

PLEASE READ AT YOUR NEXT CHAPTER MEETING.

JUDY'S JUNCTION FOR SEPTEMBER 2011

It is Fall Rally time! What an exciting and inspirational time of year. This is when staying on track with eating and exercising pays off. I had the pleasure of attending and taking part in Area Captain Frankie Lewis' Fall Rally on September 24th in Cuba, NY. What a fun day! Even though Frankie was "under the weather", she put on an outstanding Fall Rally. The facility was set up beautifully, the food was great, and the recognition of successes went on and on. Congratulations to all who received awards. I was so happy to meet many face to face who I have communicated with this past year via phone or email.

Be sure to pick up your TOPS calendars for 2012. They are available at all Fall Rallies. They are beautiful and are full of tips and ideas that you can use for chapter programs. We are charging \$5.00 each, which is less than if you order through the TOPS website at \$6.00 and then have to pay shipping.

As soon as your Area Captains announce when the Fall Workshop will be held in your area, be sure to put it on your calendar and plan to attend. Besides covering Resume information, your Area Captain will be sharing more of the Leadership Skills that will help you to spice up your chapter meetings.

I do hope you are participating in the Regional Director Challenge given to you at the beginning of the year. The time to finalize it is when you are doing your Resumes at the end of the year.

I have received Membership lists back from many of you with corrections noted. This will be helpful when it is time to send out your Maintenance notices. I appreciate your help in this matter.

Fall is a great time to plan an Open House to increase membership in your chapter. The people are certainly out there who need what TOPS has to offer. Let's let them know who we are, where we are, and how we can help them make their weight loss dreams come true. We are experts in the field!

Thank you for a wonderful first year together. TOPS Hugs to All, Judy