

## Chapter Check-in ... November, 2010



At the Obesity Society Conference held in San Diego, Dr. Michael Jensen from the Mayo Clinic received the TOPS Scientific Achievement award for over two decades of research related to diabetes and body fat distribution. This award presentation will be featured in an upcoming issue of TOPS News.

Thanks to our field staff for sharing thoughts, opinions and comments concerning the TOPS Pledge from their areas. The Board reviewed your input carefully and supports the majority view that the TOPS Pledge shall remain as it.

CLARIFICATION: Wording of TOPS Rule 17.a. shall match wording in Chapter Manual: "No adult member may have a goal weight higher than his/her highest weight recorded at TOPS Club, Inc." Remember to remove your new TOPS Rules from the centerfold of the December/January issue of TOPS News and save it for reference throughout the coming year.



More new features are being added to our member section of [www.tops.org](http://www.tops.org) each week. Please, enjoy browsing the member section and take full advantage of the new features. There is even a secure place to log and track your weekly weigh-in progress. In January 2011, Message Boards shall be removed from the TOPS website. Members will continue messages and discussion on the Official TOPS Facebook page. Thousands of TOPS members are enjoying the TOPS Facebook experience.



Plans are well underway for a super IRD 2011 in Milwaukee, Wisconsin on July 7-9, 2011. Make plans to visit the hometown of TOPS, the Happy Days family, the Fonz, Lavern and Shirley.

If new members have email, when they are registered as part of TOPS database, they shall automatically be sent a welcome message containing their TOPS membership numbers and will ask them if they are using the copy of "My Day One" they were given at the chapter at their first meeting to begin their TOPS journey. Please make certain that this is included in the new member packet your chapter presents to new members. Your coordinator has copies to resupply you when you need more for new members.

"My Day One" shall be posted as a resource for all members in the member section of [www.tops.org](http://www.tops.org). All members received the newest version of "My Day One" in their December/January 2010 issue of TOPS News.

Don't Get Stuffed During the Holidays!

I Care,  
*Barb*

