



OUR AREA NEWS February 2010

Welcome New
Chapter:

TOPS #MN 1798,
Chaska

Chartered:

1-28-2010

Hello TOPS Members,

Spring has to be coming soon; we are all getting sick of all this snow. Here are some things to remember to focus on:

Remember: Cut and Burn Challenge making small changes produces big results. We can do this!! Please at least consider this great challenge.

NEWS

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



This & That

TOPS Headquarters is looking for stories from you, your chapters and your members on the following topics.

Stress: coping strategies, success stories, overcoming stress, any stress-related stories that might help us to tie in with **Stress Awareness Month**.

It's My Time (TOPS' 2009-2010 Theme): stories of activities, events, ideas, and successes in keeping with this time-oriented theme.

Cut and Burn Challenge (President's Challenge for 2009-2010): ideas for tie-in and achievement of this challenge, progress reports, suggestions for

Recognition and successes.

General: We always welcome your ideas for unique, informative and unusual story topics. Please share any and all stories of personal success, unique situations, anecdotes, publicity efforts, and anything else that we can share with our readers to inspire members and encourage chapters.

OPEN HOUSES

Hope you are considering to do an Open House, if you need anything for it or have questions please give me a call.

CHOICES

There is a choice you have to make
In everything you do!
Moreover, you must always keep in mind,
The choice you make, makes you!

Have you gotten your New Year off to a great start? Tick-Tock, Tick-Tock, The clock is ticking "IT'S YOUR TIME!" Now, let's take care of something else that's ticking..... Your Heart! Take the time, Make the time, Create the time....Time to take care of your heart! Get your body moving, work that "ticker" and make it stronger, so it can make YOU stronger, healthier, and yes...even younger! Dust off those sneakers, grab a pair of sweats and take off walking, go to the gym, pop in an exercise video, or just turn on the radio and dance like no one is watching! Sing to the world...."It's MY Time and I'm going to make every moment count"!

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

*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*

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.

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.



The graphic features a teal background with a vertical decorative border on the left consisting of alternating light blue and grey squares. At the top left is a small illustration of a woman in a blue dress sitting on a chair. To its right, the date "March 27, 2010" is enclosed in a grey oval. Below this, a horizontal dashed line separates the header from the main title "2010 TOPS SPRING WORKSHOP", which is written in white capital letters. Another horizontal dashed line is below the title. At the bottom, the names of the coordinators and area captain are listed in white text: "Coordinator: Bob Dischinger", "Coordinator: Shari Kieper", and "Area Captain: Vicki Schreiner-Kaiser".


Clarification /Guideline

The Triple loser form is for the upcoming three holidays of this year, so if a person had a loss for all three holiday's then they fill out the form and mail to me January 2011.

Instead of the quarterly report, we will be doing the Triple loser for this year.

If you are interested on going to IRD by bus, check out www.topspride.org for the information.

Halifax, Nova Scotia, IRD


TAKE OFF POUNDS SENSIBLY

July 8-22, 2010

Tour Reservation Form

Remit Form & Payment To:

Ruth M. Gielow
N64 W14121 Lincoln Lane ♦ Menomonee Falls, WI 53051
262-252-4475 ♦ Fax 262-252-5301

PRICE: Double \$2,749 Triple \$2,229 Quad \$2,109 Single \$3,939

Please remit with \$100 per person deposit for 2010 TOPS Nova Scotia IRD

Name _____
Address _____
City _____ State _____ Zip _____
Phone# _____ Rooming with _____

Single Double Triple Quad Smoking Non-Smoking

* Pickup Point: Milwaukee Racine Chicago Indianapolis

** Exact location still to be determined and will be forwarded to each traveler prior to departure date.*



School and Chapter Visits

School is going great, lots of homework. I will be contacting you to come visit your chapters and present the new AC program on Stress Management. Be looking at a time to come to visit.

I will have my calendar with me at spring workshop if you want to set up a chapter visit.

Vicki Schreiner-Kaiser
Area Captain
mnacvicki78@mchsi.com
320-587-8155

P.S. See you all at spring workshop, this is for you.