



## CHAPTER CHAT

JANUARY, 2017

Happy Winter TOPS Friends:

What a winter it is in the Great Northeast; lots of ice and snow! This is a great time to remind you to place a sign on the door of your meeting site if your chapter must cancel a meeting due to bad weather. We never know when someone will come for a visit and/or to join us.

I hope you are staying warm and thinking about the wonderful spring ahead. With spring comes our State Recognition Days. I am sure you are planning to attend and celebrate the successes of your fellow members. Go to the Events section of the TOPS Website for details on your SRD. I look forward to spending time with all of you, as always. A huge thanks to our weight recorders and assistant weight recorders for the great work they did preparing your chapter resumes. It is a very important task.

As a current member in TOPS, you receive a renewal form from TOPS Club approximately six weeks before it is due. **Please bring it to your officers as soon as you receive it.** This will greatly speed up the renewal process and insure that you continue receiving TOPS News.

This time of year you may know family, friends and co-workers who are looking for some help on achieving a healthier lifestyle.....please invite them to your next meeting. This is a great way to get some extra support for you as well. Encourage your chapter to have an Open House to reach out to others in your community.

The December, 2016–January, 2017 TOPS magazine is full of great news. Have you read it yet? Check out the inside front cover and our President's message on page 1. One Year...One Million Pounds! We each have been challenged to lose 10 pounds in 2017. If we all lose just ten pounds, we can meet our MILLION POUNDS MISSION! Are you in? I hope so!! Check out the Cut and Burn Calendar on the inside back cover!

Many chapters have participated in my "Blue Ribbon" Challenge for 2016. Every day I am receiving completed entry forms. Those chapters who participated in my challenge will be recognized at SRD's in 2017. If your chapter accepted my challenge and you have not yet returned your entry form, please send it now. As I have been reading them, I have been amazed and very pleased at how hard your chapters worked to become greater in 2016! Thank you for your efforts.

The Chapter Manual is currently under revision. Upon completion, each chapter will receive a free copy. A coupon for a second free manual shall be included in the February chapter mailing that goes to Chapter Leaders. Don't forget to return your coupon to TOPS Headquarters by the deadline so you can receive your additional free copy to be available for use by the Weight Recorder and other members of the chapter.

### **WORDS OF WISDOM**

Don't be discouraged!! Be firm!! Be Strong!! Be a Rock!!

# Happy Anniversary

## **CONGRATULATIONS ARE IN ORDER!**

Congratulations to TOPS Pal Joan Cizek from NY 0106, Sayville who is celebrating 50 years as a TOPS member. Joan is also a 12 year KOPS. Way to go Joan!

Congrats are also in order to our chapters with milestone anniversaries. They are:

50 Years – VT 0016, Rutland; VT 0020, Randolph

35 Years – NY 0724, Charleston

30 Years - VT 0095, St. Albans; VT 0096, St. Johnsbury

25 Years – NY 0950, Clifton Park; NY 0965, Rotterdam; NY 0966, Mayfield

## **PUBLICITY IN YOUR AREA**

What does your chapter do to let people know that you are there? Have you used any items from the section on the TOPS website that helps you promote your chapter?

I am interested in hearing what your chapters are doing to spread the news about TOPS and the wonderful things we do. I am here to help you also. If you are interested in some extra support and some new ideas on how to promote your chapter, please get in touch with me. I am here to help! I can help!

## **TOPS MISSION STATEMENT**

To support our members as they take off and keep off pounds sensibly.

## **TOPS VISION**

To be the best weight-loss support choice for people who want an active and a healthy life.

## **WHAT IS TOPS**

Real People, Real Weight Loss! Thanks for being a part of it all!!

YOURS IN TOPS FELLOWSHIP,  
“JUST JUDY”  
Regional Director

If you no longer want to receive TOPS Newsletters, please send me an email at [muffyjunior@aol.com](mailto:muffyjunior@aol.com) or call me at 518-461-3329