

Area Captain Newsletter for January 2012

Hello Leaders and TOPS Pals,

Well, here we go again. Another New Year started. We get to start off with a clean state on our weight charts. All of the TOPS members start off with, "Virgin Weight." Some members have started their New Year's resolutions, some have started setting their goals. We all seem to do this in the beginning of the year and some of us hit a few obstacles along the way and that's okay. Just pick yourself up, dust yourself off, and make sure you learn something from that obstacle. Then start all over again! Just NEVER give up!



I would like to give a BIG THANK YOU to all of my chapters that were on time with their Chapter Resumes to Franki. I know this is a lot of work and it is greatly appreciated for all your hard work that you do. Thanks again!

First of all, I would like to welcome my new areas of Alameda, San Mateo, and San Francisco to my other areas of Santa Clara (2), Santa Cruz, San Benito, and Monterey. I know this is a real BIG spread in chapters, so I plan on keeping the workshops the same way you are use to. We will do two in the Cupertino area and two in the Newark area. I am trying for more workshops in my Watsonville area. Feel free to contact me with ideas for our workshops. I am always open for suggestions.

I have the dates for the workshops confirmed in Cupertino and Newark, so mark your calendars so we can have a **B I G** turnout. I am still working on the Watsonville Workshops.

DATES: March 10th & Sept 15th
Location: West Valley Presbyterian Church
6191 Bollinger Rd
Cupertino, CA 95014

DATES: June 23rd & Nov 3rd
Location: Holy Redeemer Lutheran Church
35660 Cedar Blvd
Newark, CA 94560

The Area Captain program is ready to go. I just received my magnets in the mail so I am ready to get started to put chapter visits on my calendar. The AC program for 2012 is, "**Masterpiece or Paint by Number.**" It LQQKS like a pretty good program. So call me and we can make a plan for me to come to your chapters to do this program. My plan is to have 12 chapters done by June.....YIKES!

EVENT: TRI- COUNTY KOPS SOCIETY Luncheon DATE: January 26, 2012
LOCATION: LeQuay Restaurant - 1461 W. Campbell Ave - Campbell, CA 95008

All KOPS are invited and members with 10 pounds to goal are also invited. Drivers are welcome who drive our KOPS to the luncheon.

As always, please read this newsletter at you meetings. If you have any questions feel free to contact me. My information is always at the bottom of this newsletter.

Take care, Becky

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