

VIRGINIA BUZZ BY JUDY



June 2010

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

Hope everyone is doing well and staying cool during the hot days... just remember 4 months ago how many inches of snow we had... and we said that we would not ever complain about the hot weather again?? Get out and enjoy the sunshine and try to stay cool... Drink plenty of water!!

I am going to have a summer contest with the chapters. You all will be the stars!! I would like for us to have good weight losses or at least stay the same during the summer months plus bring some of our members that have dropped out back!! The nomination will be in 4 categories. The contest period is from June 1st – September 2nd ...

1. Category One – Chapter Growth – This award is for the chapter who has the most active members this summer. Count your members that attended the first meeting in June...then count your members that attend your last meeting in August. Send out a note to invite the member that did not renew for this year... do you know where they are or why they stopped coming?? Give them a month free dues if they rejoined... This doesn't cost your chapter anything and you will get the benefit back once they start paying their monthly dues.

2. Category Two – Chapter No Gain Meeting – Has your chapter ever had a Chapter No Gain Meeting.... Just try ... Talk it up at one meeting and see if the members can come the next meeting without a gain.. It's fun trying....

3. Category Three – Exercise – I know you all are saying "IT'S TO HOT" but exercise indoors or go out early morning or late at night.. just be safe... We are going to count minutes...not miles Record your minutes of exercise... as long as you are moving you can count it.. I would like to sit a goal of 1600 plus minutes. This is less than 120 minutes per week or approx. 16 minutes per day.. Now we all watch at least 16 minutes of day TV so exercise while you are watching TV ex. march in place... do sit ups...JUST DO SOMETHING!!!

4. Category Four – The member with the most weight loss for June – July – August ... It could be you... Just try!!!

The first of September please send me in your results and I will recognize you at your Fall Rally What fun....

IRD 2010 is right around the corner. To the chapters that donated to the Area Captain love officering for IRD 2010.... THANK YOU, THANK YOU, THANK YOU !! If you did not but wanted to it isn't to late... just get it to me by July 1st... We will be spilling the money between the AC's that will be going. I am so excited about going and hope to come back with a lot of knowledge and inspiration to share with all!!

Retreat 2010 – Don't forget you still have time to sign up for the retreat that will be held right here in Virginia... The retreat is August 22 – 27th in Wirtz, Virginia. The retreat will be led by Terri Ord and I know that you will enjoy her! Retreat is wonderful ..and it would be a time for you... a time to get away and have fun while getting motivated. What more can you ask for?



SRD 2011

Plan Ahead!!!! SRD 2011 will be April 1 – 2, 2011 at the beautiful Founder's Inn at Virginia Beach. Mark it down now and plan to attend. We need you there!! Start having some fund raisers so you can help all of your members to attend.... Help them with the expenses ... This is one thing that we hear so many times that it is to expensive to come... this is once a year... treat yourselves and give it a try... I think you will like it... The theme this year is "TOPS GOES HOLLYWOOD" sounds like fun... You will be hearing more about it soon as the Field Staff begin to prepare...

We have made the TOPS NEWS again!! Ruby Maute, TOPS VA 0147, VA Beach wrote An article "My Husband – A TOPS Fan For Life" page 13 and TOPS VA 0596, Lynchburg had a contest featured "June Sun Fun" Keep sending in articles. I like it when I see one of Virginia chapters in the TOPS NEWS!!

Welcome a new chapter TOPS VA 0756, Norfolk. Welcome to our TOPS family!

Again, thanks for all of the letters, phone calls and cards that you all have sent to my husband and myself. They all are appreciated...

Love to each of you

Judy