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Dear TOPS Members:

Even though it is still a bit chilly out there the days are getting noticeably longer and that always makes a person feel a bit less cooped up. As I am getting ready for our winter quarterly, I am noticing with pride, what a wonderful group of chapters that I truly have and am so grateful for each and every one of you. What achievers we have; those who truly embody the TOPS Spirit and help to bring it forth in so many of us. I hope that many of you have the chance to come to Menomonie on February 13th, as many of you are up for an award, and many more can be motivated by the what promises to be a great day!

There are a few important items that I wish to mention to you:

1. Please destroy the old guidebooks, both for the chapter and weight recording. Each chapter received 2 of the new 2010 Chapter Manuals last fall. Please consider buying 2 or 3 more copies. They are only \$2 per copy; you can make changes or add updates. You will also need to use the new TOPS rules dated 1/1/10.

2. Election of officers is coming up the first week of March. This is very important and a weight recorder should be appointed the same day; the leader can fill out the Officer Chart entirely and mail it to Diane the *following* day.

Be thinking of SRD (State Recognition Days) and help your members to attend if your chapter can finance that. I know that several of my chapters are having fundraisers for this very purpose. KUDOS to those chapters! I cannot say enough wonderful things about SRD. I still feel a sense of awe and it does change you and how you see TOPS. I wish that everyone could have the opportunity to go and witness first hand and you will never be the same. Are you not really feeling motivated but know you need to lose weight? Attend SRD and you will be filled with the TOPS spirit! Better yet, volunteer to help and you will be given back tenfold. I know, I have experienced that first hand.

Please report to me about your open houses when you have them and if you are interested, please let me know if you need help. They are a way to reach out to your community and to help someone. We are our best advertising and we are being called to help other people with our same issues. There is not a one of us that is not equipped to do this.

As I close, I want to wish everyone a Happy Valentine's Day and hope to see many of you at the Winter Quarterly!

Theresa