

Dearest Members-

March 1, 2010

The sun has certainly started to shine a little more, and I know that is a welcomed sight for all of us! What a tough winter this has been. We have all endured a very cold and snowy, wet winter this year! Every time we think spring is just around the corner, flurries start falling from the sky. Falling, falling, and falling. Piling, piling and piling. Oh, let's not forget the ice that forms first, before the snow falls. That is the Missouri way! Please understand, EVERY members safety is my FIRST priority! However, in my previous correspondence something may have been misconstrued when I was quoting a national rule from our TOPS Chapter Manuel. On page 12, second column, half way down, under

***Notice of Meeting Cancellation.*** *If a meeting is cancelled, a cancellation notice must be posted on the door as a courtesy to potential visitors and members who may have not gotten the notice. Never discourage someone interested in seeking TOPS' support. No more than two meetings may be cancelled a year if at all possible. Members need the regular accountability of the scale and face-to-face support. The leader may cancel a maximum of TWO meetings each calendar year if unavoidable without notice to the Coordinator. If other meetings must be called off, notify the Coordinator of the necessity.*

The reason I wanted to mention this again is that I wanted to point out that it was a national rule that I was trying to clarify only. I just wanted to make you aware of this TOPS National rule. This is not a rule that I have created personally but a National rule governed by the Board of Directors of TOPS Club Inc. YOUR SAFETY IS FIRST AND FOREMOST TO ME AND ALWAYS WILL BE!

I would like to thank all of those members that have volunteered their time to step up to the plate and be considered as a newly and re-elected officer. I look forward to a wonderful and exciting year of working with you. I know great things are ahead for us as we work together to help the area grow in numbers as we shrink in size. Many challenges are ahead for us and the members. As for the outgoing officers, thank you for the service you have given and may you enjoy your time serving as a member and offering your services in other capacities of support to your chapter. Please remember that the L-001 officer's chart is due to the coordinator immediately upon completion after elections (the first week /meeting of March).

You will find your audit enclosed in this mailing. After your elections, the executive board, minus your treasurer is to complete the audit of the treasurer's books before the newly elected treasurer takes office. This procedure is to be followed even when the same person has been elected to the same office. You will find the instructions for the process enclosed as well.

## **GIVE BACK THE BLACK**

CHALLENGE- Are you ready for a challenge- Oh come on- it is a simple one. Think back to when you came to TOPS that very first time. What made you want to come? What was the purpose of your joining the organization? Was it to lose weight? Of course it was! So that defines my challenge- all I ask

is that at the end March you weigh less than you did at the end of February! END EACH MONTH IN THE BLACK! GIVE BACK THE BLACK! The weigh this works is that you are giving back your excess weight by removing your pounds to be in the black. Thus ending in the black each month! You only have to be in the black, there is no minimum or maximum requirements, just be in the black. Let's see how many can make this happen from now thru the end of the year! I also wonder if there is a chapter out there that can take this challenge on chapter wide for all their members to end the year in the black! You CAN DO IT! I believe in you!

**STARTING IMMEDIATELY:** KOPS goal changes, KOPS reinstatements, or NEW KOPS must be submitted with a copy of the weight sheet. It has become extremely imperative this past year during KOPS weight sheet verification that we must adhere to the TOPS rule and submit a copy of the weight sheet when submitting an L-014 form. These KOPS changes can not be processed without the copies. Please DO NOT send the original weight sheets, just photo copies only.

I am anxious to see all of you at the Spring Fling this year. There will be lots of fun, awards, and exciting information for everyone. Happy losing and do not forget to "Cut & Burn"!

TOPS Hugs

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