



THE WEIGH-IN

Our Chapter Newsletter, Published Bi-Monthly

Snow, snow go away—why do you come on weigh-in Day?

Well, that's three Wednesday's in a row the snow or weather as prevented us from being together. Our newest member (returning), Carole Kline, wrote that she felt she jinxed us. She's only been able to weigh-in one time since rejoining.

I'm not sure why the weather pattern is falling as it is, but there seems to be no end in sight. At present as I write this, it is February 1st and no school for ice and the forecast is calling for more to hit tonight, perhaps delaying school or closing it again tomorrow, making it 4 in a row for us. I sure hope not, but one thing for certain, we need to do our best in times

like this to maintain our focus. The days off school for snow, permitted me time I normally do not have to catch up on things which needed done. I like them, and would much prefer they do not come on our TOPS day, but just the same appreciate the beauty and the peacefulness of the freshly fallen snow.

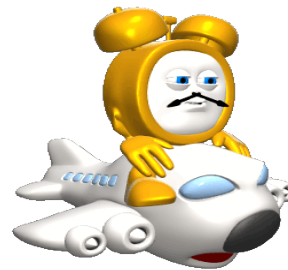
So, of like me you were able to stay home where it was warm and safe, how did you utilize your newly found time? Did you exercise? So many of us use the excuse we do not have time for it, but for two days we did.

Did you write or call a TOPS pal to help them and you stay

on track and focused?

Did you spend the time planning proper menus and making shopping lists for the necessary foods?

Did you pick up and dust off your Choice is Mine and read it?



Time Flies—Why are you "Weighting"?

Program Line-up for February & March

Our Co-leader, Betty Jo has been hard at work organizing our program line-up for the next two months.

Here's what is currently being planned for our chapter.

February 2, 2011

BJ's Secrets of Success

February 9, 2011

Awards Day & Discussion

February 16, 2011

Mary's Day

February 23, 2011

Special Speaker—Chad Smith (Fitness expert & Columnist for the Herald Mail)

March 2, 2011

Officer Elections & Discussion

March 9, 2011 -Awards Day

March 16, 2011— Mary's Day

March 23, 2011

Special Speaker - Dr. Michael Barvinchack - Ball Exercises

March 30, 2011 - Officer Installation & TOPS MD77 Skit

New \$5, 15 lbs. Contest to Begin

Do you have 15 pounds to lose?

Starting with the very next weight recorded (when we are able to meet again) or if absent from that meeting, the prior weigh-in as your start point. The contest will end the end of April. Members must have a weigh-in on April 27th so closing weight is the same date for everyone.

Deadline to pay/enter is one week after our next possible meeting.

\$5 entry fee. Money from entries will be equally divided among all who lose the 15#. If no winners, entry fees are surrendered to our treasury.

Special points of interest:

- Officer Elections will be held on March 2, 2011
- Deadline to Register for SRD is March 8th
- Retreat in Sharpsburg to be held in September
- New 15# Contest starting



February

February 21 - Joyce Cooper

March

March 7—Teresa Ferez

March 8 - Barinda Golden

March 10 - Jean Casbeer

March 23 - Joyce Schiro

March 31 - Carole Kline



February 6 - Joyce Schiro

March 18 - Judy & Robert Harshman

March 19 - Linda & Bud Kesling

HOW WE PAY FOR FUNCTIONS

Prior to each event, our chapter executive committee will meet and review the chapter treasury and available funds, taking into consideration upcoming known expenses and operation costs. The committee will determine how much money can be safely utilized for the event and monies will be divided equally among those who attend the event.

The executive committee will consist of all elected officers and the weight recorder and assistant. This process became part of our bylaws in November 2010.

WHAT IS AN SRD, IRD, RALLY, RETREAT?

Here in Maryland TOPS, there are two statewide functions for our members. One is held in the spring. That one is our upcoming SRD or State Recognition Days Event which is detailed more on the next page.

The SRD is a celebration of success and a time for inspiration, motivation and renewal to our focus. It can be a time of learning as well as fellowship. The location is held in various places throughout the state and all members are encouraged to attend.

It is a two day event, the first day being a time for learning, fellowship and some fun mixed with inspiration. The second day, members who had great weight loss success between January 1st and December 31st of the previous year are recognized. Of those who reached goal and became a KOPS, our state Royalty is crowned. This day also brings with an inspiring KOPS Circle of Light.

Registration for the event generally runs approximately \$30 per member attending. This money also helps send members from our state who are International Winners to the summer convention. Members can either attend one or both days of the event and if spending two days, may choose an overnight stay at the convention hotel.

