

AREA CAPTAIN NEWSLETTER for JANUARY

Hello Leaders and TOPS Pals,

Happy New Year to all!! Now, we all get to start off with brand new numbers and we get to start off with "Virgin Weight", the first weigh-in of the year and it is in black. I can't think of a better way to start off the new year. Now, the KOPS, we just keep rolling over and we have to keep our numbers no more than three above and seven below our goals, but that is okay that is the honor of being a KOPS! Keep up the good work I know how hard it might be but it always does work out.

I have called most of my chapters to see if you have sent out the resumes for the last year. A few of you, I did not call because I know your Weight Recorders have been doing this for many years and they are on top of it. So, if you have not finished your chapter's resume PLEASE send it over to Franki because she has to do all 220 chapters and do her part of the paperwork. Here is her address just incase you need it.

Franki Borowski
6587 Sunnyfield Way
Sacramento, CA 95823

I hope you are planning to attend our first SRD this year in May. Since our area is hosting the SRD in Visalia, you know it is going to be FANTASTIC! I am excited and can't wait. I have had a few Leaders call me to ask about the paperwork for the SRD as far as I have heard expect the paperwork for the SRD to be mailed by the end of this month. This is the FUN part of TOPS where we get to recognize all our members who have worked so hard to achieve their goals. So please try to attend the SRD so you can support them for all their HARD WORK! They deserve the support!

Every year Area Captain's get a new program and we get to come to your chapters to do a program for you. This year the Area Captain's Program is called Super Foods. I will be visiting all my chapters to do this program. Last year I finished all my chapters except for one. I would have gotten to that one BUT they did not have meetings the last two weeks of the year. So it is my mission to get all of you this year!

TOPS will be sending out a new Chapter Manual to each Chapter in February. So you do not need to order them because if you do you will receive the old one, so just wait till they come to you at no charge. You will receive two new manuals.

As always, please read this newsletters at your chapters and feel at any time to contact me. My information is below.

Take care, Becky

Rebecca Cabral
TOPS Area Captain
2988 Manda Drive
San Jose, CA 95124

STORMY699@AOL.COM

408-265-3839

www.whywelovetops.com <<http://www.whywelovetops.com/>>