



# RHODDIE'S RHYTHMS



RHODDIE LUDWIG, AREA CAPTAIN

*Believe in Yourself*

January 2011

## CHAPTER RESUMES'

Weight charts have been placed in order, Resume's are completed and all have been mailed to our Coordinator. Soon you'll all be planning the crowning of your Chapter King and/or Queen, congratulating the Division winners, and planning something very special for all to remember. If you need some ideas use the area website:  
[www.whywelovetops.com](http://www.whywelovetops.com).

## SUPER FOODS

Chapter visits have started presenting our new AND FUN 'SUPER FOODS. Program. CA858 San Diego, (mine), and CA333 Vista were the first to get into the program and found that there is something in this program that's never been mentioned on the nutrition level before.

This is a fun program that we can ALL get 'into'!! Quoting from the front page of the 'TOPS Daily Do It book: 'Your doctor prescribes the diet. TOPS provides the "do it.' That's what I'll be concentrating on. THE TOP TEN 'Do's' of WEIGHT MANAGEMENT. We've all heard them before, but never put them into play!

It's a new year, a new beginning, so start it with all the commitment you've known you had but couldn't quite get it to work. Now's your time. No excuses! When you walk into the weight room each week have a smile on your face and know you did all you could to start you on your way. This program will give you the incentive. It's up to you to make the commitment! THIS YOUR YEAR!

## WHAT HAVE YOU GOT TO LOSE?

February scheduled Chapters visits:

February 8th CA2005 Lake Elsinore-morning

CA649 Grand Terrace-evening

February 16th - CA146 Chino

February 21st - CA685 Escondido

## CHAPTER ANNIVERSARYS

CA2117 TEMECULA 19 YEARS

NEW KOPS

MARLENE FARNUM

CA0649 GRAND TERRACE

12/21/2010

Congratulations

And

Welcome

## DATES TO REMEMBER:

February 12, 2011

Area Workshop

22130 Barton Road

Grand Terrace

-Please come prepared to share fund-raising ideas!

May 12-14, 2011

SRD - Visalia

Watch your mail for Information Packet

July 7-9, 2011

Happy Days!

IRD Milwaukee

November 12, 2011

Area Workshop & Boutique

Grand Terrace

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January 8th, 2011 Workshop - Santee



January 2011 AC Visit to CA0333 Escondido  
with 'Super Foods' Program

*"I love TOPS because the moment I walked into the room, I felt as if I finally belonged. I was immediately accepted. No one judged me by my weight. How wonderful it was to meet a group of people who knew what I was going through."  
Sylvia S.*

**IMPORTANT  
CHAPTER INFORMATION**

*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 asking them if they are using the copy of "My Day One" they were given at their first meeting to begin their TOPS journey.*

*Please make sure "My Day One" is included in the New Member's packet that you give to your 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) and all members received the newest version in their December/January 2010 issue of TOPS news.*

Have you met our new little So Cal



Area logo? Busy Bee!! He will be a great award gift. He is available at workshops for \$3.00.

**If you would like to contribute an item to the newsletter, please email me at RhoddieAC601@aol.com. Contributions may be edited for space**