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Dear TOPS Chapters,

The holidays are behind us now. I hope you all had a wonderful time with family and friends. It's a new year now and time for us all to get back on track. Make new goals for how we are going to lose weight this year, whether it is drink more water or exercise more. Set those goals and achieve them. I dare you.

The resumes should all be mailed to Diane by now. She will do them IF you can't!! Just send her the weight charts. When you're done PLEASE throw out the old weight recorders guide book AND USE AND READ THE NEW ONE!!! Leaders need to throw out the old Chapter Guide book AND USE AND READ THE NEW ONE!!! Most of your questions CAN be answered in the new Chapter Manual!!!

Ruth Gielow is still looking for more members to go to IRD in Nova Scotia on the bus tour. [www.topspride.org](http://www.topspride.org) will get you information on this trip.

The Winter Quarterly will be held in Kimberly at the Kimberly Community Center, 515 Kimberly Ave. on February 6<sup>th</sup> from 9-12. We will be having a basket exchange so everyone who brings a basket will receive one back. Please limit value to \$10.00. There will be a raffle so any chapter that would like to donate to the raffle would be greatly appreciated. There will be a prize for the best dressed fisherperson and best decorated fish to go along with our fishing theme "Hooked on TOPS." Come and hear our Motivational speaker Karen Baker Ruppel speak about leaning on friends and being accountable to yourself.

The Area Captain Quarterly Fee formally known as workshop fee is due to me by January 30th so I'm enclosing a form for the fee of \$15.00.

I would like to have an email address contact for all of you as I would like to start sending out the newsletter electronically starting in March. If you could send me an email and let me know that you are the contact for the chapter that would be great. Those of you who already get emails from me don't have to send me anything unless you want your contact changed.

Stay warm,