The other function is the Fall Rally. Normally held in late September or October. Again with the location moving around the state. This is a one day event and its' purpose is to rejuvenate us in preparation for the winter months. Maryland has several contests which run through the months of June, July & August. At fall rally, those among us who accomplished the consecutive losses, perfect attendance, were summer best losers, new KOPS, KOPS at goal or below all summer, etc. are recognized. Entertaining skits from chapters are a highlight as well as the fellowship and fun of being together. It is a motivational day. Cost for this event is normally a \$5-7 registration fee per member.

In addition, TOPS® Club, Inc. regularly holds Retreats throughout the United States and Canada which are open to members. Some retreats are weekend only, while others are week long. Costs vary with the location and length of the retreat, but do include your stay and all food throughout the function. Retreats are meant as learning experience, and TOPS Retreat directors instruct "how to" for the Choice is Mine", and all meals are calorically controlled and balanced.

In the summer, usually in the month of July, TOPS holds its' annual International Recognition Days event... or IRD. It is a 3-4 days event held in various major cities throughout the USA and Canada. This year it is in the birthplace of TOPS—Milwaukee, WI. The IRD recognizing all state royalty, crowns the International King and Queen and honors KOPS, Century Club (100 pound losers who have kept it off more than 1 year) and the best of the Division winners from all of TOPS. It is a couple days of educational workshops, entertainment and recognition. There is also lots of opportunity to meet other members from all over the country, making new friends, sharing stories and just genuinely fun. For those who attend and travel together to get there, it is a unique and wonderful experience and it deepens our commitment to each other as we come to know one another on a whole new level.

Anyone joining TOPS is entered automatically in a weight loss contest. Each competes with other members who have similar amounts to lose. TOPS categorizes into "Divisions". Division winners are recognized first at Chapter level, then all chapter winners go into the bigger picture and the best of the chapter Division winners are honored as State Division Winners at the SRD, All State Division Winners compete to become International Division Winners, who are recognized at the IRD. (See Weight Divisions on page 4.) Chapters are to support all members who choose to attend any of these events. The decision of how that is accomplished rests within the chapter. See the previous column for how we determine the amounts at TOPS MD0446, Hagerstown.

“TOPS IS A SURE BET”

TOPS MD/DC SRD 2011 ~ March 25 & 26, 2011



Shuffle those cards, polish those dice and get ready for some fast dealing fun. We will show you how “TOPS is a Sure Bet” as we honor our “High Rollers”.

Our “Pit Boss”, State Coordinator, Jacqie Cooper, will be running the show and her “Dealers” will be headed by Area Captains Dawn Williams and Deneice Fisher. We will need many “players” so the games will run smoothly. If you or your chapter would like to be a “player”, please call Jacqie @ 301 872-5047. We still have loads to jobs to go around and we would love to have your help.

We hope we will have at least one member from every Maryland and DC chapter attending SRD this year. Chapter funds should be used to help defray the cost, if available. Any forms received after March 8th are not guaranteed to be included in the printed program booklet.

Please make note of the late registration fee increase after March 8, 2011.

We would like to have your chapter design our SRD Program cover this year. It must be in our theme, “TOPS is a Sure Bet”, include MD / DC SRD 2011 and must be received by Jacqie no later than March 10, 2011. The chapters cover that is selected will have reserved seating throughout the SRD. The chapter designs will be on display at SRD.

Each person is responsible for making his or her own room reservations. Cut off date is March 10, 2011 for the discounted price of \$119 + tax. Call the Sheraton Hotel Annapolis at 410 266-3131, reservations must be guaranteed with a credit card or advance deposit. Be sure to tell them you are with “Maryland TOPS”. The address is 173 Jennifer Road, Annapolis, MD 21401.

The “gambling area” will have the Field Staff Theme Basket Raffle, TOPS TOP 10 and Division 9 Contest, and new promo items. We will have Room Raffle tickets for \$1; the prize will be \$120 this year. If you would like to purchase tickets, let us know, you do not have to be present to win. The “Gambling Area” will NOT be open during the sessions or workshops.

Please remember SRD nametags must be worn at all sessions and workshops and if you are going on stage Saturday, you must follow the SRD Dress Code.

We are looking for members or chapters for Friday Night’s entertainment. If your chapter would like to do a skit or some form of entertainment, please give Jacqie Cooper a brief description by March 1st. We are looking for SRD Theme, good TOPS message, or something funny.

Your Roulette Wheel should be in the SRD Theme, “TOPS is a Sure Bet”, with a good TOPS message. Please read the registration form for size and contest information. Winners will be announced Friday night.

You can always contact Jacqie at 301 872-5047 or cooper594@md.metrocast.net

We look forward to seeing everyone in Annapolis for MD/DC State Recognition Days.

MD/DC SRD 2011 Committee

If you have any questions, please feel free to contact:

Jacqie Cooper

PO Box 336

St. Inigoes, MD 20684

301 872-5047 cooper594@md.metrocast.net

Check out our state website at:

www.topscare.com , Click on Maryland. If you visit the SRD page, you can learn even more!

