



# VIRGINIA BUZZ BY JUDY

May 2010

I think Spring is finally here even though it is raining outside and cold today. The trees and plants are beautiful. Hopefully in this type of weather (not raining of course) when it is nice you will go outside and walk or do some yard work. Remember this will burn some calories. Nothing feels as good as getting out in the fresh air and sunshine! Remember at the same time you are getting a dose of Vitamin D.

Spring is time for renewal... time to stop and reflect on the present and not look back.. Spring brings new hope. It is also a time that we can rededicate ourselves to our TOPS chapters. I hope that if you did not have a rededication when you installed your new Officers that you would go and have a rededication of your members and chapter.. Ask yourself... "Why did I join TOPS"... Have I made the commitment to lose the weight? I think the rededication sermon is wonderful... If you need a copy of one please let me know and I will be glad to send it to you.

Congratulations to all of the New Officer's! As your new officers come aboard please support and help them. Whether they have been an officer before or a new officer please show them that you care for them. They need YOU! Volunteer to help out in your chapter without them drafting you to do so. It just isn't the officer's chapter but EVERYONE'S chapter. Ask your leader what you can do. I am sure they can find a perfect fit.

If you missed SRD you missed a great time. I would like to THANK each and every member that attended...without you SRD would not have been successful. I would like to thank each volunteer that worked at SRD. We couldn't have done it without you...so THANKS. Field Staff work very hard in making this successful... Many many hours goes into SRD... planning, preparing and making sure that the members will go home and be inspired to make it to their goal or for the KOPS to maintain their status. The KOPS were beautiful and I am so proud of each of you. THERE IS NO PLACE LIKE KOPS.....

I would like to thank the outgoing King (James Lee from Orange) and Queen (Cindy Harrison from Vansant) for representing Virginia in 2009. They looked so nice at IRD last year and we are so proud of them both. We would like to congratulate the new

King and Queen..... Queen Patricia Wood from VA 0484 Verona with a loss of 126.25 and King Roy Snellings from VA 0429 Fredericksburg with a loss of 41.25 and our very own Queen Runner Up Dianna Seletyn from TOPS VA 505 Virginia Beach with a loss of 91.25 and our Runner Up King Malcolm Jones from VA 0163 Richmond with a loss of 39 pounds. We are so proud of them!! They will serve Virginia well.

I am proud to present the Best Average Loss award for the highest weight lost per member to TOPS VA 0597, Hillsville with a loss of 11.47. Congratulations to them all....

I would like to congratulate the Division Winners that were in our area:

Female Division 3 – 1<sup>st</sup> place – Cecilia Coutu – TOPS VA 0689 Stuart  
Division 3 - 2<sup>nd</sup> place – Linda Kearns – TOPS VA 0597 Hillsville  
TIE Division 4 – 1<sup>st</sup> place – JoAnn Green – TOPS VA 0578 Portsmouth  
Division 4 – 1<sup>st</sup> place – Donna Bruns – TOPS VA 0702 Danville  
Division 4 – 2<sup>nd</sup> place – Vivian Haskell – TOPS VA 0578 Portsmouth  
Division 7 – 1<sup>st</sup> place – Ellen Windsor – TOPS VA 0687 Onancock  
Division 9 – 1<sup>st</sup> place – Janet Prior – TOPS VA 0322 Hampton  
Division 9 – 2<sup>nd</sup> place – Patricia Viers – TOPS VA 0595 Clinchco

Male Division 1 – 2<sup>nd</sup> place – Robert Jackson – TOPS VA 0309 Hampton  
Division 2 – 1<sup>st</sup> place – Malcolm Jones – TOPS VA 0163 Richmond  
Division 2 – 2<sup>nd</sup> place – Donald Hall – TOPS VA 0147 Virginia Beach  
Division 3 – 1<sup>st</sup> place – William Knapp - TOPS VA 578 Portsmouth  
Division 3 – 2<sup>nd</sup> place – Charles Schwerdtfeger, JR – TOPS VA 163 Richmond  
Division 8 – 1<sup>st</sup> place – Brendan Register – TOPS VA 0413 Ridgeway

I am so proud of all of the KOPS in our area that graduated at SRD... They were the following....

Irene Lunning – TOPS VA 0147 Virginia Beach  
Teresa (Trace) Walton – TOPS VA 0147 Virginia Beach  
Marie Craghead – TOPS VA 0218 Martinsville  
Malcolm Jones – TOPS VA 0163 Richmond  
Theresa Cline – TOPS VA 0499 Vasant  
Dianna Seletyn – TOPS VA 0505 Virginia Beach  
JoAnn Green – TOPS VA 0578 Portsmouth  
Maria Sherman – TOPS VA 0670 Williamsburg  
Phyllis Hankins – TOPS VA 702 Danville  
Penny Tate – TOPS VA 702 Danville

Also congratulations to all of the Alumni KOPS... You were just beautiful!!!!  
I am proud of Betty Smith that gave the KOPS address for this year... Way to go Betty!! You did a great job!! Thank You for a job well done!

#### TOPS NEWS:

TOPS News is now Online starting with the April/May issue. TOPS NEWS will be available online for all members that memberships are current. The entire magazine is there to review as it hits the post office. What you need to do is click on any article on the front page. It will take you directly to that article in the magazine. After logging on as a member at [www.tops.org](http://www.tops.org) click on TOPS NEWS online in the column on the left.

#### Workshops:

Some Area Captains are planning their Spring Officers workshop. You should be receiving information about your workshop in your area soon. I have the following information so far:

Kathy Eanes – Martinsville – Walk/Workshop on May 15<sup>th</sup>

Rick Booker – Hampton – Workshop on June 5<sup>th</sup>....

More to come later from your Area Captain.... Please try to go to the workshops if possible. Your AC has worked hard to prepare and please go out and support them.

#### 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 expensive... This is one thing that we hear so many times that it is too 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...

I would like to welcome the following New Chapters since the first of the year.....

TOPS VA 0751 Lynchburg.... VA 0752 Hayes..... VA 0753 Richmond and TOPS VA 0754 Newport News... Welcome to our TOPS Family....

#### IRD 2010

I have enclosed a letter asking you to remember our Area Captains that will be attending IRD in Halifax, NS... What an exciting trip it will be for our Field Staff that will be able to attend.. As in the past I am asking you to help our field staff with their expensive. It will be a little costly this year and they need your help... Won't you please help...

I also would like to Thank each chapter and each member that has sent my husband and myself a thinking of your card.. As most of you know my husband has been diagnosed with Semantic Dementia which is in the family with Frontotemporal Dementia or Pick's Disease... which mean that the brain is deteriorating.... He has a long road ahead of him... and ..we need all of the prayers that you can give... He is on some medication that has given him a 5 % chance of working...but you know we will take that 5% chance... God is good and I know he will give us the strength to get thru this... Thanks again for all of your concerns... It is greatly appreciated...

Take care and I hope to be visiting with some of you soon... Don't forget if you are planning an Open House or doing anything special in your chapter please let your Area Captain and myself know....

Thanks again for your TOPS love....

Love to each of you....

Judy Pruett

P.S....

Since the weather is getting warmer and we can exercise outside... here are some reasons why to do it!!!

1. Helps you feel better about yourself.....
2. Helps you cope with stress....
3. Gives you more energy throughout the day....
4. Keeps you flexible and strong.