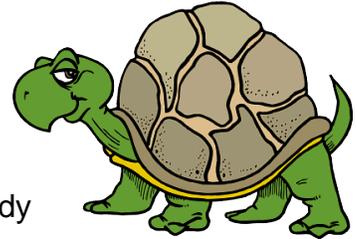




Margie Fisher
Regional Director
2725 Via Montezuma
San Clemente CA 92672
mfisher690@cox.net
CHAPTER NEWSLETTER
JULY 2018

WE'RE HALFWAY THERE! June 30th marks the end of the first half of the year. How are you doing? Are you halfway to the goal you set for yourself at the beginning of the year?



It's not too late to make progress toward that goal. Slow and steady gets you there.

Be sure to make changes you can live with. Look back at what has worked for you before. Smaller portions will allow you to eat the foods you like and still lose weight. **REMEMBER:** you can eat anything if you allow for it and eat it in moderation.

I want to thank all of you for the warm welcome I received at your SRDs. I was so excited to be there for the recognition of your members and KOPS. The hard work you put into your events certainly showed your commitment to TOPS. I know that your members also appreciated your efforts.

We had some wonderful losses in our Region and I'm looking forward to seeing some of our members recognized at IRD in Montreal.



Our states of Arizona, California, Hawaii and Nevada had 470 chapters in 2017. We honored 14 state royalty, 63 state division winners and had a "whopping" **42,439.25 pound loss!**

Give yourselves a big hand – you deserve it!

ARE YOU UP TO THE CHALLENGE?

At your SRD I challenged all chapters to complete 5 actions to receive a crystal trophy. These actions are ones that ALL of our chapters have the means to accomplish, and may have already accomplished during 2018. I would love to hand out dozens of these trophies at your SRD next year.



Please remind your chapter of the following actions:

- 1) Enroll One or More New Members
- 2) Register One or More New or Reinstated KOPS
- 3) Have your Area Captain come and present the AC's Program
- 4) Attend One or More Area Event (workshop, rally, SRD, etc.)
- 5) Have an Average Loss Per Member of 8 or more pounds

ELECTION OF OFFICERS – the second week in July has been set aside by TOPS for the election of chapter officers.



We each have abilities and strengths that are an important part of the makeup of our chapters.

Please consider putting your abilities to work to serve your chapter. When we contribute to the group, whether it be as an officer, web designate, new member coach, or any other of the myriad of ways, we are helping ourselves.

Our chapters need each and every one of us.

Remember that beginning in 2015, a 2 year term limit was put in place for the Leader position.

Chapters wishing their leaders to serve for an additional term must get prior approval from their Coordinator.

Excerpt from "Women's World"

You're pre-qualified to succeed!

First you need a vision: You've already got that!

Next, you need to make the decision to go for it. You can do that!

Last but not least you need conviction: You can develop that!

And the instant you truly start believing in the power of you,

Amazing things start happening!

Because I care,

Margie

What Members want most and What Chapters aim to provide:

Accountability- A private weekly weigh in that keeps us accountable.

Discussion- An opportunity to take part in the meeting

Program- A program presented at the chapter using reliable information.