

NEW JERSEY TOPS

FSID 672

Coordinator's Newsletter

February '10

SRD HOTEL NEWS

By now, most of you know that our chosen hotel for SRD has gone out of business, leaving us with the chore of finding a new place at the last minute. I am pleased to announce that SRD 2010, TOPS Goes Hollywood, will be held at the Hilton Garden Inn in Rockaway, NJ. I considered eight different places, and this hotel seemed to meet our needs and budget the best. Room rate is \$109 (+tax) per night and includes breakfast buffet coupons for two. The committee has set aside 20 double rooms (two queen beds) and 10 king rooms, and can be reserved by calling 1-973-328-0600 any time. Be sure to mention you are with TOPS of New Jersey. Our block of rooms will be held until April 10. After that, there is no guarantee of a room at our SRD rate.



I'd like to thank those of you who helped me find a new hotel, especially Janine LeGates of NJ 0188 and Linda Sulpy of NJ 0200. Your input was invaluable and I appreciate the legwork.

CHAPTER RESUMES

I have finished all the resumes and charts, and the state's results have been forwarded to our regional director for approval. Once that is done, all leaders, state division winners, and state royalty will receive a letter from me with the official results. What amazing weight losses we had this year!

OFFICER ELECTIONS

All leaders will receive a package from headquarters this month with a couple programs and the officer chart (L-001) for 2010.



Immediately after elections are held at your first chapter meeting in March, please fill in all the information including meeting place and address and your new chapter officers and send to me. This form must reach me by the third week of March, as I have a submission deadline, too. Even if all your chapter officers remain the same, I must have a new L-010 from your chapter.

FEBRUARY IS HEART HEALTH MONTH

Heart disease is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the U.S. is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one.



Stay in TOPS, get to a healthy weight, maintain that healthy weight, and keep heart disease at bay.

SRD T-SHIRTS

Just a reminder for those that are interested: Chapter leaders, please send me an email with the number of t-shirts your chapter is interested by February 15. Regular order forms will be sent to you in the middle of March and due to me with payment by April 15, 2010. This information is also included in the SRD registration packet mailed last month. If you have any questions, please call or email me. All shirt sizes will be 50/50 blend fabric.



Don't forget that New Jersey has a website. Log onto www.topscare.com and look around. You can always find the current and recent newsletters, along with other interesting items. Is there anything you'd like to see there? Let me know and we can put it in. It's our website, so let's make it what we want.

WEBSITE FOR NJ TOPS

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Aloha,

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