

# NEW JERSEY TOPS

FSID #672

COORDINATOR NEWSLETTER

OCT 2011



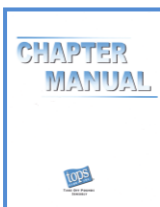
## FALL RALLY-SEE YOU SOON!

Are ye registered for fall rally so you can "Unlock Your Potential?" Whether you attend the rally in the north on October 18 in Hackettstown, or the rally in the south on October 22 in Medford, you will learn what your potential is and how to unlock it. So if ye have yer eyes on the horizon, lookin' for an exciting time, then ye best be signed up, matey!



## CHAPTER MANUAL CHANGES

Please take note: there are changes to five pages of your current Chapter Manual. Please replace the old pages with the new ones and throw the old away. The chapter will receive two sets of these changes in the packet with this year's Chapter Resume, order sheet for special Chapter Yearly Award items, and Weight Charts for next year. Please be on the lookout!



## IRD 2012 IN SAN DIEGO

I'm dreamin' of California already! I hope the warm weather and the sandy beaches and the terrific TOPS event will entice you to head west! Put the dates on your calendar and start a chapter IRD fund to help defray the cost. Who knows, your chapter may boast the king and/or queen this year!

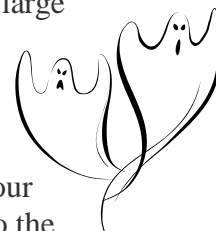


## TOPS PROMOTIONAL ITEMS

Every year at SRD and fall rally, there are usually TOPS promotional items for sale to all members. If you have an idea as to what you'd like to see offered, please let me or your area captain know. It's hard to guess what you might like, and it's even worse when I purchase items you don't like and no one wants to buy.

## SPOOKY FACT

The US Census Bureau estimates that a large portion of the 25 pounds of candy consumed annually by each American happens around Halloween. And while those sweets are definitely tasty to eat, they don't do much for your health or your weight-loss efforts. Before you dive into the candy bowl, here's a quick breakdown of the most popular candy:



### Nestle's Crunch/ "Fun Size"

Serving size: 3 bars/ 210 cal/ 10grams of fat

### Peanut M&M's/ "Fun Pack"

Serving size: 2 bags/ 180 cal/ 9grams of fat

### M&M's/ "Fun Pack"

Serving size: 2 bags/ 180 cal/ 8grams of fat

### Snicker's/ "Fun Size"

Serving size: 2 bars/ 160 cal/ 8grams of fat

### Milky Way / "Fun Size"

Serving size: 2 bars/ 150 cal/ 6grams of fat

### Kit Kat/ "Fun Size"

Serving size: 2 bars/ 100 cal/ 5grams of fat

### Hershey Chocolate Bar/ "Fun Size"

Serving size: 1 bar/ 90 cal/ 5grams of fat

### Reese's Peanut Butter Cup

Serving size: 1 cup/ 80 calories/ 4.5grams of fat

### Butterfinger/ "Fun Size"

Serving size: 1 bar/ 100 calories/ 4grams of fat

## MAINTENANCE FEES FOR 2012



Maintenance fees are usually due in November. This year, however, I will not collect the fees until January 2012. The leader will get a letter and form for submission from me in December. Please don't send your chapter check until I have sent you your form.

Aloha,

Suzy

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