

December, 2010

Hello Leaders and TOPS Members,

I hope everyone had a Merry Christmas and Happy Holidays. Now that we are ending 2010 and looking ahead at 2011, Happy New Year to all of you! My wish for you is that you will stay focused on your TOPS Journey and that you will be traveling “The Road to Success” in 2011. One step at a time, One day at a time, Believe and You, will Achieve!

I would like to say a “Big Thank You “ to each of you that have given your time as a Chapter Officer or Chairman and especially to our Weight Recorders and anyone helping with the year end weight charts and resumes. You are greatly appreciated. I hope you have lots of “Losers” = “Winners”.

Chapter Resumes are due to Margie Fisher, our Coordinator by January 8, 2011. This is the same day that our Area Workshop will be held at Mission del Magnolia Mobile Home Park

10800 Woodside Ave

Santee, CA (9am - pick up supplies and fellowship and Workshop held 10 am -12.

If you are going to this Workshop, you may turn in your resumes there.

Just remember I am available if you need help or any information for your resumes please call or email me. Your resumes must be completed in triplicate so please make copies before and after.

Our Guys and Dolls KOPS Society will be held on January 15th at the Sizzler located at 91W. Nuevo Rd., Perris off the I 215 South. Watch for KOPS letter to sign your KOPS up to attend.

I would like to Congratulate the following members that became New KOPS and also Reinstated KOPS in the last six months and they are: Carol Dalke from CA 1072, Marvine Cirar, Judy Garthwaite, Phyllis Del Fante, Barbara Mowcomber, and Joan Rifken all from CA 2461. Reinstated KOPS were Ruth Baker, Michael Bedwell from CA 2444, Leticia Cortinas CA 1081 and Eve McDermott from CA 1159. I am so proud of YOU!

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I do encourage all my chapters to hold an Open House in January or early part of February. It's when so many people are in the mood to make a New Year start to losing weight and improving their health and fitness. Also, a good time to invite back the people that joined in 2010 and dropped out. Use our 2011- 2012 theme "The Road to Success" for your Open House. Good Luck! Sign them up. Call me if I can help you.

New Area Captain's Program - I have a new program for 2011 on Super Foods....those wonderful foods that not only taste good but which pack the most nutritional bang for the calories. It's a fun program! Please check with your chapter for a date that I can visit and do the program for you. I will be calling you soon.

I will be doing a monthly newsletter and would like to include any special news that you would like to share with the other chapters in our area. You can email, write or call me by the 15th of each month and your News will appear in my newsletter. It's a great way to share ideas.

Happy New Year to all of you, it's going to be a Great year because we will be traveling "The Road To Success".

Looking forward to visiting with you soon. Just remember I'm here for YOU.

Love and Hugs,

Rosalee

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