

Patricia Akey
3630 Lincoln St.
Wisconsin Rapids, WI 54494
E-mail: patriciaakey@yahoo.com
Telephone: (715) 423-9743

January 3, 2010

Dear TOPS Chapter Members,

Here we are, with a brand new year and the start of a new decade. I hope all of you enjoyed the holidays as much as I did. Being a part of the laughter, the good home cooked meals, and sharing the stories of past years was nothing less than wonderful. Now that we have begun this 2010 year on the right note, let us continue down the path of success. As TOPS, the best way to find that success is first come to the quarterly meeting. It will be held on Saturday, January 23, 2010, in the lower level of Riverview Hospital. Registration will be from 9:00 to 9:30 a.m., followed by our meeting. We will adjourn about noon. This will be a training session for all TOPS members as well as a time to share ideas and strategies with other chapters. Please try to attend.

In addition to the above –mentioned, I hope some of you are participating in the “Create a Work of Heart” challenge and reward. “The Beat Goes On” by following two simple steps.

- 1. Between November 1 and January 15, bring in a new member. After you do, complete the form that was attached in my last letter to you, and send it to me no later than January 20th.**
- 2. To receive your reward, you must come to the quarterly meeting (wearing your red heart you received at the rally) with your new member. I will give you \$5.00 off of your next TOPS renewal.**

Important Dates to Remember

- **Coordinator, Diane Stoetzel, needs your chapter member resumes this week.**
- **January 8, 2010** – The quarterly weight reports are due. If you have not sent them to me as yet, please do as soon as possible.
- **February 1, 2010** – The annual Quarterly Workshop fee is due. Please send your chapter check (2 signatures) for \$15.00 made payable to me on or before the above date. This money is used to cover costs incurred for the 3 quarterly workshops that take place during 2010.

Are you interested in attending IRD? It will be held in Nova Scotia and Ruth Gielow, our Regional Director, has a plan all in place. If you would like to know more about this grand trip go to www.topspride.org. All the information and a registration form are available for you.

I will begin calling chapter leaders within a couple of weeks to begin my Area Captain visits. Of all my duties, I cherish this one the most because I have an opportunity to not only present an excellent TOPS program (this year's is entitled Stress Management), but also see and visit chapter members in a more personal atmosphere. It truly is a super experience.

I hope to see many of you at the quarterly meeting.

I Care,

**Pat Akey
Area Captain**

p.s. If any of you are attending this quarterly for the first time the address of the meeting is as follows:

**Riverview Hospital
410 Dewey St.
Wisconsin Rapids, WI 54494**