Our tentative schedule is as follows:

Thursday	5:00 pm Registration and Promo Room open (depends on availability of hotel room)
Friday	8:00 am Registration and Promo Room open 10:00 am Welcome 10:30 am Workshops begin 1:15 pm KOPS Alumni & Graduates rehearsal 2:00 pm Workshop 3:00 pm First General Session 7:00 pm Friday Fun Night
Saturday	8:00 am Promo Room open 8:30 am KOPS Alumni, Graduates, Chapter & State Royalty Division Winners in Ballroom 8:50 am Ballroom doors open 9:15 am Program begins

WEIGHT DIVISIONS & ROYALTY

The question comes up often about weight divisions, what does it mean?

Using the first weigh in of each calendar year, regardless of which month it is, that weight determines which weight division the member is in for that entire calendar year. That is say it is the division they are competing for chapter, state and international awards in for that calendar year. Even if a member loses enough weight to switch, the weight loss for that calendar year counts for the award based on the division in which they started the year. To be a division winner, a member may not have 4 or more unexcused absences and must also have a December weight recorded.

The divisions are;

Division 1—Must weigh at least 300 lbs, but less than 400 lbs.

Division 2—Must weigh at least 250 lbs, but less than 300 lbs.

Division 3— Must weigh at least 200 lbs, but less than 250 lbs.

Division 4— Must weigh at least 150 lbs, but less than 200 lbs.

Division 5—Must weigh less than 150 lbs.

Division 6—Teen Members

Must be at least 13 yrs old, but less than 18 yrs.

Division 8—Pre-teen Members

Must be at least 7 yrs old, but less than 13 yrs old.

Division 9—Surgical Means

So, if a member weighed 230 lbs when they joined in February, they would be in Div. 3. Let's say in December, they weigh in at 180. Their Div. 3 competing weight loss for that year would be 50 pounds and the next year in January, they would switch to Division 4.

Members who are International Division Winners receive a stipend (up to \$600, last known amount) to help defray their hotel and transportation costs from Maryland TOPS to attend the International Convention.

ROYALTY

All members who reach KOPS status and have lost at least 10 lbs to do so, compete with other new KOPS within the chapter to become Chapter Royalty. All Chapter Royalty, compete with Chapter Royalty from all over the state to become the Maryland State King and Queen. Just like International Division Winners, Maryland TOPS pays hotel and transportation, up to \$600 (last known amount) to help our Royalty attend the IRD.

Royalty weight loss is from their highest weight recorded in TOPS to their goal weight as KOPS. It makes no difference how many years it took to get there.

DID YOU KNOW THERE WILL BE A TOPS RETREAT IN SHARPSBURG, MD THIS SEPTEMBER? September 21-25th (Wed-Sunday)

Here's your chance to experience a TOPS retreat with no major travel expense involved. One of our members has already registered and additional spaces are still available at the time of this writing. You can register online at www.tops.org or request information from the forms found in every TOPS News magazine. Cost is \$385. It will be held at the Shepherd Springs Outdoor Ministry Facility.

Cynthia Mack will be the Retreat Director. Cynthia is from Regina, Saskatchewan and is a very personable energetic and knowledgeable speaker.



We care about you and worry when you aren't with us at meetings. Please call an officer, the weight recorder or assistant if you can't be with us.

Too many ABS (Absent) vs. being Excused (EX) on your weight chart can make you ineligible for awards. Even if you lost 100 lbs. So, call US!

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www.martybucella.com



"I know a high fiber diet is good for me, but I draw the line on 'Burlap Surprise.'"



OFFICER ELECTIONS

MARCH 2, 2011

Officer elections are held the first meeting of March each year per official TOPS Club, Inc. rules with installation of officers to take place the last meeting in March and new officers in place for the first meeting in April.

It is required that we have two candidates nominated for each elected position (Leader, Co-Leader, Secretary and Treasurer). Our weight recorder and assistant are appointed positions, with the leader elect serving as the appointee.

Please begin to consider who you wish to nominate or consider running for office yourself. All offices are vital.

Leader - the leader is to preside at all meetings, trying not to miss. The leader looks out for and keeps in mind the overall welfare and wishes of the entire chapter and serves as the mail communication point for all correspondence from TOPS Field Staff and Headquarters.

Co-Leader— the co-leader plays an important role, fulfilling the duties of any elected officer in their absence and should the leader resign, moves up to that position with a new election held for co-leader. If the co-leader does not move up, an election is held for both offices.

Secretary - the secretary keeps an accurate account of all meetings. Carefully making note of all motions and voting results, contest rules, awards as well as events and happenings of the chapter. He or she also reads those minutes at all meetings as asked as well as any correspondence which may come from TOPS (Staff or HQ).

