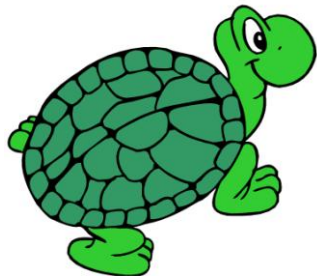


Waukesha Area Chapters' Newsletter January 2010

*Please read to members
and distribute copies.*



SLOW AND STEADY WINS THE RACE...

Area Meetings: There will be three area meeting meetings, instead of two as in the past few years. The dates are May 10, August 9 and November 8. Although there will be three area meetings, reporting will be on a quarterly basis. You should have already received the new Quarterly Report form. The report for the last quarter of 2009 is due to me by February 1 (the last weigh in of September through the last weigh in of December). I am still missing some reports. I have attached another copy of the report to this email newsletter should you need it. Please destroy all old copies.

Area Meeting Fees: This fee is for the cost of copying, postage, room rentals, etc. for the Waukesha County area meetings. Attached is an invoice for the \$15 fee, along with a space for your chapter's annual weight loss pledge. Please complete the form and remit payment to me, along with your pledge, before April 1, 2010.

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.

Cut and Burn Challenge: Remember to keep cutting and burning! The August/Sept. 2009 issue of TOPS News had program No. 64, "Cut & Burn," in which every chapter was to establish and use for a year.

SRD 2010: SRD 2010 will be at Olympia Resort in Oconomowoc on April 8-10. All chapters should have received their SRD registration packet. If you have not, please let me know. The theme is The HEART of TOPS. Helping Everyone Achieve Results Together.



IRD 2010: IRD 2010 will be in Nova Scotia! July 15-17. More details to follow in the TOPS News.

Monthly Website: <http://www.101diettips.com> This website offers just what it says 101 one line diet tips. You can use them as a handout for your chapter, or if you have a tip of the week, print them out and cut them into strips for each week. Very basic tips that we know and use.

TOPS Website: Take a minute and visit the TOPS website, www.tops.org. Click on the Enter button, go to the Support box on the left side of the page, and then click on TOPS Area Links. This will direct you to a list of more than 45 links with much information and ideas.

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

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TOPS Area Captain
Waukesha County