

January 2015 newsletter

Happy New Year to all TOPS and KOPS!

Now that the holiday festivities and family visits are over for a while, take time to study where we are at as we continue to follow the guidelines in losing weight sensibly. I sincerely hope that those of us who have gained a little over the holiday will forget the past and start anew for 2015. Remember, we are ALL family in TOPS, as we have similar problems and snags in meeting our goals. KOPS pals, I commend you for your stick-to-it-iveness.

Quarterly reports for 4th Quarter 2014 should all ready have been submitted to me. I thank you for that. And now, for news regarding the winter quarterly awards meeting. We are combining the awards meeting of 4th quarter 2014 and 1st quarter of 2015. There are a couple reasons for this decision. 1) A very few of us traveled to last year's winter quarterly. In fact, there were seven members that attended. The weather is too unpredictable in the rural north woods, and can never be relied upon for safe traveling. 2) This area captain (yours truly) has deemed the necessity of a much needed break, in routine and also weather, and am now located in south Texas for two months. The weather is unusually cool down here, too, if that's any consolation.

The combined 4th 2014 and 1st 2015 quarterly meeting will be held on Sat., April 18, 2015. The hosting chapter is 0270, Superior. The location will be at Superior Library, 1530 Tower Ave. Doors open at 10:30am for registration and meeting will end promptly at 1:00pm or sooner, but definitely NOT later than that.

I look forward to seeing all of you then. Also, I am submitting the annual area captain's fee form for 2015. Please submit with the appropriate information. Thanks!

SEE YOU LIGHTER!!!

Live in laughter,
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