



TOPS Newsletter

September 2011

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COMING UP :

FALL RALLIES ALMOST HERE!

CHALLENGE ENDED AUGUST 31, REPORTS AND ASSESSMENT DUE BY SEP 7 !

Make checks payable to & mail to: Deloris Heminger, 682 Liberty Rd, Dannebrog, NE 68831

I hope you are all working on your walking posters as well as completed the challenges for the Fall Rally Days!

Southern counties Fall Rally will be on Saturday, September 17th in Grand Island. Meet for luncheon @ 12:00 noon at First Baptist Church, 811 W 10th St, Grand Island, will be hosted by #NE 302, Ord this year.

Northern counties Fall Rally will be on Saturday, October 8th in Columbus. Meet for luncheon @ 11:30 am at Columbus Senior Center, 2518 14th St, Columbus, NE, will be hosted by #NE 529, Columbus.

Reminder! . I am requesting all of the other chapters in the area to provide the food in the form of low calorie salads; each chapter needs to furnish two (2) salads that will feed approximately 10 people each. I'm sure you all have some wonderful low calorie salad recipes. **(PLEASE BRING A COPY OF THE RECIPE ALONG WITH THE SALAD TO SHARE)**

STATE RECOGNITION DAYS

Check www.tops123.com for NEBRASKA TOPS information. SRD 2012 will be here before you know it, SRD isn't a success without all of you! If you weren't able to attend this year make sure you start planning now to join us next year, you won't be disappointed! By planning ahead and setting up an SRD fund to raise money throughout the year you can easily afford to bring your whole chapter to celebrate with the rest of the Nebraska TOPS members at State Recognition

TOPS TO KOPS



One Step At A Time

NE SRD 2012

April 20 - 21

Ramada Inn, Kearney, NE

FOLLOWING PAGE IS IMPORTANT INFORMATION FROM PRESIDENT, BARB CADY! (PLEASE READ)



August 2011 - Chapter Signs and Mileposts



Get your TOPS Calendars for 2012 as soon as the order form appears in TOPS News. The supply is limited! Together, we will strengthen our focus 365 days a year to build healthy changes in our lives ...not just 52 meetings!

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CONGRATULATIONS to all chapters who have an email contact registered with TOPS who have already earned a **free membership** for bringing four new members to your chapter since July 1. **This contest runs through December 31, 2011.**

There are changes to 5 pages of the Chapter Manual. **Please replace the old pages with the new ones and throw the old away.** The chapter shall receive two sets of the changes in the packet with this year's Chapter Resume, order sheet for special Chapter Yearly Award items and Weight Charts for the new year.

LEADERS, Please remind your members that **TOPS Rules** are printed in the **centerfold** of the **Dec/Jan** issue of **TOPS News** and should be removed and saved.

Beginning with February TOPS News, all chapter programs shall be printed in TOPS News. These shall also be posted on www.tops.org in a black and white version. All existing programs are being redesigned in the same format and will become part of the "Learn it... Live it!" Life Lesson series.

Door signs are being designed for you to display at the door of your chapter meeting each week. That way, people passing by will see that we are there to help them each and every week. These will be mailed to the Leader in February.

TOPS Website is under construction and wonderful changes will be unveiled October. Log in and check it out.



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A new rhinestone TOPS flag pin and TOPS and KOPS pendants will soon be available in TOPS News. Also, new award items are being added to our Awards and Tools including Road to Success theme items and the Daily Do It many of you have been using since your Area Captain visited and presented the Super Foods program.

There is a slight increase in mailing Award items for 2012:



\$ 0.00 - \$10.00	no change		
\$10.00 - \$20.00	no change		
\$20.01 - \$40.00	up \$1.00	\$ 9.95 US	\$10.95 Canada
\$40.01 and up	up \$2.00	\$11.95 US	\$13.95 Canada

Unchaperoned children **who are members** may attend chapter meetings if the chapter members do not object. Parent or guardian must sign the membership application of a minor under 18 years of age.

Retreats... we want to play fair... so, be aware!

- No member may be placed on a retreat waiting list to attend prior to its announcement.
- Member may not register for a retreat prior to its announcement.
- Member must make full payment at time of registering for a retreat
- If retreat is charged by the facility for a cancellation, that charge shall be deducted from any refund that may be due to a retreatant in addition to the \$50 cancellation fee.



TOPS HUGS,

Deloris Heminger