

Judy's Junction for January 2012

Where has January gone?? Pouring through Resumes has made my month fly for me. Many of you submitted Resumes that were perfect or nearly so. Some were a real challenge. At the end of this Newsletter, I am including some very important points for Weight Recorders. Please be sure each Weight Recorder receives a copy to keep close by as they perform their duties throughout the year. Thank you to those chapters who sent postage stamps with your Resumes. Some sent personal notes which I loved receiving! One Resume even arrived tied with a pretty green ribbon!

Not only have I been busy with Resumes in January, but also with Membership processing. 200 or so, with 70 of them being new TOPS members. Some of you have been working diligently to obtain new members by holding Open Houses and spreading the word to family members and friends.

I am happy to announce our newest chapter #1321 Rochester whose Leader is Christine Lee. We warmly welcome you and look forward to seeing you at future TOPS functions.

If any of your chapters are struggling and thinking of possibly disbanding, please contact your Area Captain and/or me to talk about your situation and look for possible solutions. We are here to serve you and help you be the best advocates for TOPS possible. I discovered at Resume time that two chapters had disbanded and I was not made aware of it until I inquired about their Resumes.

MAINTENANCE PAYMENTS: Maintenance payments for 2012 were due to me by January 1, 2012. I sent the notices out with my November Newsletter. I do like to pay my bills on time, so I am asking your help in this instance to help me make it happen. This payment isn't optional. It is mandatory. In 2011, I was able to report all Maintenance payments were in by the end of January. Sadly, I am not able to say that this year.

WORKSHOP PAYMENTS: Workshop payments are due to me by tomorrow, January 31, 2012. To date I have received payment for all but 18 chapters. This money goes toward expenses associated with the Spring and Fall Workshops presented to you by your Area Captains. It is important for all chapters to be represented at these workshops to receive the latest information from TOPS Headquarters. Even if you choose not to attend, your Area Captain incurs postage cost to send the information to you after the workshop. Leadership Skills will be completed for all chapters in 2012. Please report to me how you are utilizing these skills in your chapters, and how they are helping you improve what you do.

PUBLICITY: Advertise your meetings and successes. Let the world know your chapter exists. Obesity is prevalent in our society. We have the tools to help anyone who is willing to put forth the effort to be open-minded and make changes in their life style to improve their health. Please share with me any Newspaper articles that tell about your chapter and its successes.

I hope you all have begun the year on a positive note and continue on the right track.

Till next time, Much Love & Hugs to All, Judy

IMPORTANT NOTES FOR WEIGHT RECORDERS

CHAPTER MANUAL: It is so important for the Weight Recorder to have a Chapter Manual at their disposal and to read and reread Chapters 5,6,& 7 which pertain to their job concerning entering information on the Weight Charts and doing year-end resumes.

- 1) When a KOPS loses status, they must be put onto a regular TOPS chart, but keep the KOPS chart. If they get reinstated during that year, they are to go back on the same KOPS Chart. At the end of the year, send both Weight Charts for that person.
- 2) At Resume time, the first weight and the last weight for a person who has both a TOPS Weight Chart and a KOPS Weight Chart is the actual weight of the year and last weight of the year, no matter which charts they are on.
- 3) Don't wait until the end of the year to send KOPS Lost Status notices, First time KOPS, Goal Changes or Reinstatements. Send them as soon as they occur and be sure to send a copy of the weight chart (except for the KOPS Lost Status), and a separate check for \$4.00(except for KOPS Lost Status).
- 4) Resumes are due to me by January 8th. I don't wish to be a nag, but I have a deadline to meet and can't unless I have your information on time.
- 5) Weight Charts need to have the Membership number, my name and FSID #697, and they must be signed. (How about passing them to the members now and have them sign them now so you aren't scrambling to do it during the Holidays?)
- 6) All blanks on the Weight Chart must be filled in with the member's weight, EX for excused absence, AB for unexcused absence, NM for no meeting, or ME for medical excuse.
- 7) A member is disqualified for Awards at the end of the year if they have 4 consecutive AB's, if their Weight Chart is not signed, and if they have no December Weigh-in.
- 8) A KOPS must have a minimum of 15 weigh-ins in a year.