

Through Thick and Thin

Area Newsletter for Kenosha, Racine, & Walworth TOPS Chapters

Please read at your next meeting or make copies for each member.

TOPS: "THE ROAD TO SUCCESS"

December 2011

2012 is on the way! So it will be time to weigh-in for the New Year. Didn't make your goal for 2011? Well, then keep on the road for 2012. "The Road to Success lies within." The holidays are over and it is time to pay attention to what you eat between Christmas and Thanksgiving ☺.

Two food events are allowed at TOPS chapter meetings per year. Members may bring in a **small sample** of a **healthy food** to try. Bringing in left over desserts for chapter members to eat is a big NO-NO! Don't want it at your house? Then toss it out, bring it to a neighbor, DON'T bring it to a chapter meeting.

There is a Health Fair in Milwaukee on January 13, 14, and 15. Anyone wanting to help with it can contact me for more information. Better Idea: Plan a health fair in your area. I have signs and brochures that I can bring.

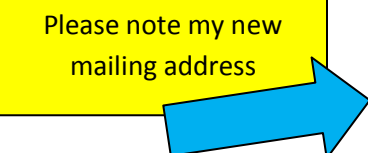
Is everyone in your chapter participating in doing a program? TOPS is making it easier. Programs will now be printed in the monthly magazine.

Chapter Resumes are due to Jackie Marks no later than January 8, 2012. Get them postmarked by January 7, 2012. Any questions about filling them out, give me a call.

SHINING STARS: SRD 2012 is May 11 and 12 at the Country Springs Water Park and Convention Center in Waukesha, WI. You can make reservations at any time by calling the hotel. Tell them you are with TOPS. Cost to attend will be \$30 per person. After the first of the year, more information will be available.

Go to www.tops.org. Click the Member/Leader/Staff tab and sign on. Click Leaders Corner. Click Meeting Ideas. Scroll down the list for the contests, activities, etc. that you seek.

Please note my new
mailing address



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Join us on FACEBOOK at: Official TOPS Club Inc