

# BUZZ BY JUDY

June 2018

## Central Eastern Region TOPS and KOPS

WOW!!! I had a great time visting your SRD/ARD's. Each state is a little different but all of them had some beautiful and handsome winners. I know that everyone who attended had a great time and came back motivated to continue on our weight loss journey. If you missed the event in your area, I hope that your Coordinator or Field Staff will be sharing some of the highlights of our SRD/ARD's. Please mark your calendar now so that you can attend next year.

Our challenge for 2017 from our **President Barb Cady** was a **Million Pound Challenge- which we made!!!!**



I hope that you have taken Burni out and about on your travels. It has been fun to see where he is going and the fun that he is having.

Election time is upon us and your chapter election should be held on the second weigh-in in July. Members who are not going to be present may leave a letter of willingness to hold office and state which office or must be present at time of election. The nominee receiving the greatest number of votes via secret ballot shall be named elected. You may not have another election after the original election. No absentee ballots may be cast. If you have any questions on this now is the time to ask me.

New Leaders please send the L-001 officer chart to your Coordinator immediately following the election so that she/he can verify eligibility and send the list to headquarters before the new officer take their places at the first meeting in August. If your chapter officers remain the same a L-001 still has to be filled out and sent to your Coordinator.

Outgoing Leaders: Please pass along all the TOPS materials that you have acquired to the new leader. Brief him or her on any matters that are ongoing. Please work together to make sure the transition runs smoothly. The basic chapter materials are shown in "Making Your TOPS® Chapters Great!" manual.

Web Designate should be filled out on the L-001 even if it is the same as last year to again receive access to the Leader's Corner.

Don't forget to appoint a New Member Coach to your chapter. There is a video explaining the position on the TOPS website that I recommend each of you to watch.

I mentioned at your SRD/ARD about the "Reunion Letter". I have enclosed a sample letter that you could use in your chapter. Please if you use this to get your old members back let me know and let me know how it worked. I hope each of you will try it. Go out and look in IMIS and retrieve all of the addresses for your inactive members. I think you will have a fun meeting and you could get some of your members back. Try it....

I hope each of you will have a wonderful and safe summer. Don't forget don't take a vacation from your TOPS chapters over the summer. We need TOPS more at this time of the year. All of the cookouts, family reunions and vacations we sometime forget about our TOPS meetings.



IRD 2018 July 13– 14, 2018

**“Vive TOPS” Montreal, QC**

If you aren't attending I hope that you will hear all about it from your Coordinator's and Area Captains that will be attending. You can learn more about IRD through your TOPS NEWS. It isn't too late to attend.

Are we on the right track for this year? Have you made yourself a goal for this coming year? If we are to succeed we must know what we want and how to get there. You still have 6 months to have a loss for the year.



Your Area Captain has a new program they will be presenting this year. **“Sharing Our Stories”**- You will hear an important part of TOPS meetings is listening to fellow members as they share their struggles and plans for action. How we respond to what we hear can lift others up or push them away. As we offer support, let's remember that everyone is different and there is often a fine line between comments that are helpful and those that are off-putting. The presentation compares our approach to eating sensibly with creating a painting of ourselves. This will be an exciting program and please make them feel welcomed in your chapter.

Be sure to invite your area captain to come and present the program that is prepared especially for you each year. The area captains get special recognition for completing 100% visitation for the year. Help them earn their charm for their TOPS Field Staff pin.

If you need anything or if I have promised you anything that I have not sent to you, please drop me an email. I would love to hear from you...

You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth.  
– William W. Purkey

Love  
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