



## *OUR AREA NEWS*

### March 2010

### **Hello TOPS Members,**

Here are the results for the 2009 quarterly reports that I have collected and have now completed tallying. Congratulations to all that worked hard in 2009 to become healthier.

Chapter with the best average loss per member:

- 1<sup>st</sup> Quarter- #970, St. Joseph with 23 active members-105.25 lbs.-4.58 per member  
 2<sup>nd</sup> Quarter--#1736, Montevideo with 18 active members—47 lbs. – 2.61 per member  
 3<sup>rd</sup> Quarter--#703, Willmar with 8 active members—28lbs—3.5 per member  
 4<sup>th</sup> Quarter--#1357, Graceville with 9 active members—36.5lbs—4.06 per member

Individual best losers for each month:

January	Male:	#1638, Granite Falls—Dennis Schultz	12.25 lbs.
		#1768, Madison--Kathy Weber	5.8 lbs.
February		#970, St. Joseph Jennifer Jones	27.5 lbs.
		#1638, Granite Falls Patty Springer	9 lbs.
March		#1747, Arlington Sandy McGuire	12.4 lbs.
		#970, St. Joseph Barbara Holthaus	12 lbs.
Male:		#1638, Granite Falls Larry Cuklanz	5.5 lbs.
April	Male:	#1638, Granite Falls---Larry Cuklanz	4.5 lbs.
		#1747, Arlington Sandy McGuire	7.6 lbs.
May		#1357, Graceville Kitty Snyder	12.5 lbs.
		#1747, Arlington Sandy McGuire	8.8 lbs.
June		#1747, Arlington Kathy Frank	8.2lbs.
		#1736, Montevideo Inez Bjerkeset	6.75 lbs.
July		#0471, St. Cloud Maribeth Bruhn	7 lbs.
		#1499, Paynesville Mary Jo Schlick	7 lbs.
August		# 0036, Alexandria Lesa Riedel	22 lbs.
		#0703, Willmar Margherita Larmon	8.5 lbs.
September		#0703, Willmar Ruth Butler	16.25 lbs.
		# 1499, Paynesville Joyce Henfling	7.5 lbs.
October	#1357, Graceville	Janet Spalinger	12.5 lbs.
	#0239, St. Cloud	Cheryl Boese	8 lbs.

	#0239, St. Cloud	Shirley Leabch	8 lbs.
November	#1499, Paynesville	Annette Niewind	11 lbs.
	#1357, Graceville	Janet Spalinger	7.25 lbs.
December	#1499, Paynesville	Annette Niewind	23.5 lbs.
	#1747, Arlington	Cindy Schroeder	9.8 lbs.

Again, Congratulations to all, I hope all of you continue on your journey to becoming a healthier you.

## SRD is May 21-22, 2010 ~ St. Cloud, MN

**SRD Headquarters Hotel - Kelly Inn Best Western Hotel  
100 4th Avenue S., St. Cloud, MN  
PH 320-253-0606 (Be Sure to Mention TOPS)**

**Send your registrations to Vicki Schreiner-Kaiser for the event by April 15<sup>th</sup>.**

### NEWS

If you have information you would like to share with everyone please send it or email it to [mnacvicki78@mchsi.com](mailto:mnacvicki78@mchsi.com) and I will include it in my newsletter. I do try to publish one every two months.

### This & That

We are seeking stories from you, your chapters, and your members on the following topics for possible inclusion in future issues of *TOPS News*.

### DEADLINE MARCH 23 ...

- **Century Awards:** how members achieve and maintain their status.
- **Emotions:** how support and success of TOPS has helped.
- **Less is More:** how members with less than 50 pounds to lose benefit from membership in TOPS.
- **Tomatoes:** member stories of raising tomatoes or share favorite healthy, fresh tomato recipes.

### ONGOING IDEAS FOR STORIES ...

- **It's My Time (TOPS' 2009-2010 Theme):** activities, events, ideas, and successes in keeping with this time-oriented theme.
- **Cut and Burn Challenge (President's Challenge for 2009-2010):** achievement of this challenge, progress reports, suggestions for recognition, and successes.
- **Area Captains' Program (Stress Management):** tell us how your presentations are/were received by your chapters.
- **General:** Share your ideas for *unique, informative and unusual* story topics, including any/all stories of personal success, unique situations, anecdotes, publicity efforts, TOPS items, KOPS items, and anything else that we can

share with our readers to inspire members and encourage chapters.

## Spring Workshop

It is here the time for all to come to spring workshop. Workshops are for everyone not just for officers. There will be a New Power Point Presentation; you will not want to miss. This is a learning time for everyone. It can be a refresher course for seasoned members as things in TOPS are always changing. This is a time for our chapters to get together and share ideas with each other. Let us learn how to contribute time, effort, and energy into our TOPS team.

Bring along your New Chapter Guide Book.

*March 27, 2010  
Community Center  
305 Dakota Avenue, NE  
Pennock, MN  
Host: Chapter MN# 703,  
Willmar  
Registration: 9:00a.m.  
Workshop: 9:30a.m.-12:00*

set up a chapter

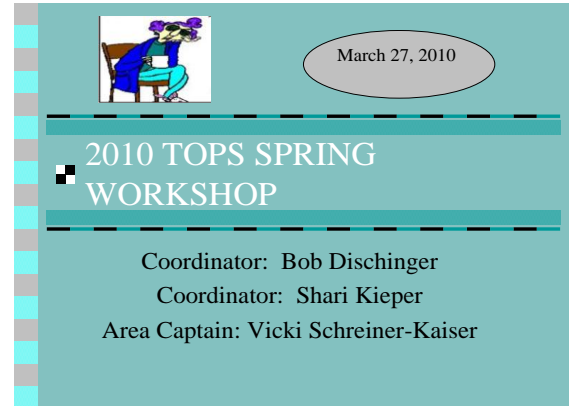
visit.

Vicki Schreiner-Kaiser  
Area Captain  
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320-587-8155

Bring lots of enthusiasm and motivational idea.

Chapter should pay for mileage for those attending workshop as they are bring information back for you to share.

Packets made up for each chapter attending; containing one copy of each L-form. Packets will not be mailed out but delivered when I come to visit your chapter this year.



I have begun visiting a few chapters while on Spring break. I will be contacting you to come visit your chapters and present the new AC program on Stress Management. **Be looking at a time for me to come visit your chapter.**

I will have my calendar with me at spring workshop if you want to

