



TAKE OFF POUNDS SENSIBLY

Avis Veach, TOPS ID 1636936
Wyoming State Coordinator #683
Member of TOPS #WY 20, Sheridan
75 Beaver Creek Road
Sheridan, WY 82801-8611



Wyoming TOPS Newsletter January 27, 2011

Thank you, TOPS Volunteers, for returning your members' 2010 weight charts and your Chapter Resumes. Our Wyoming TOPS have had some amazing losses this past year, some consistent losses from year to year and others by leaps and bounds in their most determined year. We also have several new and reinstated KOPS continuing to maintain their leeway sensibly, holding the key to success, and unlocking the doors for our TOPS to follow. I have just completed my umpteenth review of these important records and have issued certificates for qualifying Chapter Royalty and the First and Second Place Chapter Division Winners. Leaders, you should find a copy of your Chapter Resume, as amended, and all certificates for those individuals. Please plan your chapter's annual awards ceremony as soon as possible to honor your members' efforts through the year at chapter level. Additional award items, such as TOPS pins, charms, TOPSi figurines and more, may be ordered by your chapter on TOPS Award Order (L-015) and/or KOPS Awards and Chapter Tools (L-017) for additional incentives and appreciation of their efforts. Leaders and Designates may download these from the forms section of the TOPS website at www.tops.org or request a copy from me.



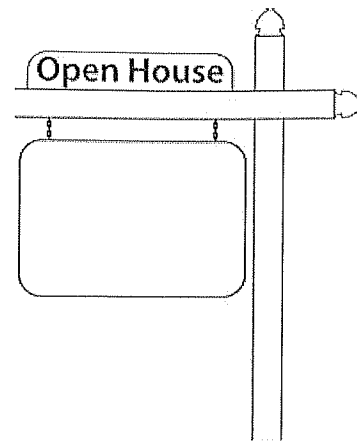
Today I will also be submitting to our Regional Director the names of our proposed State Royalty and State Division Winners. They will be notified shortly and be asked to prepare their success stories and photographs for recognition at Wyoming State Recognition Days. Will some of our winners advance to the international level? We'll have to wait patiently (drum, drum, drum) and see. **Please make every effort to enable your Chapter Royalty and State Division Winners, and as many members of your chapter as can travel with them, to attend this special event on June 10 and June 11, 2011, at the Ramada Plaza Riverside Casper. TOPS President, Barbara Cady, will be there for you!**

Meanwhile, you are invited to attend or host a TOPS Walk and Spring Workshop, including officer and member training and awards not otherwise presented at State Recognition Days. Our Douglas chapters, WY 50 and WY 167, are hosting one on Saturday, April 9, location and time to be determined. Area Captain Lu Gilroy will be putting this one on, but I'll be there, too. I would like to put on at least two more workshops in other parts of Wyoming, so please don't hesitate to speak up. This is where we apply the annual workshop funds your chapters have paid. Your Field Staff is available to answer your questions. We're here for you! The host chapters will be offering a sensible lunch for a reasonable donation as their own fundraiser. That money goes to them. **No one will be charged a registration fee to attend, so please come to one or more of our Spring Workshops.**

In February, we'll be receiving revised chapter manuals from TOPS Club, Inc., one for the Leader and one for the Weight Recorder. Those chapters with less than four members will get them from me. I'm sure you'll have an opportunity to order more for your members, which is an excellent idea.

The Wyoming Healthfairs website has been slow to post 2011 settings. Will you please let me know when and where your health fairs or other wellness-related events will be so we plan more TOPS booths. It's an excellent way to get the word out about TOPS, build your chapters, or open new ones.

With that thought in mind, why not start the year out right and open your doors for more members. It's fun to have a TOPS Open House and working together it is easy to prepare. You'll find Open House press releases to send to your local paper, copy-ready ads, posters and postcards on the TOPS website. Many of these are in color or black and white and in a template form that allows you to enter your date, time and place or other details before printing them out.



Leaders, if you have not logged in, please activate your account now and tour the resources available to build and support your chapter. If you need help, call or e-mail us and either Lu or I'll be happy to assist you. You have access that other members don't to many of the TOPS forms you routinely need at the click of a button. You can also view reports on your chapter members, and each member can view only their own, to ensure their membership is active, their weight loss surgery is acknowledged (you need to provide the date of the surgery for me to enter it, or the doctor's slip with date when and if it is ineffective), and their KOPS goal and status (new, goal changed, reinstated, or lost) is up to date. It's much easier to do this once a month that to stall until the end of the year. If you do not have internet and need a report at any time, please contact Lu (if you are in one of her counties: Campbell, Carbon, Crook, Johnson, Niobrara, Sheridan, or Weston) or me and we'll help you.

Thanks to TOPS web wizards, I am now able to enter most new members upon receipt of their application to get their 9-digit Member ID. This way they will receive a speedy welcome if they have e-mail, receive the coming edition of *TOPS News*, and gain ready access to the member features of the website. This is, however, only possible if the application is complete. **Some are missing either the date enrolled or the starting weight (and unless they joined on-line they both should match the weight chart).** Unfortunately, this causes a delay because I must provide this information so TOPS Club, Inc., can process it. Please also be sure to check the yes or no box for surgery for weight loss, so our members will be placed in the correct division at the beginning of each year.



It'll soon be TOPS time to elect new chapter officers by secret ballot. Remember, if you are willing to accept an office but cannot attend the election, you can submit a letter of willingness to serve. You cannot, however, vote without being present. For complete details, review TOPS Rules (Form L-052), a copy of which is in your December/January issue of *TOPS News*. **Please hold your election of officers no later than the first meeting of March and complete and return to me your Officer Chart (L-001) promptly.** New officers and old will especially benefit from the training available at Spring Workshop.

Meanwhile, happy trails as you continue your journey in on the Road to Success. Along the way you'll meet many Wyoming TOPS friends as you explore TOPS Outer Limits at the 2011 Wyoming SRD on June 10 and 11, with special guest Barb Cady, and recount Happy Days at International Recognition Days this July in Milwaukee, Wisconsin. Registration packets for State Recognition Days will be mailed in February and posted on our website. Please watch your mailbox, Facebook and www.tops.org for all the latest TOPS news and events.

Wishing you Well,

A handwritten signature in cursive script, appearing to read "Ann".

P.S. A smile and a hug mean more than you can tell. Share some today. ☺