

THE FORGET - ME - NOT

Issue 3

Newsletter by Carol Holtz, Area Captain

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N From the Area Captain

The weather has really taken a good turn for us. The snow is almost gone way up here. I know it makes me want to get outside more, which is exactly what I need. Winter is never very nice to me in my weight loss efforts. Being kept inside with food all around and less choices for exercise can be a bad combination. Now I want to get out and walk and work in the yard.

We had a great day for our Winter Workshop. We had our largest attendance for our quarterlies yet with 45 in attendance. I want to thank our host chapters, WI 0095 Schofield, WI 0683 Wausau and WI 0813 Schofield. They did an excellent job!



STATE NEWS

Our IRD (International Recognition Days) this year will be held in Halifax, Nova Scotia on July 15-17. If interested, you can check it out on www.topspride.org. There is room for a few more.

SRD (State Recognition Days) 2010 will have the theme "The Heart of TOPS." It will be held at the Olympia Resort on April 8, 9 and 10 in Oconomowoc. Hearts will display how each chapter has done on gaining members. For those members who are attending the SRD and attended Fall Rally, you can make a 3 inch heart on red paper. On the front side write "The Heart of TOPS." On the backside put your name, chapter number and city. There will be a box labeled Northern WI for you to deposit them into.

LOCAL NEWS

All those who attended the Winter

Workshop had a great time. The awards for the 4th quarter of 2009 were handed out. There were 47 "Black K Awards" given to KOPS. There were 3 "New Kops Awards." The total weight loss for the 19 out of 21 chapters that reported was 746.20 lbs. The total weight gain was 578.90 lbs. That gives us a net loss of 167.30 lbs. The October's best monthly loser was Joan Anderson of WI 0644 Phillips with 9.75 lbs loss. November's best monthly loser was Richard Pedersen of WI 1478 Springstead with a 10.6 lbs loss. December's best monthly loser was a tie between Irene Lafferty of WI 0751 Rhinelander and Julie Rogers of WI 1019 Florence with 10 lbs loss. The "Way to Go Award" went to WI 0751 Rhinelander with the average loss per member of 5.99 lbs loss. Way to go for all the hard work you have done to get to that healthier you.

The Spring Fling quarterly will be hosted by WI 0751 Rhinelander. It will be held either at the end of April or beginning of May. More information to follow.

I am looking for a chapter to host the summer quarterly in July or August. I am also looking for a chapter to host the Fall Rally in October. Let me know if you can help.

Reminders:

The next quarterly forms are due in to me by April 15th.

I will be starting chapter visits soon. If you have a date in mind please let me know.



Calendar 2010

March

20th- WI0985 Woodruff 30th Anniversary
21st- 26th Retreat in Prescott, AZ

April

9th- 10th- SRD in Oconomowoc
11th- 16th- Retreat in Loon Lake, WA

May

20th- WI1019 Florence 29th Anniversary
23rd- WI1411 Niagara 12th Anniversary

June

4th- 6th- Retreat in Beech Groove, IN
6th- WI1478 Springstead 4th Anniversary
6th- 11th- Retreat in Carolina, AB

July

10th- Janet Turney WI0949 Rhinelander (42 years)
15th- 17th- IRD in Halifax, Nova Scotia
16th- WI0751 Rhinelander 36th Anniversary

August

13th- Dorothy Wysocki WI0095 Schofield (42 years)
13th- 15th- Retreat in Strasbourg, Saskatchewan
22nd- 27th- Retreat in Wirtz, WA
26th- WI0845 Merrill 24th Anniversary

September

11th- Jean Soberg WI0813 Schofield (41 years)
12th-17th- Men's retreat in Aurora,NE
13th- WI0683 Wausau 38th Anniversary
16th- WI0644 Phillips 39th Anniversary
17th- 19th- Retreat in Detroit Lakes, MN
25th- WI1133 Prentice 25th Anniversary
29th- WI0095 Schofield 42nd Anniversary

October

1st- 3rd- Retreat in Dingmans Ferry, PA
14th- WI0756 Tomahawk 36th Anniversary
14th- WI1304 Wabeno 19th Anniversary

November

2nd- WI0904 Stratford 33rd Anniversary
3rd- WI0798 Merrill 35th Anniversary

December

27th- WI0378 Park Falls 43rd Anniversary

If you would like any dates added to this calendar let me know. I will be adding more dates as I start to line up my chapter visits for this year. If you have a date in mind already, let me know and I will do my best to accommodate you.

Leaders Corner

I will be trying to help you with contests and ideas for your meetings. I am going to be pulling many of these ideas from the TOPS website. If you have anything you want to share with the other chapters, let me know and I will put it in this section.

Today I sent you a Quick & Easy Program that came from the leader's corner on the TOPS website titled "Focus on the Good". I hope that this easy and short program can really help get a person back on track with their weight loss. I hope that you enjoy it.