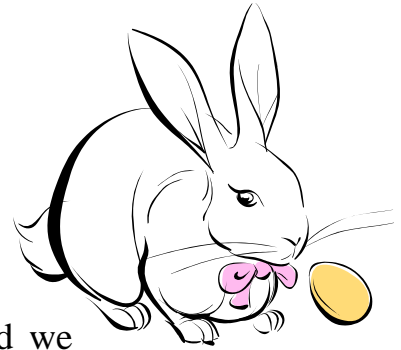


Virginia Buzz by Judy

April 2010



Happy Easter! I hope that everyone is excited about SRD this year. What a fun time we will be having. This year as we plan on going down the Yellow Brick road we should remember why we joined TOPS. We joined to get healthier and we need to remember that we have to do it for ourselves! I think we all will get the motivation that is needed to get back on track. This has been a hard winter on all of us. I think we all are ready for Spring...I think this is the perfect time to start an exercise program or walking outside.

Congratulations to all new and re-elected Officers'. If you have not heard from me your Officer's have been approved and you may proceed with the Installation the first week of April. Let's make 2010 a fanatic year! If you need anything please don't hesitate to email me at Judyp tops@msn.com.

If you would like to go onto the TOPS Virginia website it is Topscare.org. Click on Virginia and you will see a lot of good information that you can share with your chapters. Let April be a new beginning TOPS year. Have you lost your 10 pounds for the year? It isn't to late.. It is still 9 months. That is just a little over 1 pound per month. We can do it!!!!

Open House – Has your Chapter thought about an Open House? With the winter weather so bad many of the chapters had to cancel their Open House. Spring is the perfect time to have an Open House. You don't have to worry about the weather and people are thinking about getting into their summer clothes. Please let your Area Captain and myself know if you are planning one. If you need anything please let me know.

Membership Applications – I am still having some problems with the membership applications. When a new member joins please make sure their date of joining is listed plus their weight. I have to hold them until I get the information and that delays them in getting their magazines. Please double check before sending them to me.

By-Laws – Chapter by-laws are due by the end of May. You need to send them even if there were no changes. Please send me two copies. One copy I will keep and the other copy will be forwarded to Judy Hamilton, our

Regional Director. Thanks if you have already sent them out to me. They will be considered approved unless you hear back from me.

Audit – A treasury audit is required from every chapter before the new treasurer takes office. After you receive your March bank statement please submit the L-047 which I have attached to this email. An audit must be done even if you have not changed treasurer. Your audit period should cover from April 1st thru March 31st. If you have any questions or concerns, please don't hesitate to email me.

News from Barb Cady:

TOPS News may be viewed in the member section of www.tops.org starting with the April/May issue.

Starting with this issue, nine issues will be archived.

In order to graduate at ARD, PRD, SRD or IRD, a KOPS must reach goal by December 31, 2010 and be registered as a KOPS at TOPS Club, Inc. by January 31, 2011. ***This is TOPS Rule, 18 b.***

New KOPS may change raise or lower goal during the current year. Loss to goal for graduation and for royalty competition shall be to the last goal registered by December 31. ***This is TOPS Rule, 33 b.***

How is your chapter doing on our Cut and Burn Challenge to Lose One Million Pounds in 2010? If every TOPS member loses just ten pounds, we will reach that goal with tons of extra losses. To lose ten pounds in one year, eliminate just 100 calories each **day and to burn 100 calories each day**. The KOPS target is to maintain status for the year.

WE CAN DO THIS ~~~

International Recognition Days 2010 Chairs Maimie Parker and Debra MacLean will be guest speakers in the **TOPS Auditorium on Monday, May 10, at 9 PM** Eastern Time.

They will share with you the delights of Halifax, Nova Scotia and the highlights of IRD 2010... “Set Your Sights on Harbour Lights”.

This is an online event hosted through our website in a typed conversational format. To take part in the TOPS Auditorium, go to www.tops.org, click on the member/leader/field staff tab and log in. Then, select TOPS Auditorium. Time and day will be posted on the website as soon as it is available. Additional information is available on the website.

As you can see Rules do change and changes are made. So please make a note of these changes from Barb and the TOPS Board.

I will close with some TIPS that I hope will **motivate** you during the month of April. **Happy Spring!!!!!!**

TIPS TO GET YOU MOTIVATED

- ✓ Take small steps – Don’t try to change everything at one time. Do it gradually.
- ✓ Drink Water – It does make a difference. Drink as much as you can. Water is great for your skin as well as helping in losing weight.
- ✓ Cut 500 calories a day. Do you know that 3,500 calories equals one pound? If you cut the 500 calories a day you should be able to lose 1 pound a week. Or if you would like to cut just 250 calories a day and then exercise to burn an extra 250 calories per day, you can also lose 1 pound a week... Doesn’t sound to bad, does it?

- ✓ Walk every day. Even it is just small baby steps... remember that walk to your mailbox that we talked about at Fall Rally Day?? It will increase your calories burned.
- ✓ Eat more fresh foods – We are getting into the season for fresh fruits and veggies.
- ✓ Eat Breakfast – It is the most important meal you will eat for the day. It is important that you eat something every morning. If you don't as the day goes on your body will become very hungry then you tend to overeat at lunch.
- ✓ Increase the Fiber in your food plan. Fiber can be found in fruit, veggie and whole grains. You will feel fuller and you will not get hungry as quickly.

**** Think About THIS.....

Every person is different so you need to do what works for you!! You have choices...and the Choice is up to YOU!!!! Make sure you attend your meetings... This is so important... to get support from each other. Let's try a little harder this year.

Take care and hope to see you at SRD....

Love to you all!

Judy