

NEWSLETTER

January 2012 - Mid-Coast Area of the TOPS Gulf Coast
Kathie Sweeten, TOPS Area Captain #6054



Here's a wish for everyone to have a great new year, a year that all weight loss goals can be achieved. Make this a year that you put your health first, leave all the "I can't's" and the "I should haves" that could hold you down back in 2011. For 2012, I want you to pledge to have a better year, to lose unwanted pounds. I want you to pledge to reach your goal or to at least give it a try. I want you to pledge to eat healthy, avoid sweets and drink plenty of water. I want you to pledge to attend meetings and take part as much as possible and to encourage each other and I will pledge to help my fellow TOPS, to aid you all in your quest to be healthier and to lose weight. I want to see us all succeed and to do our very best. I really believe that 2012 can be a prosperous year for our area. We can do it!!

Chapter Resumes

Let's Do a

Perfect Resume!

I hope by now that all Weight Recorders have completed and mailed their chapter's 2011 resume to Kay. It is so important that we get these to her in a timely manner. She must go over and check all resumes and then compile her area's report which has grown this past year and submit it by the end of January. If your chapter's resume is not sent to her in time, it could cause some possible TOPS members to miss out on awards for their weight loss.

Texas City Anniversary

HAPPY ANNIVERSARY

WOW, what an accomplishment, TX 13 Texas City will be celebrating their Chapter's 50th anniversary on January 25th. They are having an Open House Anniversary Celebration to which they are inviting all area TOPS Chapters to attend and help them celebrate. There will be some recognition, some history and lots of fun.

Chapter Visits

I will be making several visits in January while I am in the area. I will be seeing TX 1882 Lake Jackson on the 23rd, TX 1928 Sugar Land and TX 251 Alvin on the 24th. I am looking forward to the visits and presenting the new Area Captain program for this year titled "Masterpiece or Paint-by-



Number".

Dates to Remember

2012 SRD – April 13-14 in Addison
Intercontinental Hotel

Theme: InVest in TOPS

2012 IRD – July 5-7 in San Diego, CA

Theme: California Dreamin'

TOPS Love,



**Kathie Sweeten
Area Captain #6054**