



Happy Winter Fellow Tops,

January 08, 2010

Are you tired of winter yet? We may not be able to change the snow and cold of our Minnesota winters but we can do something about ourselves. During these cold days we need to make an extra effort to get exercise either in the house or at your local mall. We also have to monitor our food intake. Try to increase your fruits and veggies and avoid the processed carbohydrates. It is tempting to dig into those comfort foods but our body appreciates the nutrients in fresh food. Don't forget to go to those chapter meetings and get the support we all need and deserve.

Speaking of chapters, there are a few items to remember in the early months of 2010.

January: (1) Mail your resumes to coordinator asap. (2) Don't forget to send in your chapter maintenance fund and the workshop fund monies. (3) Fill out upper parts of all weight charts. (4) Fill out Dec weights on all KOPS chart sheets.

February: (1) Time to order the awards you will need for awards day. Send them to headquarters. (2) Receive and read the SRD letter. (3) Leader receives copy of resume with possible corrections and certificates.

March: (1) Election of officers first meeting in March. (2) Send Officer Master Chart to Coordinator. (3) Plan chapter installation of officer and awards day program. (4) Officers Workshop will be April 10th. More information to follow at later date.

This spring I have a new program on stress management to present during chapter visits. If you have a preference for a visit date, please call me and make arrangements.

Till then, stay warm. TOPS Hugs, Diane Carmichael AC