

## TOPS January 2012 Newsletter



Lynn Beard TOPS Area Captain

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Happy New Year

I am so excited to be your new area captain and am looking forward to meeting each of you.

I live on a small hobby farm on Ripley Lake at Sarona, with my husband of 48 years. We have a few horses, chickens, donkeys and turkeys which keep us busy. We have three children and 8 grandchildren. My hobbies are quilting, crafting, and driving my miniature horses. I attend TOPS in Spooner and am the leader of WI 232. I am sure you will hear more about me in the coming year.

My goal as area captain is to help each chapter grow, to encourage, and support all of you. I would encourage you to call me whenever I can be of assistance. I plan to visit each chapter at least one time a year to present the TOPS program and more often if you would like.

We need to set up our Winter quarterly and I need assistance. Since I am not familiar with this area, I need a chapter to host. We will need a place to meet either free or very reasonable. Looking at my calendar, these are the dates I am available: February 18<sup>th</sup> or 25<sup>th</sup> or March 3<sup>rd</sup> 10<sup>th</sup> or 17<sup>th</sup>.

I will also need volunteers to host for Spring and Summer quarterly and Fall Rally. Please contact me if you are willing to help out.

I am enclosing a new quarterly report form and the \$15 - 2012 workshop fee form. Please return to me by January 15. The Triple Crown form can be sent then too.

“Did you know that beans are nutritional superstars and an excellent source of protein and complex carbohydrates as well as fiber and important vitamins and minerals? Eating beans has been proven to help with lowering cholesterol levels, body weight, heart disease, hypertension, diabetes and some kinds of cancer.” \*Tops News November 201

Call me with any concerns or suggestions. Please call my cell phone if I don't answer at home.

Please read at your next meeting.

“It is a fine seasoning for joy to think of those we love.” Moliere

Lynn