

February 2010

Dear TOPS Family,

**Congratulations to all chapter winners.** State Winners will be sent a special letter by the Chairman. I look forward to personally meeting all of our winners at SRD in Columbus, Ohio on April 30 & May 1<sup>st</sup>. Come early for Fun Night on Thursday.

**TOPS News** is always seeking interesting stories about members, contests, families in TOPS, and Successful Weight Loss using the Cut and Burn program. Photo guidelines are on Pg. 58 of the New Manual.

Throw out your old Weight charts, and old Chapter and Weight Recording Guides. Get rid of outdated Award order forms L-015 and L-017. All Leaders have received new materials.

The December TOPS News provided a copy of **My Day One** for every active member. Take time to use it. It may help our members get back on the weight loss path. We sometimes forget why we joined TOPS.

**Elections** are to be held the first week of March. Make sure your membership is current. **Send your neatly printed L-001 to me after your election.** All officers must be verified by me that they are members of TOPS. The form is signed by the **New Leader**. Email addresses are most helpful to me and you're Area Captain. Please make them legible.

Every chapter was sent a survey to indicate how you're Area Captain and I respond to your chapter needs. Please return it to our Regional Director if you haven't as yet.

Many of our Field Staff are involved in the **2011 IRD** in Milwaukee. We are planning a fun and memorable event. One you won't want to miss.

Thank you to all chapters that have mailed their Maintenance to me on time. The Area Captain Workshop fee should be sent directly to your Area Captain. I have forwarded the ones sent to me in error. All chapter fees should be paid by January.

Remember, one person does not make a chapter. Chapters are the responsibility of each member working together for the purpose of controlling their weight, and to the encouragement of other members to do likewise. Let us work together towards better weight loss and health in 2010.

I Care,

Tana O'Donnell Coordinator  
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