

Happy Holidays to ALL!

YoooHooooo!!!! We have a reinstated KOPS. Congratulations to Darlene Michalak for being persistent, believing in herself in the quest to once again become a KOPS. Great job, Darlene!

Welcome to all new members. You have joined a wonderful organization. I wish you all well in your comitment to live healthy through weight loss.

Leaders please watch the mail for the envelop from headquarters. It will include your chapter resume and weight charts. Please don't procrastinate on completing the resume. Sally will need them by January 8. If you have any questions regarding the resume please visit the TOPS website for the step by step instructions. Please click on MEMBERS AREA>FIND A FORM then scroll almost all the way to the bottom to RESUME. There you will find the power point. If you have any questions please call me or Sally. Make the weight charts as complete as possible and have someone double check your math.

To get the list of the members' highest weight, leaders or web designates can pull this from the web site. Click on Leaders Corner>Membership Reports>Chapter TOPS and KOPS Summary Report. If you have any trouble getting this please let me know. Check your access to these reports soon, again, please do not procrastinate.

There are still some rooms available at the Creekside Retreat for the SRD. The phone number is 812-200-3157, remember to ask for the TOPS block.

Sally can always use more Area Captains. Many hands make light work. Give her a call if you have the slightest inkling that being an Area Captain is your calling.

Sally is reminding all that she will be giving the chapter who signs up the most new people by the end of December \$50.00. It is not too late for this. This is the perfect time to bring new members into your group. Spread the word.

Lastly, please don't use the holidays as an excuse for weight gain. Instead use it as an opportunity to practice restraint. Have a game plan for the holidays. Use your SMART goals to maintain your weight this holiday season. Use your TOPS pledge as a mantra if you begin to weaken. WE ARE ALL INTELLIGENT PEOPLE, WE WILL TAKE and KEEP POUNDS OFF SENSIBLY!

I wish you all a Blessed, Safe, Stress Free Holiday filled with Memory Making Moments with Family and Friends.

Live Healthy,

Clarise
219-778-2563