

THE FORGET - ME - NOT

Issue 10

Newsletter by Carol Holtz, Area Captain
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From the Area Captain

Where does the time go?
Just pretend that it is still
October even though
November has started.

Along with this newsletter is the "Triple Crown" contest that Diane Stoetzel is running. It is a great way to help us watch what we are doing during the holiday season. This doesn't mean that you have to go without your favorite holiday treat, you just need to plan it in and watch your portion size.

I am almost done with my chapter visits for the year. Thank you to the chapters I have visited and thank you for the help with gas money. With living in Rhinelander the drive times to many of my chapters has gotten much shorter. It is nice to not have to get up so early for some of them.



STATE NEWS

It is time to start planning ahead for next year. Our SRD (State Recognition Days) is May 11-12, 2012. It will be held at the Country Springs Hotel in Waukesha, WI. It also has a water park so this could be a great little get away for you and family while enjoying all the events that happen at SRD.

Next year's IRD (International Recognition Days) will be held in San Diego, CA. The dates are July 5th-7th. The Theme is "California Dreamin'". The information for the hotel has been posted on the TOPS website.



LOCAL NEWS

Our Fall Rally was a lot of fun. We had 52 in attendance. We had 2 great presenters that gave us a lot of helpful information. It seemed like everyone was having a great time.

Now for the information you have been waiting for. I had 21 out of 22 chapters report in. My area had a loss of 651.15lbs. We had a gain of 464.45lbs. That gave us a net loss of 186.7lbs. Over all the years I have been your area captain we have never had a net gain. Way to go and keep it up.

For the month of July our best loser was Bill Hulbert of WI 0378 Park Falls with a loss of 12.2lbs. For the month of August our best loser was Georgia Kniess of WI 0845 Merrill with a loss of 12.75lbs. For the month of September our best loser is Bob Saal of WI 0378 Park Falls with a loss of 6.8lbs. The chapter that had the best average loss per member was WI 0378 Park Falls with a loss of 5.48lbs per member. Way to go and keep up the good work.

Reminders:

The next quarterly forms and Triple Crown incentives are due in to me by January 15th. Make sure it is sent to my new address.



Calendar 2011

October

- 11th-15th- Retreat Slemon Park, Prince Edward, Canada
- 14th- WI 0756 Tomahawk 37th Anniversary
- 14th- WI 1304 Wabeno 20th Anniversary
- 16th-21st- Retreat Austin, Manitoba Canada
- 21st-23rd- Retreat Colorado Springs, CO

November

- 2nd- WI 0904 Stratford 34th Anniversary
- 3rd- WI 0798 Merrill 36th Anniversary
- 9th- Delores Hill WI 0095 Schofield (40 years)
- 18th-20th- Retreat Fayetteville, AR

December

- 27th- WI 0378 Park Falls 44th Anniversary

If you would like any dates added to this calendar let me know. I will be adding more dates so make sure to keep checking back.



Leaders Corner

Leaders should try to make time to check out the leaders corner on the TOPS website, if you have a computer. There is a lot of helpful information there for you. The world of computers can be great. You may also designate one other officer able to access the leader area. Fill out the Form L-050 and send to Diane Stoetzel. See Chapter Manual, pages 24 & 25.

Included with this letter is the Quick & Easy program "Getting your Life Back- Setting Boundaries". I hope that you enjoy it.