



COORDINATOR'S CORNER



From The Desk of: **Judy Jones**

January 2010



IS IT SPRING YET!

I don't know about you, but I am ready for the flowers and the Spring birds to start coming back! I have an idea! Let's put things around ourselves that remind us of Spring! Pictures, a pair of shorts or a t-shirt sitting over a chair, ANYTHING that reminds us of what is ahead! Just as in weight loss we must not dwell on the moment, but dream of what is ahead of us...dream of our goals, and then move toward them! NEVER give up...there is ALWAYS light at the end of the tunnel if we look try, and if we look forward! I KNOW that TOGETHER WE can reach those GOALS!



SRD 2010

Can you believe it....SRD is only a little over 3 months away! It is going to be such an exciting one this year! Our TOPS President Barb Cady is going to be here with us! If you have never heard Barb speak you MUST! I can remember the first time I heard her speak at IRD in Louisville Kentucky...she truly had my attention! She speaks from the heart, and she lights a spark inside of you! Barb will be doing part of the Friday afternoon workshop and I promise, you don't want to miss it! Come meet her...you will truly leave feeling like you made a new TOPS friend! The resumes are gone over...the winners have been found...OH MY we have a WHOLE LOT to celebrate! I AM EXCITED! Your AC will be contacting you for a item donation for their Area baskets for our raffle this year...please help them, ok? Again this year SRD will be held in Rutland at the Holiday Inn on May 7 and 8. The theme is "**The Magic of TOPS.**" Your host chapter will be TOPS #VT 0016, Rutland. We are going to be needing help with some things and Dwayne Smith of #0016 may be calling on some of you for some of these things. TEAMWORK....what a WONDERFUL thing!



QUILT RAFFLE



WE need your help! Dolly "Addie" Johnson, leader of TOPS #VT 0029, East Burke has made a FABULOUS donation of a Queen size quilt that we are going to raffle. The proceeds from this will go to help with expenses to help our President Barb Cady to come to our SRD. What we are going to do is to send each chapter books of tickets. Each chapter will get the number of tickets based on your maintenance numbers. Members can buy them, or sell them to others. As I always say, we are a TEAM and if we work as a team we can do a GREAT job with this, right?! I will be sending thee out to you soon, and the deadline for getting the money and stubs back to me will be April 1st. THANK YOU...THANK YOU in advance!!



CUT and BURN

How are you all doing on the Cut and Burn challenge that is going on? Remember, by **CUTTING** just 100 calories and **BURNING** 100 extra calories a day you will accomplish many goals! This goes on till sometime before IRD. **GOOD LUCK!!**



WE DONE GOOD

WOW, do you know that VT TOPS lost over 3700 lbs in 2009! WE done GOOD! Can WE do better in 2010?! I think WE can! Let's ALL make a plan, and let's stick to that plan! Remember, being a LOSER is a GOOD THING when WE are working to LOSE weight and get HEALTHIER!! WE CAN DO THIS...YES WE CAN!!

ALWAYS REMEMBER.....

There is NO abracadabra to losing weight, but there is MAGIC.....because
THE MAGIC IS IN EACH ONE OF US
WE just need to find it!!

TILL NEXT TIME....ALL MY LOVE!

Contact Info:

Coordinator: Judy Jones... 802-888-5404....judyj@pshift.com

Regional Director: Judy Pettit... 518-752-4148....muffyjunior@aol.com

AC: Carol Priest...802-748-8870...cpriest@myfairpoint.net

AC: Debra Fuller...802-524-6205...crochet312@yahoo.com

AC: Mary Jo Willey...802-635-6139...mjwilley2003@gmail.com

AC: Donah Smith...802-774-1458...vttops4u@gmail.com