Treasurer - the treasurer keeps an accurate accounting of all chapter funds. Income and expenditures. Keeping records of chapter dues, membership renewals, gain fines, event registrations, fund raisers, etc. and makes a monthly report to the chapter.

CRAN-APPLE CHICKEN

Ingredients:

- 6 medium-size, boneless, skinless chicken breast halves
- 1 cup fresh or frozen cranberries
- 1 green apple, peeled, cored and sliced
- 1 T. brown sugar
- 1 cup unsweetened apple juice

Instructions:

Place chicken in 5- to 6-quart slow cooker. Sprinkle with cranberries and apple slices. Mix brown sugar and apple juice together and pour over chicken. Cover and cook on Low setting for 6 to 8 hours.

Makes 6 servings

Nutrient value per serving, based on a 1,500-calorie diet:

Exchanges	1 fruit, 4 very lean meat, 1 fat
Calories	193
Calories from Fat	36
Total Fat	4g (8%)
Saturated Fat	1g (6%)
Cholesterol	73 mg (24%)
Sodium	68 mg (3%)
Total Carbohydrate	11g (5%)
Dietary Fiber	1g (5%)
Sugars	8g
Protein	27g

As seen in TOPS News, Nov. 2007

Submitted by Trudi Berger, TOPS #FL 0655, Vero Beach

OLD FASHIONED CHICKEN SOUP

Ingredients:

- 1 whole chicken, cut up
- 3 large onions, chopped
- 1 large sweet potato, chopped
- 3 medium parsnips, chopped
- 2 medium turnips, chopped
- 12 large carrots, sliced
- 6 large celery stalks, diced
- 1 bunch fresh parsley, chopped

Instructions:

Place chicken into large pot and cover with cold water. Bring water to a boil. Add onion, sweet potato, parsnips, turnips, and carrots. Boil about 90 minutes. Add celery and parsley and boil another 45 minutes. Remove fat that has accumulated on surface of soup. Remove chicken. Chill both the soup and chicken. Remove any congealed fat from surface of soup. Re-

move skin from chicken and discard. Cut up skinless chicken meat and return it to soup. Heat soup until steaming hot (165° F) when ready to serve.

Makes 16, 1 1/4 cup servings

Nutrient value per serving, based on a 1,500-calorie diet:

Exchanges	1 starch, 1 very lean meat, 1/2 fat
Calories	125
Calories from Fat	24
Total Fat	3g (6%)
Saturated Fat	1g (7%)
Cholesterol	27 mg (10%)
Sodium	104 mg (4%)
Total Carbohydrate	16g (7%)
Dietary Fiber	4g (20%)
Sugars	7g
Protein	12g

As seen in TOPS News, January 07

TOPS#MD0446, Hagerstown

Meetings held weekly on
Wednesdays at
Shiloh United Methodist Church
19731 Shiloh Church Road
Hagerstown, MD 21742

Phone: 301-797-2547
▶ Cell Ph: 301-667-9675
E-mail: topsfan@aol.com

We're on the Web!
www.topsmd446.com

Affordable – TOPS' annual membership fee is \$26 in the US, plus nominal chapter fees collected for local chapter expenses.

Weekly Meetings – The mission of the chapter is to help and support members' efforts to lose weight and keep it off sensibly. The group encourages each other to follow sound nutrition and exercise plans to reach weigh goals set by their healthcare professionals.

Friendly Environment – New members are welcomed to join the journey to better health and supported by other members sharing similar journeys.

Accountability – Weekly, confidential weigh-ins provide personal accountability and a progress record.

Informational Programs – Programs on the importance of nutritional balance, portion control, regular physical activity, behavior change, and stress management in achieving weight loss and better health are provided for sharing at chapter meetings.

Awards and Recognition – Members are recognized for eating healthily and increasing activity, as well as achieving and maintaining weight loss.

"Buddy-Up & Slim-Down Contest"

This contest will last 6 weeks and teams assigned to begin on February 16th

Once you are paired with your buddy – you both begin your 6 week challenge! The rules are as follows:

You and your buddy will each earn points each week for:

Keeping a food journal – 1 point each (max 2 points)

Exercising (at least 20 mins) – 1 point ea. Per day of exercise (minimum 6 points/maximum 14 points)

Contact (phone/email)– 1 point each day you and your buddy make contact (max 7 points total)

Lose/Turtle – 1 point each (max. 2 points) KOPS get 1 point for being at or below goal within leeway

Gains - lose 1 point each (KOPS only lose points if gain puts them over goal or out of leeway)

If you both stay for the meeting – 1 point ea (max 2)

Each team earning 19 points or more each week will receive 5 bonus points!!

The 3 teams with the most points at the end of the contest wins! You and your buddy will each receive a very special prize for all your hard work!! 1st-3rd prizes given. Contest entry is voluntary.

Anyone who wishes to be paired specifically with a KOPS coach, please make your request.

