

December 2011

Dear TOPS friends

Wishing you a Merry Christmas, filled with family and friends and few calories! Remember all meals can be made sensible and watch those portions!

There are some changes coming in the New Year and I will be saying goodbye as Area Captain to my San Joaquin County Chapters. I have enjoyed working with you and getting to know many of you this past year! I will look forward to seeing you at Area and State events! We will be including the Sonoma County Chapters to my area as of Jan 1 and look forward to working with the members and officers!

Speaking of events IRD is fast approaching! It is July 5, 6, 7 2012 in San Diego! There will be an afternoon SRD session on Wednesday July 4! This is a wonderful chance to experience the International TOPS world right here in our own state so start making plans to attend!

By now you should have received your Maintenance form and returned it with your check. If you have not please do so as soon as possible. I will include the amount you owe below and if you have not paid please send Franki a check for that amount-with or without the maintenance form. Thank you!

It is time again for the year end resume! The goal for the chapters in my area was to end the year in the black and I hope you have at least worked toward that! I will let you know how we did when all the resumes are in. It is important to get your resumes and weight charts in on time so your winners can be recognized! There is information on the TOPS.org <<http://tops.org/>> and the whywelovetops.com <<http://whywelovetops.com/>> web sites to help you with doing the end of the year resume. If you have any questions or problems please contact Franki or myself and we will try to answer your questions.

I will be having workshops in the next few months, continuing the leadership skill we have been doing. The first one will be in Vallejo, hopefully in January. I will let you know dates soon. Please read all correspondence from Franki or myself and share at your meetings. Also check whywelovetops.com for upcoming events and other ideas and information. I have also heard of a few chapters who will be holding open houses. There is much information on the tops.org web site as well as material you can print for an open house! I am willing to come and do a program for your open house or just be there to answer questions if you would like. I do encourage you to hold an open house and the new year is a great time as people are making their resolutions.

As you know each year TOPS sends the Area Captain a program to do for our chapters. This year the program is on healthy eating and a healthy lifestyle. I will be visiting each Chapter to do this program. If you have a date in mind that you would like me to visit and present this program please let me know and I will see if I am available. As most of you know I do work as a pediatric nurse so I do have to plan around my schedule. I am also willing to come and do your installation or for a special event as a KOPS graduation. Contacting me by email is best but I do check phone messages frequently and will get back to you as soon as I can.

Have a wonderful Christmas season! I hope your dreams become reality in 2012!

I care, Eileen Mickey Drake  
TOPS Area Captain  
707-253-8363