



BARBS THIS AND THAT

FEBRUARY 2012

HAPPY VALENTINES DAY AND HAPPY HEART DAY

Hello TOPS Friends,

February is HEART Month, partner up with someone in your chapter for the month and be accountable to each other. Help each other have a loss for the month.

LEADERS; You will be receiving a mailing from TOPS headquarters this month, be sure and go through everything and share with your chapter. Please read page 9 in February 2012 magazine "Leaders Corner"

TREASURER; On the form L-003 Membership Application, please mark thru \$26.00 and put \$28.00. New forms are coming. You send the WHITE and YELLOW copies to me –pink is chapter copy and goldenrod (last) is members copy. Renewals I receive the top 2 copies marked headquarters and coordinator, the last two are for treasurer and member. Thanks, for your help

CHAPTER OFFICERS ELECTIONS; Elections are held the first week in March. Fill out the officers chart sent to you from TOPS and send to me asap. All officers memberships have to be current (2012). You will also need to renew or appoint a new chapter Designate, as they are only good for 1 year. Please, mail them to me with your officers list. One is with this letter.

MAINTENANCE 2012 AND WORKSHOP FEE; Chapter maintenance is due to me by March 5, 2012, and workshop fee of \$14.00, is also due on March 5, 2012. Please make 2 checks. Both are enclosed.

CONGRATULATIONS FOR CHAPTER NO GAIN MEETINGS;

WA 405, Spokane

WA 35, Ephrata

WA 1476, Odessa

WA 1196, Ellensburg

WA 538, Opportunity 2

WA 1078, Wilson Creek 4

WA 324, Colville, 5

WA. 399, Spokane

WA 681, Ione

WA 646, Deer Park

GOOD JOB CHAPTER MEMBERS. Be sure and let me know if your chapter has a NO GAIN meeting---your chapter could be a winner at Fall Rally.

Weight Charts have been checked and sent. We had some good winners in our area---hope some will be state winners. Thank you all who mailed the chapter resume and charts early.

I was looking thru the Choice Is Mine the other day, it is filled with information to help us all. It also makes a good program. Have you heard of the 3-W's? WATER—WALK—WANT. When you really want to lose you will make healthy changes to do so. Give it a try for a month and see what happens. A member told me last year that she uses the menu the *the Choice Is Mine*, as she does not have to work out a menu. She had a good loss for her chapter.

YEA, the doctor, released me last Thursday from my surgery back in September. Thank you again for all the cards, prayers, phone calls. TOPS members are GREAT.



YOU'RE IN CONTROL

You can't control the hands of time that bring each passing day.

You can't control the weather, for rain will come your way.

You can't control life's anger or hatred's bitter tune.

But remember, friend remember---you can control your spoon.

A Calendar is included in this mailing, put the dates on you chapter calendar and save. Good losing to all of you. Looking forward to seeing you at Funshop (workshop) and visiting this summer.

Hugs,

Barb

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