

# NEW JERSEY TOPS

FSID #672

COORDINATOR NEWSLETTER

NOV 2011

## FANTASTIC FALL RALLIES

Both fall rallies were well-attended, and it was nice to see old friends and make some new ones. Who knew there were so many pirates and wenches in New Jersey! I'd like to congratulate both Marilyn and Kris for the wonderful job they did with the southern rally. They had record-breaking attendance this year. In the above picture is your coordinator surrounded by some mateys from NJ 0135 N Cape May. Argh!



## ARE YOU IN A GOLD STAR CHAPTER?



Beginning this fall, all chapters in New Jersey will be able to work towards special status with recognition called Gold Star Chapter. In order to qualify for this honor, chapters must do twelve of fifteen tasks on The Bucket List. If you attended fall rally, you know that every chapter received an actual bucket with the list of all the tasks to choose from. You have from November 1, 2011, to March 31, 2012, to complete twelve of the tasks. If no one from your chapter was at fall rally, you will get a copy in the mail the first week of November. Keep track of your progress and send completed checklist to coordinator no later than April 10, 2012. Chapters will be honored at SRD, and the chapter present with the highest totals will receive an extra special award.

## WEIGHT RECORDERS' PROGRAM



As part of the Gold Star Chapter challenge, weight recorders in each chapter are asked to present a program using their members' weight charts. Participation in the Gold Star Challenge is optional, but this program should be given. All leaders will receive the program from the coordinator during the first week of November (some chapters received theirs at fall rally). It can be presented any time, but it's preferable that it be given before the

second week of December. Deadline to send me the confirmation slip is December 10, 2011.

## TIME FOR TURKEY-TIME FOR DIET?

Many of us look forward to Thanksgiving and the gathering of family and friends to celebrate and give thanks for all we have been blessed with. With that special day there usually comes a great big delicious turkey, hot out of the oven, filling the whole house with an aroma that makes the mouth water. Also with that special day comes temptation like no other. Are you prepared mentally to combat over-indulgence? What strategies do you have in place for the big day? Here is an idea to think about: don't expect to lose weight during the holidays; make weight maintenance your goal. Consider eating a healthful snack, such as a small apple, just prior to dinner to reduce your appetite. Use a smaller plate and when you are finished, clear your plate. This will help reduce the second-helping temptation. Exercise is always important, but during holiday time it can help burn calories and reduce stress levels. Carve out time for your exercise program this Thanksgiving.



## IN THE MAIL FROM TOPS HQ

Leaders, be on the lookout for a package from headquarters this month. In it you'll find Chapter Manual replacement pages (please follow instructions), TOPS Program 87 & 88, Chapter Resume (L-010), weight charts for KOPS, TOPS, and transfers, an order form for Crown and Ribbons (L-044 - for your chapter recognition day), a flyer for a scale, and a flyer for Happy Days in TOPS sale items (from IRD 2011).



Aloha,  
Suzy

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