



Christmas is over and the New Year is about to begin. I hope your Holiday Time has been wonderful and you had time for yourself as you enjoyed time with family and friends. As 2010 draws to a close and we look back, it is time to think about those goals we set for ourselves last January. Were you able to reach yours? Now we again have a brand new start and maybe set new goals as we travel on our weight loss journey.

Our new theme for 2011 and 2012 is "The Road to Success". It is time for us to start a 2011 challenge for our area. Some of you heard about and received what you needed to set your sights on this exciting "Road Trip across Texas" when you attended the Fall Rallies. The rules, your method of transportation, and the map are included in this letter along with an easy to keep work sheet to help you. These items will be posted on the topswonders.com website also. Each month you will receive a "road sign" to keep you on the right road. So, let's get packed up, check the tires on our bus and "hit the road to success"!!!!



A reminder to Leaders and Weight Recorders. You should already be working on the 2010 resume and it is due in my office by January 8th. I am very pleased to say that I have already received several. It is so exciting to see the losses and find out who are our

winners this year!!!!

The SRD Committees are busy bees getting the SRD letter ready to mail out the first part of January. SRD is in Beaumont on April 7, 8, and 9. The theme is "Wings of Change" and Caryl Pfeiffer and her area are sure to have lots of fun for us!!!

The **ROAD SIGN** for January is a **Green** traffic light. It is a new year and a time to go forward and start your trip. Go for a new goal for 2011, go get more exercise, go for veggies and fruits when you need to nibble, go phone a fellow member that needs encouragement, and go to chapter meetings for that accountability of the scales. Why not have an Open House in January when people are making their New Year's Resolutions to lose weight? We need to let them know TOPS has the answer for them!!!



My wish for you in the New Year of 2011 is health and happiness. I am grateful for the many cards and prayers during this past year -- I am feeling well again and looking forward to a fantastic year of growth in members and losses in pounds for this area!!!



Love and Hugs,

Kay

