

FEBRUARY SHORT NOTE

Dear Members;

Here's hoping everyone had a great holiday and now ready to get started on new things for the coming year. Need lots of energy and enthusiasm to get us started once again. Some members have called and said they have really become lazy with all the storms we have been having. We really need all this rain and it is fun to walk in the rain, just bundle up and enjoy. You could just go to the big stores and walk up and down the aisles and just walk for 30 minutes and will have a good loss this week. Just watch some of the aisles that have those items that say buy me, buy me, eat me, eat me. I know we can feel much better with some exercise. Try it, it is fun.

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There are three Chapters that have not sent their resume in, if you haven't please try to get them to me, KOPS charts are very important. Actually, ALL charts are important; they let us know how members are doing and if they need a little extra encouragement. Chapters should really work together on this, come to workshops and KOPS Society meetings and exchange ideas. We all try our best but always remember our TOPS friends are so important to us, they listen and try to encourage us, we all understand, we want to feel better and enjoy the wonderful things around us.

Here are some items that need to be taken care of on the weight charts.

1. KOPS charts must be filled in now for Dec 2009 weights, on the left hand side of the chart it asks for the Dec weights. Very few were filled out. New KOPS have no Dec weight as a KOPS so those do not need to be filled out. If the KOPS was absent put the date and "ex" do not leave blank.
2. When a KOPS changes their goal, please fill in the box on the right side where it asks for goal change. Do not write all over the chart. When goals are changed you must send the paper work in and include \$4.00. Remember the new goal slip. When a KOPS is re-

instated, same thing, except no goal slip is needed unless the goal is changed, but please send the \$4.00.

3. On TOPS chart please check for the correct Division and put that on the beginning of the year. Whatever the first weight of the year may be that is the division the member is for the year. Please check this careful. Also if member is in Division 9 we must know.

The ARD Registration has been sent to all Chapters. Read them very carefully and get them in as soon as possible. Remember this is the last ARD. We will have SRD and also a Rally each year, we will have so much fun getting acquainted with so many new people and look at all the new ideas we will have. By the way, our new site for ideas is www.whywelovetops.com we do not have out pictures up yet but we will get them.

Must get this in the mail and I promise a nice March note...Remember the election first meeting in March.

TOPS LOVE AND LOTZA HUGS

Loretta