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JANUARY 2011

Dear Chapter Leaders and Members,



Happy New 2011, as the New Year starts we need to re-focus on our weight loss and goals. When setting goals be realistic, choose wisely, create a plan, talk about it and remain flexible.

We are still doing the Cut and Burn (Cut 100 calories and Burn a 100 calories) here are some ways to cut 100 calories a day: instead of potato chips-try bake potato chips; 12-oz regular soda try 12-oz water; 6 oz. fruit-on-the-bottom yogurt try light yogurt with no-calorie sweetener; a bagel try 2 pieces whole-grain toast; butter and margarine on pans try non-stick cooking spray; white bread try light, whole-wheat bread; traditional pizza try halve the cheese and add veggies; whole milk try nonfat 1% milk; supersized meat portions try 3 oz portions (deck of card size) and layer cake try angel food cake. There is change in the air. Cora Pogue has retired and the counties redistributed, I gave you the counties in December newsletter, if you need to know your area captain information let me know. Oklahoma now has 3 area captains.



Thank you to all weight recorder and leaders



for getting your L-10 resumes and weight charts to me.

I am working on the state resume.



The SRD (State Recognition Day) packet is being mailed this month also.



The first fun-day for the state will soon be starting in February. Please send everything (report and fees) to your area captain. They will be honoring the last quarter of 2010 awards. Please try to make your area fun-day if you can, we truly have lots of fun at them. Your chapter invitation will come out about a month before the fun-day, from your area captain. Oklahoma City funday area, I will be making your awards, so send the reports and money to me for now.



We have a regional website address: <http://www.topswonders.com>. This has eight states in our region (Oklahoma, Arkansas, Kansas, Louisiana, Texas, Mississippi New Mexico and Michigan). Just go out there and click on Oklahoma. The website is updated with newsletters from your field staff as well as invitations to your area funday. Also don't forget about <http://www.tops.org> TOPS Club Inc.'s website to find out about renewal information of members and to find chapters, when you are away from your chapter. This newsletter are now posted on the regional website as well as funday invitations.



Your area captain is required by me to do an annual chapter visit, they may ask to visit your chapter; they have a new program again this year from TOPS Club Inc. Please treat them like a guest speaker and help them with their travel expenses.



If you would like me to visit your chapter and do a program, please let me know. I love visiting your chapter. I will come when it's best for your chapter.

TOPS love,

Paula Rice
TOPS Coordinator

Leaders only:

Remind chapters that our TOPS forms section and membership information remain secure and are only downloaded by Chapter Leaders (or authorized member) and Chapter Designates.

We receive many emails from weight recorders and other members who are trying to access the forms to print out or the Leader's Corner and all of its dynamic features. This cannot be done unless one logs in as the leader or chapter designate.

Headquarters needs your help! Please remind your chapters of the procedure for downloading forms and who may do so. Also, be sure to let them know you will be happy to send whatever is needed as an attachment to your email or by surface mail.

PLEASE, encourage your leaders and chapter designate to activate their accounts and use them regularly.

Go to www.tops.org then click: Member/Leader/Staff Area

Locate "Never logged in? Click on **Activate your account**

Remind them that the **Login** is the **membership number** and **Chapter ID** is always 2-letter state/province abbreviation, 1 space and 4-digit chapter number. **After activating the account**, they may log in using the membership number and the **Default password** which is is First two letter of First name plus First four letter of Last name (no capitol letters and no spaces between any of the letters).

After the account is activated, the leader or chapter designate may log in to easily print all forms needed as well as get so many other kinds of help to run their chapters better.