

WHISTLE A HAPPY TUNE

February 12, 2010 News Letter Connie Crane area captain

Is Spring really around the corner? All I see right now is snow and more snow! Hopefully, before we know it, temperatures will be warmer, the snow will melt and we will be able to look at daffodils and tulips in bloom.

To me, Spring represents a new beginning. If you made a New Year resolution to lose weight and get healthy and you haven't done as well as you had hoped, Spring is the time to begin again.

Make plans to attend your assigned location for our annual Spring meeting. February 27 in Cambridge City, March 6 in Indianapolis and March 20 in New Albany.

For additional inspiration, plan to attend our State Recognition Days. April 16 and 17 in Indianapolis. Your chapter should have received an information packet recently from Hester. It is 2 days filled with workshops, inspirational stories from state winners, time for fun and an opportunity to meet TOPS members from across the state.

Please let me know about exciting things happening at your chapter. I received E-mails from 2 chapters recently that had no gain meetings. IN 570 New Castle on Jan 11 had 12 members weigh in with a loss of 15 ½ pounds. IN 365 Greensburg on Feb 2 had a no gain meeting with 8 members weighing in. Way to go!!!!

Remember my 2010 challenge is to be there for your fellow chapter members. That includes former and current members. With meetings being cancelled because of snow, a supportive call or E mail from a TOPS member is sure to be appreciated.

Until next month.....Whistle a Happy Tune
connie

