

TOPS are OK

JANUARY 2012 Newsletter

Can you believe that it is 2012? When I was in elementary school I can remember thinking that I would probably never live to be old enough to see the year 2000 and now here it is 2012!!!! Wow! What better time is there then right now to take advantage of a new year and get started losing weight. The Coordinators in our region have worked really hard to put together a years worth of lesson plans for us to use at our chapters – and as always there is terrific program material available from TOPS! It is there for us so why not use it this year and see what a difference it will make in your life and in the life of your chapter members!!! Let's get on the road together on our Weight Loss Journeys!!!!



My nieces & nephew modeling their OSU orange shirts! I'm training 'em right!!!

2012 Fun Day dates

Winter Fun Day Area	February 11 th	North Central TOPS#OK0013, Stillwater OKC
Area Fun Day Midwest City	February 18 th	TOPS#0688,
Spring Fun Day Area	June 9 th	North Central TOPS#OK0207, Enid OKC
Area TOPS#OK0497, Mustang	June 16 th	
Summer Fun Day July 28 th		North Central Area TOPS#OK0462, Cleveland
OKC Area TOPS#OK0201, Norman	August 18 th	

Fall Fun Day
Central Area
City

October 13th

North
TOPS#OK0308, Ponca

OKC Area
TOPS#OK0122, Midwest City

October 20th

Thank you to those chapters that are hosting a Fun Day this year!

Important Dates for 2012

SRD 2012 – TULSA SOUTHERN HILLS MARRIOTT – MAY 4-5, 2012

IRD 2012 – SAN DIEGO CALIFORNIA – JULY 5-7

ON THE WEB

www.tops.org

TOPS website has been recently refreshed and remodeled – go take a look! There is a wealth of information available to you there!

www.topswonders.com

Go to this web page and click on Oklahoma – then click on Information Station and you will find 12 months of Lesson plans, Chapter Rejuvenation information and a page that you can hand out to new members that you can put your chapters information on! Check it out!!!

[TOPS Are OK/Facebook](#)

This Facebook page is for my chapters – it's a place to share ideas, concerns and also get a little extra motivation from each other when we aren't doing so good and get a pat on the back when we do really well!

Blue Ribbon Chapter Contest

****This contest runs from January 1, 2012 to January 1, 2013.**

20 points: Holding an OPEN HOUSE (limit two) Please contact your AC for a helpful detailed program.

20 points: Having an organized Chapter walk/picnic (four) This can be a Spring, Summer, Fall or Winter organized walk and/or picnic. (Hint) A good place to walk in the winter is the nearest mall.

25 Points: for each Article published in local News Papers or TOPS News about special happenings in your chapter. Please include copies with the chapter TOTAL form.

20 Points each: New or Reinstated KOPS - KOPS may graduate at Chapter level or SRD. Invite your AC or Coordinator to come to your chapter and graduate your new KOPS if they do not plan on attending SRD.

10 Points each: New Members or Returning Members out of TOPS for more than 1 year.

10 points each speaker: (limit 3) Inviting a speaker to your chapter meeting. Contact hospitals or diabetic association etc. and ask for speakers willing to speak at your Chapter. (Some free of cost)

20 points each workshop: (3 workshops a year) Workshop attendance 1 Point each bonus: Additional points for total members attending *each* workshop.

Attending SRD (State Recognition Day) 20 Points: for chapter attendance. 10 Points: for participation in Fri night events.

Attending IRD (International Recognition Day) 30 Points: for your TOPS chapter representative attending.

Bonus: Check your 2012 resume to calculate the number of pounds lost from January 1, 2012 to January 1, 2013.

Special awards will be presented at Rally Day. Further details in News Letters.

WELCOME ABOARD FOR THE ROAD TRIP!!!

