



## CHAPTER CHAT

January, 2018

Happy Winter TOPS Friends:

Now that we have turned the page on the calendar to 2018, many of us have made resolutions to positively impact our lives. For some, it is a time of new beginnings and an opportunity to make changes. It is great that we always have another chance for a new beginning every January first! I wish all of you a Happy New Year and happy travels as you journey forward to make your resolutions become real in 2018. Just remember, keep them simple and attainable!

This is also 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. If someone comes for a visit and/or to join us, we want them to know why we aren't there. Also, be sure to share the word that your chapter meeting is underway by displaying a "Chapter Meets Here" sign on your meeting room entry door. If you need one of these signs, please contact your Coordinator.

If any of your officers were not able to attend the live broadcast of our TOPS Officers Webinars last August, they are posted in the Members Area of [www.tops.org](http://www.tops.org). I urge you to check them out now.

Remember to be sure you are using the most current forms available. These forms can be found in "The Leaders Corner" that is available for Leaders and Web Designates or "Find A Form" that is available to all members at [www.TOPS.org](http://www.TOPS.org).

State Recognition Days are on the horizon. I look forward to spending time with all of you, as always. Special thanks to our weight recorders and assistant weight recorders for the great work they did preparing your chapter resumes. And, thanks to all officers for supporting them as they met their tasks head on.

### **CONGRATULATIONS!!**

Thanks to all the chapters who participated in the recent Chapter Survey sponsored by TOPS Club, Inc. Every chapter that completed the survey was entered in a chance to win a gift card. There was one winner in each Regional Director's area. I am happy to say that the winner in our region was chapter MA 0411 Westfield. Way to go Westfield!! Thanks again for participating.

### **KUDOS KORNER**

There is always space in the chapter newsletter to share your chapter and individual news and accomplishments as well as ideas for contests, challenges, programs, etc. Please continue to share these with me. I would like to highlight the two that were submitted to me for this edition.

ME 0405 has contests, on a regular basis, to encourage members. They wish to share the accomplishment of one of their newer members. Brenda Shaw joined their chapter on July 12, 2017. To date she has lost 44.6 pounds. She lost weight for 19 weeks in a row....not a single gain! The chapter members look up to Brenda and honor her work! Way to go Brenda!

VT 9002 writes to share that their chapter loves games. One game they did recently was a team challenge. Each member of the team received a sailboat. They moved up the board towards “Goal Island” where they dropped off their unwanted pounds. Along the way they encountered certain obstacles that they had to overcome and reported the results the following week. The first team member to cross the finish line allowed the rest of the team to share in the treasure.

They also had a game for fall. Each member received a pumpkin with removable pieces. Each time the member lost weight, they removed a piece. If they gained weight, they had to put the piece back.

They also did a winter game. Each member received a Christmas tree. For each pound lost, they received an ornament to put on the tree. The member with the most ornaments at the end of the game was the winner. This chapter has a lot of fun while they work toward their goals. It is important to have fun along the way. If any of you are interested in more details about these games, the chapter leader, Nancy, said feel free to contact her at [luvart.obeng@gmail.com](mailto:luvart.obeng@gmail.com)

The early results are in! Our Million Pounds Mission! Wow! It looks like we have many, many successes! I am impressed! Many of our TOPS lost ten pounds and much more. Our KOPS did a super job staying in leeway (red marks allowed as long as status was not lost) and many accepted my challenge of not only staying in leeway, but staying in the black all year (no red marks at all)! Your coordinators are reporting great results and I have received many reporting sheets from our chapters listing your achievements. In addition to our challenge from President Barb Cady, I offered an additional challenge tied into the Million Pounds Mission. I sent your leaders the reporting form that needs to be sent to me no later than January 31, 2018 if you are taking part in my RD Challenge. I have attached another one to this newsletter in case you wish to participate and have misplaced the form. I can't wait to give these wonderful awards at your SRD's.

If your chapter does not have someone who can receive these newsletters through email and print them off to bring to your chapter, please let your coordinator know. We will make certain that a printed copy is mailed to the chapter so you do not miss important information.

Thank you to those Leaders and Chapter Secretaries that have been sharing your chapter newsletters with me. It is great to see. Some chapters have been writing on a periodic basis to their members. Their newsletters highlight special achievements, programs, etc. occurring in their chapters. The Leaders encourage the members in between meetings also. In some instances, these writings are sent to local news media. I plan to ask these individuals if I can share their writings with you in future newsletters as an example should you wish to do the same for your chapter.

### **PUBLICITY IN YOUR AREA**

Spring is an ideal time to reach out to your local news media and showcase good losers, chapter royalty and KOPS alumni from your chapter, as well as any members who may also be receiving state honors. Contact your daily and weekly newspapers, cable TV stations, local radio stations and any other news media that is available in your areas. Let them know about your chapter's successes and what your chapter has to offer potential members in your community. If you need assistance and/or funds to help with this endeavor, please contact your coordinator and me. We will be glad to help you.

### **THE FIVE W'S OF WRITING A NEWS STORY**

**“I keep six honest serving-men (They taught me all I know);**

**Their names are What and Why and When. And, How and Where and Who” – Rudyard Kipling**

If you are writing a news article, here are a few tips (I read this somewhere many years ago and these guidelines are so true. I do not know who the author is but I do like the ideas).

When submitting a news story to a paper, radio, cable TV station, etc. it is important that you are clear, concise and provide all the necessary information. If you follow the Five “W's” and the “H” when you write and submit your story, you greatly enhance the chances of getting it published or broadcast.

Always be sure that you are clear about who is involved in the story, what he, she or they did, when it happened, where it happened and why did it happen. Also, how it happened.

For instance, if you are writing a story about a state or international winner, let them know **Who** the person is, **What was awarded or what weight was lost**. **When and Where** they will be or were honored and and place and date of the event. Of course, include **Why** it happened. For instance, the person was frustrated, ill, etc. and heard about TOPS and joined. **How** they did it (remember, keep your story concise and clear but be sure to let them know the person's personal story, how they lost their weight, etc.). How did it happen? They became involved, developed an eating plan and drew on the support of the organization.

No matter the subject whether a walk, a special award, a parade, an installation, always remember to be sure you follow the Five "W's" and the "H" of writing a news story and you will succeed. Good Luck!

### **POSTIVE AFFIRMATION**

I will accept the necessary changes that need to take place in my life and release doubtful tendencies.

Until next time, remember, self-care is "KINDNESS"!

TOPS Hugs and Mine

"Just Judy"