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January 2, 2012

Dear TOPS Chapter Members,

The horns were blowing, the confetti was falling, as we welcomed in a new-year... 2012. Do you have a new-year's resolution? Whether you are watching television, reading the January issues of magazines, or just your local newspaper, you are bombarded with the "quick fix" diets and weight loss programs that you can participate in. We TOPS know the answer...wise choices, portion control, and exercise. But wait, we need to become part of the action during the month of January, too. An open house is a splendid idea, or you can simply arrange a meeting when each member can bring a guest. Why keep TOPS a secret? Share our educational program with your friends and, remember, you may continue using the current Membership Application (L-003). Just cross out the old \$26.00 fee and enter the new \$28.00 fee.

Deadlines:

- January 7 – Please send Diane Stoetzel your chapter resumes.
- January 13 - Please send me your Quarterly Weight Report, and your "Triple Crown Report."
- January 20 - Please send me the \$15.00 Quarterly fee for the 2012 year.

The next Quarterly Meeting will be held on Saturday, January 28, 2012. As I mentioned at the Fall Rally and also in my last newsletter, there is a change in our meeting place for January only. We will be meeting in Wisconsin Rapids at the River Cities Bank. Registration begins at 8:30 a.m. followed by the call to order at 9:00 a.m. We will conclude around noon. When you arrive, please leave 3-4 of the parking spaces closest to the front doors for the bank's customers. I suggest for anyone with difficulty walking, that they be dropped off at the front door. The meeting room is in the lower level of the bank. When you enter the bank you will immediately see an elevator on the left and the stairs on the right. I will have a sign posted for you. Please remember to bring a favorite contest along to share with the other chapter members. We will also be having a TOPS panel to discuss problems and solutions in chapters as well as sharing ideas and thoughts on how to be a better TOPS member and a better loser in 2012. I have contacted 5 members who have, without hesitation, offered to serve on this panel. I am so happy to have them offering their expertise, and I know you will return home with some

excellent ideas for your chapter members. There will also be a new contest that I will introduce. The details will be announced at the meeting. Now, I do hope I have stirred enough interest in my 36 chapters to see many of you in attendance.

I know this is a busy time for the weight recorders. Thank you for all that you do for your chapter members. It is very much appreciated by your members, Diane, and me.

I look forward to seeing you on Saturday, January 28, 2012.

Hugs,
Pat Akey, Area Captain