

VA BUZZ BY JUDY

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November 2010



Where has 2010 gone?? Only 39 days till 2011. Time is flying. Have you made your goal this year or have you had a lost? If you made your goal **Congratulations!!**

I have just returned from a wonderful training session at TOPS headquarters! It was nice being in Milwaukee and seeing so many of the TOPS headquarters staff. What a blessing it is to have an organization like TOPS. We worked hard and played hard. I am very happy to be your coordinator and I feel very lucky. I am Thankful for each of my members! Without you we would not have TOPS. I will be meeting with all of the Area Captain and teaching them what I learned then in returned I hope that they will share this with you!

Chapter Check-in from Barb Cady

The board reviewed the TOPS Pledge and the pledge will remain as is.

Wording of TOPS Rule 17,a. shall match wording Chapter Manual: “No adult member may have a goal weight higher than his/her highest weight recorded at TOPS Club, Inc.” Remember to remove your new TOPS Rules from the centerfold of the December/January of TOPS News and save it for reference throughout the coming year.

“My Day One” shall be posted as a resource for all members in the member section of www.tops.org. All members received the newest version of “My Day One: in their December/January 2010 issue of TOPS News.

2011 MAINTENANCE FEE

I have mailed all chapter leader’s their maintenance bill. If you have not received your chapter maintenance bill please let me know right way. Maintenance is due by December 15, 2010. Please make a separate check for this. Please do not include this maintenance bill payment with any of your New Member or Renewal memberships. Thank you in advance.

TOPS MEMBERSHIP

I hope each of you have sent out at least a couple of your “Missing You” cards. If you need more please let me know and I will be glad to make them up and mail to you. Let me know if you have members to come back because your chapter sent them a card.

CHAPTER RESUMES

As 2010 is coming to an end that means CHAPTER RESUMES are due!! Please send me your chapter resumes by January 6, 2011. If you can ... send them to me before the 6th. It would be greatly appreciated. Chapter leaders now have access to PowerPoint presentation that will guide you through the resume process step by step. Log on to www.tops.org and click on Leader’s corner, and click on Forms and then L-forms, then select L-010 Resume PowerPoint. It is a great tool and I think this will help. Let me know if you have any question or if I can help you in any way on the resumes.

SRD 2011

Start making your plans NOW to attend SRD 2011 in Virginia Beach. SRD will be held at the beautiful Founder’s Inn on April 1st – 2nd, 2011. The theme this year is TOPS Goes Hollywood. Come early and stay late. You should have received your SRD packet by now if you don’t have it please let me know.

THANKSGIVING

The holidays are just starting from now until January. Don’t forget to exercise during the next few months. We know how we should eat but we do not think of exercising. It will help burn all of those extra calories. Choose several exercises to do so you will not get bored. Try walking one day and doing chair exercises the next. Set a goal of at least 20 minutes a day... or two 10 minutes. Just move!!!

I am so thankful for each of you and your chapters. I hope each of you and your families have a blessed and safe Thanksgiving. Love to you all ...

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MAY YOUR STUFFING BE TASTY
MAY YOUR TURKEY PLUM UP
MAY YOUR POTATOES AND GRAVY
HAVE NARY A LUMP

MAY YOUR YAMS BE DELICIOUS
AND YOUR CAKE TAKE THE PRIZE
AND MAY YOUR THANKSGIVING DINNER
STAY OFF YOUR THIGHTS!