

**Please read at chapter**

## **DARLENE'S DOODLES DECEMBER 2011**

Happy Holidays to everyone. I hope the New Year brings you joy and happiness!!!!

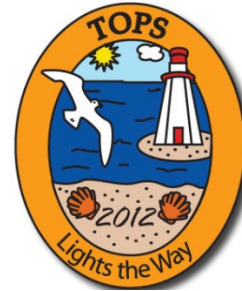
**Weight Recorder Workshops**. We had almost 100% attendance for my area.

Thank you very much. I am sure you found it very worthwhile and will be ready to do your end of the year resumes. Be sure to get out the chapter manual and follow it. There is also step by step instructions on the TOPS website. Unless you were one of those that had a perfect resume, we can all learn. I know I did. Resumes and 2011 weight charts are due to Carlene by Jan. 9<sup>th</sup> 2012.

### **SRD 2012 May 11 & 12 Ocean Shores**

The theme is "TOPS Lights the Way"> (Lighthouses)

I know a lot of you are planning on attending. What a fun time!  
Some of you are also working hard to reach your goal  
By year's end so you can graduate at SRD. I am pulling for you.



### **HEALTH FAIRS**

Special kudos to Annie from 325 Everett, Jean and Stella from 1258 Lake Stevens, Lois from 1087 Lakewood North, and two wonderful ladies from 433 Arlington. I couldn't have done it without your help.

### **VISITS**

I have visited all 23 of my chapters and presented the "Super Foods" program. I couldn't have received a warmer welcome. It is like visiting old friends. Thank You.

### **TOPS MEMBER FEATURED IN WOMEN'S DAY**

The January issue of Women's Day has an article featuring a Washington State member of TOPS, Anne Potasky from Carlene's Area. It is supposed to hit the newsstands on December 20th. Look for it.

**KOPS SOCIETY** The Karing Hearts KOPS Honor Society met on Dec. 10<sup>th</sup> for our traditional box lunch and white elephant exchange. 22 members and guests attended. 2012 and 2013 officers were elected.

Stella Springer Kaptain, Carole Moeller Ko-Kaptain, Joan Anderton Korrespondent and Darlene Wascher Keeper of the Koins.

Next meeting Feb. 11th, noon at the Stillaquamish Senior Center. Stilly II building, third floor. Look for the KOPS signs. Installation of new officers, Potluck. TOPS members within 10 # of goal are invited.

18308 Smokey Point Blvd  
Arlington, WA 98223

Proud to be your Area Captain

Darlene Wascher  
18709 Smokey Point Blvd  
Arlington, WA 98223  
360-658-1311  
[darlenechuc@aol.com](mailto:darlenechuc@aol.com)

Please note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis, or treatment. If you are concerned about your health, please contact your licensed health provider.