



## *HAPPY VALENTINE'S DAY*

Hello,

For most of us January has been a very busy weather month. As I am writing my February newsletter we have about 10 inches of snow in our front yard and more is on the way for this week. What a winter we have had. How many times have we wished for snow in the past couple of years, we need to watch what we wish for. I hope many of you have been able to attend your TOPS meetings...As I watch the plow come by to clean my road I think about myself. Do I need to clean my thinking for 2010? Let's stop slipping around and get a grip on losing weight. Let's make a commitment for 2010! Let's make 2010 a winning year for ourselves and our chapters. I noticed that I had a lot of chapters that had gains for 2009. 2010 is going to be a better year for everyone!! As a chapter let's make a commitment for better weight lost.

I have finished the tabulation all of the resumes for 2009 and I am so proud of all of your success and all of our winners. Please take note when you receive your resume back. The most mistakes I found was on the beginning weight of the year and the last weight of the year on a new KOPS. You count the last weight no matter if it is on the TOPS chart or the KOPS chart... as the LAST weight. When a KOPS changes their goal a new KOPS registration must be completed with a new doctor goal slip. That needs to be sent in ASAP. On KOPS charts only mark in red if the KOPS is below their 7 pounds or above their 3 pounds. If a KOPS is in leeway their weight is recorded in black. Also when a KOPS loses status a form L-02: KOPS Lost Status Notice needs to be filled out and sent to me and then I will notify TOPS headquarters. If you have any questions on your returned resume please email me and I will try to explain what errors I found. I would like to say THANK YOU for all of the hard work that went into tabulating the resumes. This is a time consuming job and I do appreciate it!!

TOPS Renewals are mailed out about 6 weeks before the renewal is due. Please try to pay them as soon as you received them in the mail. Your renewal date will not change if you send them in early. Don't wait until the due date to pay, the chances of it getting lost or failing to renew on time will mean that you will not get your TOPS news on time. I have received some complains that members are not receiving their TOPS news and most of the time it is because they have renewed at that chapter on the date it is due or later.. Also TOPS news does not come every month. We get 9 issues of TOPS news a year. The April-May, August-September and December-January are combined editions, all other months are monthly magazines.

I can't wait until we are notified about the winners. Plan on coming to SRD to see who our winners will be. Don't forget SRD will be April 9 – 10<sup>th</sup> in beautiful Charlottesville. Every chapter should have received a SRD packet. If you have not, please notify me ASAP. Come early and stay late. Let me know how you felt getting them **via** the email this year. Were you able to print them for all of your members??

Election of Officers will be held the first week of March and the new officers will take office the first week of April. Please complete the L-001 Officer Chart and sent it to me immediately after election night. The new leader needs to sign and date this chart. After I approve all of your officers you may install them. I will let you know if they are NOT approved.

So many of our Open Houses had to be cancelled in January because of the snow and I would like to encourage you to still plan your Chapter Open House... People are having cabin fever so when the weather breaks have an Open House. Let me know when you are planning your open house and I will be looking for your new membership applications... We need to get the word out that TOPS is here for them. Let's see how many new members we can bring in for 2010. We had about 350 new members in 2009 let's see how many we can bring in for 2010.... Can we bring in 500 new members?? Wouldn't that be great? You know if every member would bring in at least one new member we could triple that figure. I will be keeping a chart this year and let you know what area is getting the most new members... For the month of January we had 18 new members... not a bad start considering the weather.

Invite your Area Captain to attend your Open House. I am sure they would like to know when you are planning one and if they can they would be there. Let me know and if I can I would love to join you. Just give me some time so I can plan... I will see if I can be there...

Have you ever attended a TOPS Retreat?? There will be a week retreat offered in Wirtz, Va on the beautiful Smith Mountain lake. The retreat director is Terri Ord, and she will be facilitating this retreat on August 22 – 27, 2010 Sun-Friday. If you are interested in joining this TOPS getaway and take some time for yourself, check it out online at [www.tops.org](http://www.tops.org). Go to the TOPS Store page and click on retreats. Space is limited and reservations go fast. The cost is \$425.00 for the week. This includes registration, lodging, meals and all activities. Sounds like fun....

I hope that you received your copy of the evaluation for your Area Captain and Coordinator and have filled it out and sent it back to Judy Hamilton, RD. Now, you will need to evaluate your own Chapter. I have attached a copy for you to fill out and return to me as soon as you can. The chapter evaluation comes with an explanation and should be done at your next meeting if possible. If you have any questions, please contact me.

Thanks for all you do for TOPS. If I can ever be of any help to your chapter please let me know. Take care and THINK SPRING... Only 42 days till Spring... YEA!!!!

Hugs to each of you  
Judy Pruett



