I'm sending everyone a successful and enjoyable Thanksgiving wish for this month. Think of it as a practice run for the upcoming month. ☺ Deb

No Gain Meetings

MT 482, Butte
September 29
MT 61, Great Falls
September 29
MT 169, Bozeman
October 4
MT 529, East Helena
October 5
MT 564, Bigfork
October 5 and October 12
MT 538, Martin City
October 18
MT 163, Whitefish
October 18
MT 544, Hot Springs
October 26

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.

BE A CONTRIBUTOR!

The stories and photos shared by members are what makes each issue of *TOPS News* interesting and informative. Send in your stories, photos, and submissions either via email or regular mail—and to keep them coming! See our current “wish lists” for *TOPS News* and show us what you've got!

Photos--Photographs are a vitally important part of any story and they add to the quality appearance of the *TOPS News* magazine. When submitting photos make certain they are of very good quality. Chapter 11 of the *TOPS Chapter Manual* provides guidelines on how to submit photos and stories correctly. We're always thrilled to receive excellent shots of members that can be used for the cover of the magazine! In addition to those photos submitted with stories, we want to share as well. While posed photos are nice, candid can help illustrate the whole story. Please send us photos of any and all activities in progress (meetings, retreats, open house events, contests, etc.) for the magazine, the website, and other projects. If possible, make certain that there is something in the photos to help identify them as a TOPS activity.

Stories--Here are a few topics to consider when sending in submissions for upcoming issues.

- Benjamin Franklin's birthday is January 17—any good kite stories?
- Chinese New Year is Monday, January 23, for the year of the Dragon
- February is Heart Health month—how has TOPS helped your heart health?
- The Super Bowl will be played on Sunday, February 5—any favorite healthy game-day snacks?
- Valentine's Day is Tuesday, February 14—do we have any TOPS love stories to share?

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· Mardi Gras is Tuesday, February 21—how do you “laissez les bons temps rouler” in a healthy way?
· ...and don't forget that we're *always* interested in stories about funny TOPS experience, staying on TOPS track on vacation, updates on challenges and retreats, etc.
Thank you!
Beth Maniero, Communications Manager

Fall Rally

Until I had to plan my first Fall Rally I never realized how much time went to making them so successful. Sitting on the other side of the podium I always thought they were just plain fun. My hat is off to all our **FABULOUS AREA CAPTAINS**, past and present, for making these events so enjoyable. They spend time organizing, planning, and even emceeing so the day goes smoothly. That doesn't mean they don't have their support system. It couldn't happen without a chapter or two to step forward and offer to host. That chapter works at registration, decorations, entertainment in some cases, set up and the inevitable clean up to make the event flawless. I was able to attend three of the four rallies and meet so many of you. It was an opportunity I was thrilled to participate in. My personal thanks go to Chapters MT 503 Billings, MT 547 Billings, MT 427 Helena, MT 529 East Helena, MT 360 Kalispell, MT 542 Kalispell, and MT 200 Seeley Lake for hosting and all their assistance to their Area Captains. I also know that those members that walk in the

door and just offer to help in any way they can are greatly appreciated as well. What would we do if we didn't help each other out no matter what the circumstances? So thank you to the unnamed raffle ticket assistants, the greeters, name tag distributors, and even the folks that just chipped in to help the person next to you feel comfortable. This is what makes our events so memorable.

Lost and Found—a fleece cape was left at the Kalispell Rally, first table inside the door, if you know who it belongs to, contact me and I will see it gets to the owner.

UPCOMING DUES CHANGE

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.

Does your chapter prefer the newsletter as a hard copy? 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. I only had two requests for the hard copy. If your leader remarks that they didn't get a copy or doesn't have Internet access, please contact me.

Need a little inspiration? Are you a Facebook Fan and Friend? You might want to check out Laurel Parsons Facebook group called TOPS in Big Sky Country. Laurel tries to share an inspirational thought each day. Other group members are encouraging each other as well.