

NEWSLETTER

November 2011 - Mid-Coast Area of the TOPS Gulf Coast
Kathie Sweeten, TOPS Area Captain #6054

Happy Thanksgiving

Wow, in just a short time it will be Thanksgiving, meaning the Holiday Season will be upon us. This is the toughest time of the year to stay on track with a healthy eating plan. We face so many temptations, just stay strong and be accountable.

TOPS Website

Have you been to the TOPS website, www.tops.org recently? It has a new look and our President, Barb Cady will be doing a blog on Mondays called: *Barb's Monday Morning Moment of Truth*.

Annual Membership Renewals

We all know by now that the TOPS annual membership dues are increasing on January 1, 2012 to \$28.00 for adults and \$14.00 for eligible half price members. So anyone joining after December 31 will be required to pay the new fee. If using the current application, write an 8 over the 6 or a 4 over the 3 in the price box, which ever applies. Then, any renewals dated after December 31 will be the new fee regardless of when they pay. Now the biggie, any renewals dated before January 1 but the member does not renew till after December 31 will be required to pay the new fee. So another words, please encourage all members with December renewal dates to renew before January 1. I know December is a money crunch month but waiting till January would be an extra 2 dollars for December renewals.

Chapter Bears

I have heard about several Chapter Bears since Rally. Sounds like the bears are having some fun visiting with different members and being their weight pal for the week.

November Mailings

Leaders, be watching the mail this month. Some very important items are being mailed to you from TOPS Headquarters. The packet will include the new Chapter Manual pages, your chapter resume for the Weight Recorder for this year, new weight charts to make copies for 2012, programs and order forms.

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**

