

**LEADER:** Please read at your first meeting in January. Thanks, Caryl



As we begin the New Year I want to welcome not only your members who joined within the last two months of 2010 but say thanks to those who remain faithful to TOPS throughout the years. As the resumes come it is truly exciting to see how successfully you have been in your goal of taking off pounds sensibly. Thanks each of you for your continued support not only to TOPS but to your chapter. You are truly a special group of individuals and it is a privilege to be your Coordinator.

I know that some of you recycle your TOPS News while others keep them for further reference and the inspiring stories and programs. Whatever you chose is definitely an individual choice but included in the Dec/Jan issue is your personal copy of the new TOPS Rules. It is located in the center of that issue. Those rules become effect January 1, 2011. You are to destroy any old copies that you might have on hand. If your chapter hasn't already done so, you might start off the New Year using the TOPS Rules as a chapter Program.



If your chapter has not sent in your 2011 chapter maintenance please take care of this at your first chapter meeting of 2011. That request was included in my November Newsletter. A "Special Thanks" to all who did send in your payment so promptly.

**SPECIAL REMINDER:** If your 2010 Weight Charts and resume have not been mailed to me, please call immediately as they were due in my office Saturday January 8, 2011. **DO NOT RECOGNIZE ANY WINNERS until I have verified and returned your 2010 resume along with certificates.** It can be devastating for someone expecting recognition only find they have been disqualified or honored at another level. So please do not assume that someone will be a winner until your corrected resume has been returned. If you have any question please do not hesitate to contact me. My phone number is listed below, leave a message including your phone number and I will return your call within 24 hours.



Wishing each of you good health, happiness and a prosperous New Year,

Till next month, remember I care,  
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