

November

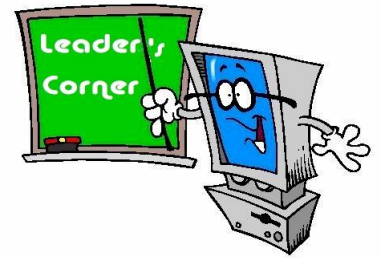
Please read at your next chapter meeting. THANKS

A special thanks to all of you who continue through various ways to promote not only your individual chapter but our TOPS organization. When our TOPS President asked that you hold an Open House in January or February and again this fall, many did just that plus more. Even as you go about your daily activities you continue to promote TOPS, encouraging and inviting others to join. This has definitely resulted in both new and former members returning to TOPS. THANKS again!



If you attended one of the five Fall Rallies held in our area this year, you possibly met my newest Area Captain, Shelia Callahan. She will be servicing the northern 14 counties in my area. I know you will welcome her. It's great to have her "on board".

The November TOPS News is now available online for those who have access to computers. Headquarters will be mailing your leader the following forms: L-010, Chapter Resume, L-027K, KOPS Weight Charts, L-027T, TOPS Weight Chart, and a L-027-TR, Transfer Weight Chart. The quantity is based on active members, new and renewing per records at Headquarters. As the Weight Charts are one-sided they are easy to print or copy. They can also be downloaded from the Forms section of the TOPS website and printed, or copied at local copy store. Contact me if they have not been received by December 15, 2010.



A Special Reminder to your Weight Recorder: Use the conversion charts on page 48/49 of the Chapter Manual to convert the beginning and ending weights to quarter pound increments for those scales weighing in ounces before sending in your charts and resume.

I will be away on TOPS Business from Wednesday November 10 till Monday November 15, but I am leaving you in the capable hands of your Area Captain. Please send your mail as usual. I will be processing your paperwork upon my return.



As Thanksgiving and our 40th Anniversary is the following week we plan to spend time with the family during that weekend. I hope you enjoy your time with family and friends, whether it be just relaxing, shopping, enjoying sporting events or balancing your checkbook. Be sure to schedule in some form of exercise, you will be pleased you did when you step on those scales the next week and record a loss.

Till next month, Remember I Care,

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