

Theresa LaPorte, TOPS Area Captain
W5555 Hwy 63 Trego, WI 54888
715-635-9368 or tweety57@centurytel.net

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Dear TOPS Members,

Top of the morning to you and hope you are having a good day! I hope you will have a great March and St. Patrick's Day as well!

The Winter Quarterly meeting held in Menomonie on February 13th was a wonderful success and has become a very pleasant memory for me. We had several members receive recognition for weight losses of 10 pounds or more. I even had to make a new award category: 36 pounds or more lost! Wow! What a phenomenal accomplishment. Many KOPS have kept within their leeway and many perfect attendance awards were handed out. Jean Groat of #886 Minong and Ginny Hartle of #1464 Rice Lake earned perfect attendance for the entire year of 2009. What a true commitment on their part! Susan Minter of #1360 Menomonie, was honored as the recipient of the TOPS spirit award and #886 Minong received the Chapter TOPS Spirit award. The traveling Trophy was earned by #1475 Hudson, with an average loss per member of 3.3 pounds! There are so many of you who put so much of yourselves into TOPS and it shows. I am so proud of all of you in my area and proud to be your Area Captain. Thank you so much.

Our guest speaker was Dr Stygar, a medical doctor from Menomonie. Her speech was very educational and inspiring and a lot of her information is backed up in *The Choice is Mine*. Our other guest of honor, Area Coordinator Diane Stoetzel was very helpful as she always is. Thank you, Diane.

A huge round of applause to Sherri Vodinelich and the entire #1360 Menomonie chapter members; words cannot express my deep gratitude to you for all you did and the professional way in which you did it. Yes, Sherri, you are on my list for future requests!

We will have 3 new award categories starting with the 1st quarter of 2010! I have enclosed a new quarterly report form for you to use; please destroy the old ones. On it, you will find the health fair/open house award category and the second new award is as follows: when you bring a friend to TOPS and he/she joins TOPS, you will personally be recognized for that! That will be known as our "healthy helper" award as you are helping someone learn new ways to become healthier. Please have fun with these awards. The gift you are giving someone by using these two avenues will help that person in more ways than you can ever begin to imagine. We are all benefiting every day because of our association with TOPS! It is very important that all of the chapters are using this same form.

The third new award is when your chapter organizes a walk that you do as a chapter activity. What a wonderful way to spend time together with your TOPS family. Now you will even be awarded for doing so! I am enclosing instruction on filling out this new quarterly report form. Please make copies of the one I have enclosed. As always, please call or email me with any questions you may have about this new form.

Don't forget your elections of officers (your first meeting in March) and the leader needs to fill out the Officer Chart **entirely, sign it, and mail it** to Diane Stoetzel the **following day**.

SRD (State Recognition Days) is coming quickly. This is being held on April 8,9 and 10. You should all have your registration forms by now. Hope to see many of you there!

Now that warmer weather is starting to begin, I am going to be calling on your chapters for my annual chapter visit. I can hardly wait to present the 2010 Area Captain program. It is wonderful and I can tell you it involves a little man! So I look forward to visiting your chapters!

I would love to close with this thought:

"You are searching for the magic key that will unlock the door to the source of power; and yet you have the key in your own hands, and you make use of it the moment you learn to control your thoughts." Napoleon Hill.

My best to all of you,

Theresa

Your Area Captain