

NEW JERSEY TOPS

FSID 672

COORDINATOR NEWSLETTER

SEP 2011

NEW JERSEY TOPS KING & QUEEN

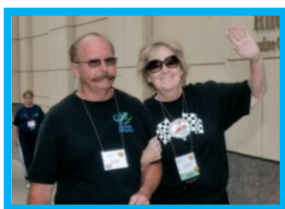


Just got the official photo of our TOPS NJ King & Queen from the IRD photographer. They sure did New Jersey proud. Both Bob McLaughlin and Nancy Duvall are from NJ 0135 N Cape May, and they looked so wonderful when introduced on stage. Bob lost 62.75 pounds, and Nancy lost 24.25 pounds to get to their

goal weights.

COORDINATOR AND HUBBY ON THE ROAD TO SUCCESS

Every year at IRD, there is a fun walk for all TOPS members on the first morning. It was so cool to see hundreds of TOPS and KOPS "on the road to success" and participating in the traditional walk. My husband and I, as part of Judy Hamilton's group, found the cameraman for an early morning wave. Will I see you there in 2012? I'd love to walk with you.



MEMBERSHIP FEE GOES UP

Membership fees will increase **\$2.00** in each full membership category effective January 1, 2012. Even if you renew early, if your date is in 2012, you'll have to pay the increase. All half-price memberships will be increased by **\$1.00**.



TAKE OFF POUNDS
SENSIBLY

NEW PROCEDURE-RENEWING ONLINE

If you are online and want to renew your membership, there is a new procedure:

- 90 days prior to renewal date, members will see a reminder to renew when logged on to the Store section of the TOPS Website.
- Member clicks on link that reads "Pay Dues".



- Renewing members at their highest weight at time of renewal should print their payment voucher and take both the renewal form and voucher to chapter. Weight recorder must enter your renewal weight on the renewal form, enter the words "Online renewal" under the weight, attach the voucher and send both to the Coordinator.
- Online renewal is not available for half price members.

FALL RALLY IN OCTOBER

Fall rally is quickly approaching, and your summer weight-loss contests have come to an end. Your chapter should receive a registration package this month from your area captain, or in the case of the northern chapters, from me. Cost for fall rally is \$10.00 per member or guest and includes a charm or pin and snack and bottled water. All details will be the registration packet.



UNLOCK YOUR POTENTIAL, MATEY!

NORTH JERSEY

Tuesday, October 18, at 6:30 p.m.

Hackettstown Community Center in Hackettstown

SOUTH JERSEY

Saturday, October 22, at 10:00 a.m.

St. Peter's Episcopal Church in Medford

SELF CARE CLASSES

TOPS has introduced an exciting 25-step program online to help you in your journey to your goals. After you log on to www.tops.org, look for the Self Care Classes at the bottom of the first page to start the series. Enjoy the process of refreshing what you know about yourself and gain new insights and tips to more successfully travel the road to success.

Aloha,
Suzy

topswahine672@comcast.net

12 Harrogate Court
Marlton, NJ 08053-4503

New Jersey TOPS website:

Ph: (856) 797-8601

www.topscare.com