

Thank you for reading at chapter

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Happy St. Patrick's Day and almost Easter,

Now that daylight saving time is nearly here, the sun is warmer and the snow banks in my yard are beginning to disappear, can Spring be far behind? I'm looking forward to being able to walk outside without worrying about ice and wearing a lighter jacket.

I hope you're having a great first quarter of 2010 with good weight losses and growth in membership. We had a wonderful quarterly meeting in Eau Claire last month. A huge thank you to WI 36 for hosting our meeting at Sacred Heart Hospital and to everyone who attended. The turn out was fabulous with nearly 50 of us there. I'm always encouraged to hear speakers re-enforcing exactly what TOPS teaches.

Fourth Quarter 2009 results were: Best Average Loss Chapters

1st Place: WI 1165 Sparta with 2.35 lbs/member

2nd Place: WI 1303 Chippewa Falls with 1.13 lbs/member

Best Losers:	Carol Kapus - 19.6 lbs.	- WI 36 Eau Claire
	Tammy Barclay - 17 lbs.	- WI 1165 Sparta
	Julie Webb - 11.8 lbs.	- WI 36 Eau Claire
	Shirley Zessin - 11.5 lbs.	- WI 725 La Crosse
	Ruth Ann Knutson - 11.25 lbs.	- WI 356 Eau Claire
	Marilyn Cass - 11 lbs.	- WI 725 La Crosse
	Diane Kilde - 10.5 lbs.	- WI 356 Eau Claire
	(Teen) Mikayla Hampel 3.75 lbs.	- WI 1369 La Crosse

No Gains for the entire Quarter which included 3 holidays (Halloween, Thanksgiving & Christmas): Lucy Pohl - WI 725 La Crosse. What an awesome accomplishment!

No Gain Meetings in the Quarter: 4 chapters with one each:

WI 320 Prescott – WI 426 Onalaska – WI 1016 Durand – WI 1165 Sparta

Congratulations one and all. It is always extra motivation to see your successes.

HELP NEEDED!!! We need host chapters and meeting places for the summer quarterly in early August for approx. 50 and the Fall Rally the end of October for approx. 75 people. Please let me know if you can help out.

SPRING QUARTERLY MEETING: Thanks to WI 263 Galesville for hosting our next quarterly meeting. Be sure to add this date to your calendars.

WHERE: Mt. Calvary Lutheran Church
24531 6th Street -- Trempealeau, WI

WHEN: Saturday, April 24. Registration @ 9 AM for sales, water, coffee and a light snack.

SPEAKER: Nelda Liebig – KOPS at WI 263 Galesville speaking on “To Be Or Not To Be.”

Hope to see you all there. Reminder: 1st quarter reports are due to me by April 10.

Annual Quarterly Workshop Fee: Thanks to those who have paid. There are only 3 unpaid and a second notice is included with this letter if you're one of those three.

SRD: Our 2010 SRD is right around the corner – April 8, 9, & 10 in Oconomowoc. The theme is “*The Heart of TOPS.*” There are still rooms available and there is no additional late registration fee, if you haven't signed up yet. You are welcome to pay the \$25 registration at the door if you find out at the last minute that you are able to attend. I hope to see many of you there. Be sure to stop me for a hug & to say hello.

Thought For The Day: “As we let our own light shine, we unconsciously give other people permission to do the same.” Nelson Mandela

Together We're TOPS,
Diane

