

Judy's Junction for November 2011

Leaders/Designates – please print this newsletter and share it with your chapter. It is your duty to keep your chapter updated with current information from TOPS.

Thank you to those who have sent in their Maintenance Fees. I have received half already. They are due by January 1, 2012. I appreciate your prompt attention to this once a year obligation.

Be sure to share information received from your Fall Workshops with your chapter members. Your Area Captains have worked hard to present you with the latest information and Leadership Skills. It is a Win-Win situation when you take it all back and share it with your fellow members.

Welcome to the newest chapters in Western NY, #NY 1317 Buffalo and #NY 1320 Hilton. We are so happy to have you aboard and look forward to seeing you at future TOPS functions.

I have started to receive renewals for 2012. So far, all have handled them correctly, paying the new fee. It is extremely important that the renewals due before the end of 2011 be paid on time because TOPS Headquarters will not accept the 2011 rate after January 31, 2012. In other words, if your renewal is due by the end of 2011 and you neglect to pay it until after January 31, 2012, you will be required to pay the 2012 fee of \$28.00.

Be sure to notify me when Leaders and/or Designates change email addresses so that I can inform TOPS Headquarters. Our Regional Director, Judy Pettit, recently sent out an important notice to all Chapter Leaders and Designates and had several returned because the email addresses she had were no longer valid. Barb Cady sends an email message to all Leaders monthly and has had the same problem.

Your Chapter Resumes are due to me by January 8, 2012. On page 49 of your Chapter Manual is a conversion chart to convert the first and last weights of the year to ¼ pounds. Remember to send me the original and 2 copies of the Resume. Remember that KOPS and their charts never part. If a KOPS transfers to another chapter, they take their original chart with them. Be sure to report KOPS Lost Statuses to me as soon as they occur. Be sure to notify me if a member transfers to another chapter.

I hope you all had a wonderful Thanksgiving. As you prepare for Christmas, remember to plan ahead what you will eat each day and do plan to enjoy some of your favorite treats, following the 2 or 3 bite rule. No food will make you gain weight unless you eat too much of it. This is a special time of year for giving and receiving all that is good. I wish you love , support, and the special attention you deserve.

**Til next time,
Judy**