

## Waukesha Area Chapters' Newsletter February 2010

*Please read to members  
and distribute copies.*

With the warmer weather to be upon us soon, remember to get out and walk and drink your water.



**Area Meetings:** As a reminder, there will now be three area meeting meetings, even though I will be asking you to report quarterly. The dates are May 10, August 9 and November 8. Please use the new form and discard all old forms.

**Area Meeting Fees:** This \$15 fee is for the cost of copying, postage, room rentals, etc. for the Waukesha County area meetings. Please remit payment to me, along with your chapter's weight loss pledge, before April 1, 2010. An invoice was sent previously. If you need another copy, please advise.

**New Chapter Guides:** All leaders should have received two sets of the 2010 combined Chapter Guide and Weight Recorder Guide in a 3-hole punch form. One should be kept by the leader and the other copy by the weight recorder. TOPS and KOPS rules were also combined and are in those guides for storing in the binders as well.

**Weighing In:** Reminder that members are allowed to attend their chapter meeting without weighing in, but they must be marked absent (AB) for that date on their chapter weight chart, unless they are on a medical excuse from their doctor.

**SRD 2010:** SRD 2010 will be at Olympia Resort in Oconomowoc on April 8-10. The registration deadline is nearing -- please get your registrations in to ensure that all winners will be recognized. The theme is The HEART of TOPS. Helping Everyone Achieve Results Together.



**IRD 2010:** IRD 2010 will be in Nova Scotia! July 15-17. See your TOPS News for or the TOPS website for all information.

**Monthly Website:** <http://www.livestrong.com>. This website offers many articles and tips on nutrition, fitness, and health. It also is a like to the Daily Plate which is a calorie tracking website.

**TOPS Website:** [www.tops.org](http://www.tops.org). I have attached some new instructions on how to access the website for leaders. Let me know if you are still having any problems. Please also check out the quick programs link - they are short and very information.

You can also find information on the website for TOPS of Southern Wisconsin at [www.topspride.org/Wisconsin/index.html](http://www.topspride.org/Wisconsin/index.html), as well as copies of my monthly newsletters.

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