



Virginia Buzz by Judy

Can you believe that it is the middle of March? I think we all are ready for Spring...The daffodils are blooming and the trees are budding. Spring is right around the corner. Are you ready for Spring? Are you ready to remove those big bulky sweaters? If not, spring is a wonderful time to start walking and for starting an exercise program. The weather should be getting nice. I think spring is the perfect time of year...not to cold...not to hot....just right.

Elections of Officer's – I hope each chapter held their annual election the first week in March or the second week as some chapters in our area had a foot of snow that first week. All chapters should have filled out an L-001 and sent to me. If you have not sent this form please do so right away. I must receive a new L-001 form on all chapters even if the officer's remains the same. You can download the form from www.tops.org. This needs to be completed before the new officers are installed.

Congratulations to all new and re-elected officers'. Without you we would not have a TOPS organization. Thank you for your dedication to TOPS and your chapter. Thank you to the officers' that have served in 2009!!!!

At this year's Officer Installation, I hope all TOPS members will rededicate themselves to a positive year and to make a goal for this new year. Let April 1st be a new beginning for your chapter and yourself. We can still set a goal to complete by December 31st of this year... It still isn't too late!!!!

By-Laws – Chapter by-laws are due by the end of May. Please send me a copy of your by-laws even if there were no changes. I am asking each chapter to send me two copies. One copy I will keep and the other copy will be forward to Judy Hamilton, our Regional Director.

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.

Resumes Problems – First of all I would like to give a BIG THANKS to Weight Recorders and anyone else that helped with the chapter resume. We have the winners and it will be so exciting when they are announced!! I would like to have a workshop on resumes/weight charts in the coming year. Your Area Captain will keep you inform on this possibility. Just a few reminders.

- ❖ When a KOPS makes status I will need a doctor goal slip with the KOPS registration form. If a KOPS changes goal weight I will need a new doctor's goal slip. \$4.00 is always needed when you first become a KOPS, change Goal or reinstatement of a KOPS status.
- ❖ When a KOPS loses status an L-021 needs to be filled out and forwarded to me. This is a must! If I receive the chart at the end of the year and notice that a KOPS has lost their status, I have to fill out an L-021 form and it is very hard to explain to a KOPS that they lost status if they don't see it for themselves. So please be careful with this.
- ❖ KOPS – 4 unexcused absences in a row loses status.
- ❖ If you have a KOPS that is due a 5, 10, 15 etc. year Award your chapter must request this. This award is not sent automatically from TOPS headquarters. Please fill out an L-051 form and mail to me. After this form is completed the KOPS name will appear in the TOPS NEWS and their award will be sent to me or the leader, whichever the chapter request. Any questions, please don't hesitate to email them to me.

KOPS records are very very important. We must make sure that all information is correct. Please be careful with your KOPS. Weight Recorders please review the KOPS chapter in the weight recorder guidebook. Make sure ALL KOPS charts are signed.

Area Captains – It is that time of the year when your Area Captains will be coming to visit your chapters. Gas is very costly and they do not get paid for their visits. Remember them with a gas card or a small donation. I am sure they would greatly appreciate it. Also don't forget to fill out their Chapter visit forms when they come to see you. The Area Captain will give you this form and it is your responsibility to send it back to the Regional Director.

SRD – April 9 – 10, 2010 – I hope to see you at SRD in Charlottesville!... There's no place Like KOPS!! The Committee is ready to take you on an adventure down the Yellow Brick Road to KOPSLAND. I hope many of you are planning on attending. I am looking forward to the fun!! It isn't too late to register... we still have seats available.

Since Spring is right around the corner and we should be thinking about exercise I would like to share the following:

5 TOPS EXERCISE EXCUSES

- ❖ I Get Bored – Make your workouts interesting. Engage in different sort of activities. Don't do the same thing over and over everyday.

- ❖ I am to BUSY – Make an appointment with you everyday. Schedule your exercise just like you would schedule a Doctors Appt. or a Meeting. Keep your commitment. We all have at least 20 minutes in a day to do something for ourselves.
- ❖ I will get hurt or I can't BECAUSE.... The word CAN'T doesn't get us anywhere. Look at this as an opportunity to try different things – new options – If you haven't walked for a long time...take baby steps.. just move. There is a lot of exercises you can do that isn't going to hurt.. just try.
- ❖ I have a FAMILY that keeps me HOPPING... Take your family with you on walks or involve them in your exercise plan. JUST REMEMBER... your family will do what they want to do without you...so you need to find time to do something for yourself... and for your health so you can enjoy your family a little longer....
- ❖ I don't want to do it ALONE..... Phone a friend.. Having friends with you encourages you to keep exercising and not give up. You both will be accountable to each other and that does help. When you involve others you have access to more knowledge ...more ideas...and more enthusiasm.

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

Going through and winning with a new program with friends can create a bond that carries over into other areas of your life!

Isn't that what TOPS is all about???? Bonding with our chapter members... we do become family!!!

Take care and hope to see you in April!!!!

Love to you all!

Judy



Happy St. Patty's Day