



"CHATTER"

A NEWSLETTER FROM YOUR COORDINATOR

TAKE OFF POUNDS SENSIBLY

November 2009

Volume 2, Number 11

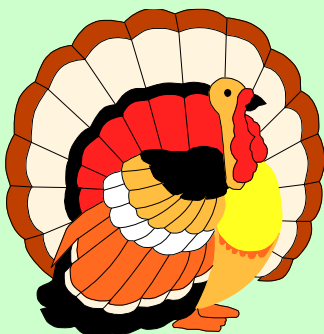
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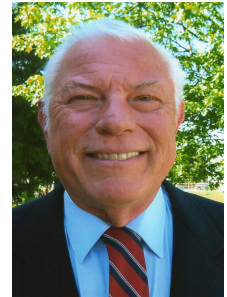


WELCOME New Chapter

Following a successful Open House, Area Captain Dan Stauffer, started a new chapter in Danville.

PA 1640 meets Monday evenings at Trinity Lutheran Church, 215 E. Market Street.

Congratulations Daniel and a big welcome to this new chapter into our great Northeast PA TOPS family!!



TOPS/KOPS Rules

The TOPS and KOPS Rules have been merged into one. You'll find these rules in the centerfold of the November issue of TOPS News. Please remove these rules and place them into your personal TOPS binder. Plan a chapter meeting where everyone brings these rules in and you go over them. Many, many questions that members may have will be answered by reviewing these rules.

KOPS HONOR SOCIETY

Last month I announced we would try to get a KOPS Honor Society started in Northeast PA. I asked that **ALL KOPS** get in touch with one of our contact people.

I'm sorry to let you know there has been no interest shown in continuing with this endeavor.

To those KOPS that approach me and say they would like to see more done for our KOPS, I can't do anything without your help. In the past, I've sent surveys directly to the KOPS, to determine the interest, and the response has been discouraging.

I'm sending the contact information for the organizers of this project, one last time.

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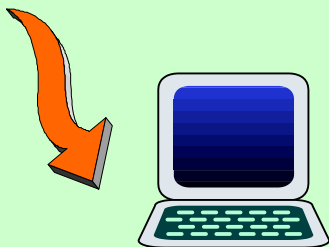
Flu viruses can live 8 to 12 hours on paper or cloth, 24 to 48 hours on nonporous places like doorknobs and phones and **up to 72 hours on wet surfaces**, like towels and faucets.

Your best defense?

WASH YOUR HANDS, especially after touching these cold-and-flu friendly surfaces.

- ❖ ATM, elevator and photocopier buttons
- ❖ Doorknobs
- ❖ Faucets
- ❖ Gym equipment
- ❖ Shopping cart handles
- ❖ Kid's toys
- ❖ Money
- ❖ Computer keyboards and mice
- ❖ Remote controls

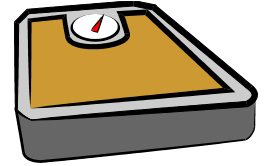
HERE, TOO



KOPS Lost Status

Attention: Weight Recorders

Review your KOPS Charts to see if your KOPS may have lost status throughout the year and you didn't catch it. If they did, you'll need to start a white chart from the date their status was lost.



If you don't do this and you send me a KOPS on a pink chart all year, when they shouldn't have been, your calculations on the resume will be wrong!

RESUME

Your chapter resume will be sent to the leader this month. Weight Recorders; please ask for this form so you can prepare it immediately following the last meeting in December. It must be sent to me, postmarked no later than January 8.

I suggest the Weight Recorder does not try to do this resume alone. Please work with the Leader or Assistant Weight Recorder. It's mandatory that all areas of the official weight chart are filled in. Complete the top and bottom portions and make sure every date has an entry (NM, AB, EX, or a weight). Check and double-check **ALL** your figures on the weight charts and resume!

WEIGHT CHART Color

2010 charts (TOPS, KOPS, and Transfer) will **ALL** be white. In the upper right corner will be a letter which will indicate if it is a KOPS (K) chart or transfer (TR) chart or TOPS (T) chart.

These letters are "hollow". I suggest you take a moment to color the K chart letter pink and the TR chart letter yellow. This will make them immediately recognizable (especially the KOPS charts!).

SRD Volunteers

If you took a moment at Fall Rally and told me you would like to help at SRD, please get in touch with me again. There was so much happening that day; I don't want to forget anyone that offered their help. A short e-mail or quick telephone call is all that's needed. If I've already talked to you since Fall Rally, you don't need to send that e-mail or phone "REMINDER".



MILAGE Love Gift

A monetary gift towards mileage is very much appreciated by all Field Staff that visit your chapter. **THANK YOU** to chapters remembering and a friendly reminder to those that have overlooked this.