

Brenda's **B**lazing **F**acts

Nov-Dec 2011

To All My TOPS Friends

Wasn't Rally great? It was so nice to see all of you there. We had a nice day also and a good time was had my all.

First thing coming up is the KOPS Society meeting. It will be December 3rd at 11 AM at my home located at 3412 NE 132nd Avenue Vancouver. We would like to invite all KOPS and anyone within 10lbs of goal to attend. Come on down and get some extra support for the holidays coming up. I am enclosing the "Tackle the holidays weight loss contest" that the KOPS Society does every year. This is one of the fund raisers we do to help us give away a retreat at the Rally. So please consider it and plan to enter You could win a few bucks for yourself also.

The year is fast coming to end. The Weight Recorders will be busy making sure they have and their l's dotted and their t's crossed. The resume's will be coming to the Leaders in November. Please make sure the Weight Recorder get them. They are due to Jyl by January 8, 2012.

Also remember the National dues go up to \$28 on January 1, 2012. You can cross out the amount on the old forms for now.

I want to wish each and everyone of you the very best of Holiday wishes. Remember to eat healthy and as always "We are all in this together" Yea!!!

Take Care, I Care

Brenda Birdwell, Area Captain

NEW E-MAIL All4blazer@centurylink.net

phone 1-360-892-9975

3412 NE 132nd Avenue

Vancouver, WA 98682