

# HAPPY NEW YEAR

16580 Division St.  
Lakeland, MN 55043  
[dstetz@comcast.net](mailto:dstetz@comcast.net)  
651 436-1957

January 4, 2010

Dear TOPS,

I hope you all had a wonderful holiday season and are now ready to face the remainder of winter with resolutions to move a little more, eat healthy meals and enjoy this brand new year.

With a new year comes planning for three quarterly meetings and a Fall Rally. Since this area has no Area Captain, I very much depend on you to volunteer to host these meetings and help as much as you can. Hosting consists of finding a meeting space for free or with very minimal rent. You may serve coffee, water, Crystal Light or light refreshments. You may also volunteer to make name tags, but not mandatory. I really appreciate it when you can suggest or find a local speaker willing to give of their time for approx. 30-45 min. The topics can be varied. All speakers and subject matter need my approval. In fact, we probably have members who are good speakers. Are you out there and can share? Please let me know.

I need chapters to host: A Spring quarterly the end of April or in May; Summer quarterly early August and Fall Rally the end of October. We can change from our usual Saturdays to an early evening during the summer months when it stays light and bright till well after 9 PM. I'm willing to try something different.

Our winter quarterly is being hosted by WI 36 Eau Claire on Saturday, February 20 at Sacred Heart Hospital. The address is: 900 W. Clairemont Ave., Eau Claire. Park in front and use the main entrance front left door. Registration will be from 9 - 9:30 am with the meeting to follow. Our speaker is Terri Roe and she is from the American Red Cross.

I have enclosed a slip for the annual quarterly fee of \$15. Each chapter pays this fee so please get your money's worth by attending our quarterlies and taking part. There is always something to learn and share with others. Please return the form and \$15 to me by February 1. This money is used strictly for your quarterly meetings including awards, rent, speaker fee, printing, supplies, etc.

Is there someone with a love of TOPS and computer knowledge who has some extra time to give as an Area Captain? It really is a fun and rewarding job. Please contact me if you have any interest. This area with 21 chapters really, really needs you.

Since January is the time for many people to make resolutions to lose weight and eat right, be sure you are at your meeting place at the times posted so you don't lose out on increasing your membership. If you have a change of meeting time, place or an officer, be sure to let me know immediately. Both TOPS headquarters and I are giving out your meeting place along with the weigh-in and meeting time. Anyone visiting can visit once with no obligation but they are not weighed until they decide to join. If they decide at the end of their free meeting to join, they certainly may do that. Let's hope the weather cooperates and allows us all to have our meetings since each chapter is only allowed to cancel 2 meetings a year without notifying me.

Thank you for mailing your weight charts and resume to me this week. I have a short amount of time to check all charts and figure our winners. Thanks for being prompt with all deadlines. It is greatly appreciated.

Stay warm, happy and healthy so that we can meet in Eau Claire next month at the quarterly meeting.

Together We're TOPS,

*Diane*