

# HAPPY NEW YEAR



Dear TOPS and KOPS Friends

Can you believe that it is 2010?? Just seems like yesterday we were worried about the year “2000”. Let’s reflect on how we did in 2009. Did you make your goal.... If you did ***Congratulations*** I am very proud of you!!! If you did not make your goal lets make 2010 a better year for us! Every TOPS member gets to start the New Year in the black on their weight charts. Even if you had a gain over the Christmas holiday you will be given a gift of a black mark on your weight chart. Let’s make this our NEW BEGINNING!!!

It is that time of the year that your Weight Charts are due by January 8, 2010. The job of totaling each chart, tabulating the numbers, filling out the Resume and getting this to me in a timely manner is a tremendous task. So I want to say... **THANK YOU!!!!!!!!!!!!!!** This is an exciting time of the year to see who will be our winners at our 2010 Virginia SRD. Please make sure that each weight chart is signed if possible. An unsigned weight chart can disqualify a member for recognition. As you start your new 2010 weight charts make sure that all members sign at the first weight in... this way next year all weight charts will be signed.

Do you have Duplicate Weight charts in your chapter? Starting January 1, 2010 all chapters are to maintain duplicate weight charts. This was a rule for last year and I am not sure how many chapters had them. This is only for your Chapter’s protection. If something happened to the originals what would you do?

Make sure you are using the correct weight charts for 2010. The KOPS charts are no longer pink they have a ‘K’ on the right side of the chart. Make sure when you fill out the KOPS chart that you fill in **ALL INFORMATION**. You need to Fill in the Highest weight recorded at TOPS Club, Inc. , Original KOPS Date... If the KOPS has lost status ... Last reinstated date... etc... If you need any of this information please email me and I will be glad to make sure you receive it. It is better to get it the first of the year then to worry about it at the end of the year. Also when you have a KOPS that is still in leeway but has a gain.. That gain is not in red unless she/he goes out of the 10 pound leeway. Any questions just ask.

I will be sending a copy of your 2009 resume for you to keep in the chapter. Also if you had any Division Winners their certificates will be sent with the copy of the resume. Please have the leader sign them and give them out at your award meeting. I would like to **Congratulate** all Division Winners, Queens, Kings and all New KOPS this past year. You all are our inspiration that we can make it to our goal.

I am truly honored to be your Coordinator and look forward to another successful year. Let's make Southern Virginia the best in the state...

I have enclosed the "Never Quit Pledge" . Please make a copy of it for each of your members. It isn't over until we quit...so let's keep going until we reach our goal no matter how long it takes.

May God bless you with a happy and fantastic New Year!!

HAPPY NEW YEARS!!!!

Hugs,  
Judy Pruett

#### "NEVER QUIT" PLEDGE

Today I promise I will not quit.  
I pledge that no matter how many ups and  
downs I pass through,  
I will continue on my journey.  
I pledge to make a New Start today,  
And forgive myself for my past,  
And to stop being so critical of myself,  
I pledge to take control of myself,  
To stop making excuses,  
And stop blaming other people or situations.  
I pledge to treat myself as I would my Best Friend,  
Because that is who I am.  
I pledge to stay in the race  
And to be a WINNER!!!!