



TAKE OFF POUNDS SENSIBLY

# MARIA'S MINUTES

January/February 2012

*Please read to your chapter*

**Happy New Year!!!!**

**Thank you for all the birthday wishes!!!**

HOPE YOU HAD A WONDERFUL HOLIDAY SEASON... CONGRATULATIONS FOR THOSE THAT MET THEIR GOALS AND GOT CLOSER TO THEIR GOALS IN 2011. I KNOW THAT MANY OF US MAKE "NEW" RESOLUTIONS FOR THE "NEW YEAR" JUST KEEP IN MIND TO BE SENSIBLE. THAT'S WHAT TOPS IS ABOUT. {TAKE OFF POUNDS SENSIBLY} MAKE SMALL CHANGES AND THEN EXPECT TO SEE BIG RESULTS!!!!

WISH, HOPE, DREAM

THEN MAKE IT HAPPEN!!

## New Area Captain Program



**Please have your program chairman contact me to schedule the "new" Area Captain Program!**

**Masterpiece or Paint-by- Number**

## Weight Recorders

**Some great news!!!!  
My area was the first to have weight charts sent into Carlene. Thank you for a job well done!!!**

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 consult your licensed health provider.

**We love and appreciate each and every one of our weight recorders!!!**

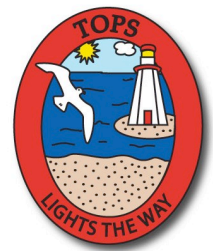
## **SRD**

**Ocean Shores, Washington**

**May 11 and 12, 2012,**

**Hope you are planning on attending our Washington State, SRD at the Ocean Shores Convention Center, This will be great times for all that attend. Come and enjoy the beach as**

**"Tops Light's The Way"**



## **NEW KOPS**

**Cheri S. Sayan**

**Tops #WA 1321, Bremerton**

**Betty J, Eldridge**

**Tops#WA 1225, Hoodspport**

**MaryAnn Bozart**

**Tops #WA1225, Hoodspport**

## **REINSTATED KOPS**

**Vianna M. Schrader**

**Tops WA 1032, Belfair**

**Rick A Velasco**

**Tops WA1032, Belfair**

## **Kops Society**



**The Circle of Lights Kops Society will meet at the All Star Casino/ Bowling Alley on:**

**February 4<sup>th</sup> 2012. 10 AM.  
10710 Silverdale Way, Silverdale**

## **"I Care Reports 2012"**

**I am sending out an "I care report." Please make copies and send to me monthly. It helps me see what my chapters are doing. Thank you to all my chapters that did this past year!!**

## **Open House**

**Tops has some wonderful print outs for an open house. We also have some wonderful speakers!!! Please let me know when you are having an open house.**

## **"Why We Love Tops"**

**<http://www.whylwvetops.com>**

**Send in your Chapter information and pictures to Deb Kuney and she can put it on the web site. She will also post your open house and health fairs on this site!!!!**

**Check it out!!!!**

## **IRD**

**Let's all start dreamin'  
Let's go to California!!!!**



## **"WITTY"**

**WE'RE IN THIS TOGETHER,  
YEAH!!!!**

**Stay safe in this winter weather. Enjoy your loved ones and friends. Most of all enjoy your journey!!!!**



Your Tops friend,  
Love and Hugs!

*Maria R. Goss,*

Tops Area Captain

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