

January 2012

To all my friends and family in TOPS Happy New Year!

As 2011 ended and 2012 is now here I would like to thank all of you for your gracious time and patience as I have officially completed and graduated from college with an AAS Administrative Assistant diploma and a Microsoft Office Specialist Certificate. I also wanted to say Thank You to my entire area of chapters for your hospitality when I came to visit your chapter in 2011.

This year will be a trying year as I proceed to find a job that I will be happy with. I do work part time at a call center, but it is not the job I'm looking for. However, I do like coming home and getting myself to go walking in the mall right now. This has to be the year that I can get myself back down to where I was before I started school. I hope you can all join me to get moving more and really follow the plan of sensible eating.

Congratulations to all of those who have managed to stay the same or obtain a loss over the past year. For those of you who are still struggling to shed those excess pounds, do not give up, stay on your road to success, and try out some new ideas and strategies to get you back on track once again. Stick with what you already know. Everything in life is choices and it is all in the attitudes we have about ourselves. We need to get our focus on the Road to Success.

As you have noticed, I have sent each chapter a magazine called Zest with the article that our local newspaper reporter, who came to interview me, then came to our chapter, where she asked the members questions. Notice how you see Steve, my husband did all the talking at the meeting. Well this last Monday it brought in three new members to our chapter. That was exciting.

Another chapter I believe in the surrounding area is going to be doing a health fair and handing these magazines out. So see what

you can do with the article, if you would like you can be creative in using for an Open House.

Well it is going to be that time to set up my spring workshop, and with school and fall rally flying by me, I do not recall a chapter saying they would host it, therefore, I need to have a chapter to host the spring workshop, I will possible look into Pennock for that church to set up again. The date or dates are to be determined.

The beginning of a NEW Tops year has begun.

What will YOU do with it in the next 52 weeks?

Will you have a loss, a gain or will you become a Kops this year?

This blank page of your life is all up to YOU to fill in the blanks.

How will they read at year's end?

Remember.....

The new year lies before you like a spotless tract of snow.....

Be careful how you tread on it for every mark will show!

TOPS HUGS,

**Vicki Schreiner-Kaiser
310 Stoney Point Rd SW
Hutchinson, MN 55350
mnacvicki78@mchsi.com**