



A VERY MERRY CHRISTMAS TO ONE AND ALL

This is an extremely busy time of the year and I hope that you are taking some time for yourself. Take a few minutes each day to reflect upon the good things in your life, and the many blessings that you have each day.

You still have 3 or maybe 4 weigh ins to reach your goal for the year, so there is still time if you are getting close. Is your goal still to far to reach this year? Do not panic, even a one pound loss is better than a gain so go for the one pound.....that you CAN DO.



Weight recorders now is the time to make sure you are getting your weight charts all finished up and in order. You can have everything done EXCEPT for the last one or two weights, Take a few minutes to fill in the information...or have the members to fill it in for you. Be sure that you have filled out the top of the form with the starting weight and date, so when you have your last weigh-in all you have to do is list that weight and finish up. Your leader should have received the resume from TOPS Headquarters already. If you have not received it then check with your leader. If you are not sure how to do it then put everything together and send to me and I will do it for you, or call me and I will try to walk you thru it. BUT send it to me to check and then I will send it on to Cindy. These should be mailed within a week after your last meeting. REMEMBER if you have someone that has lost over 10 pounds and will qualify for a Division winner they MUST have a Dec. weigh in, so be sure and call them if they have not weighed in. Remember your King or Queen is the one that has reached KOPS this year and with the biggest loss.

It is not too early to start thinking about your chapter and the New Year. Maybe you could have a “welcome back” night, encourage everyone that has been a member in past years or maybe just dropped out the past few months. This will be the first weigh in of the New Year so will not count against anyone. You will not figure it in their books as a loss or gain it is their first weight of the year, so really encourage that person that has gained a lot to return.

If you have lost your 10 pounds that Barb Cady challenged each one to lose, and you have not received your “Burnie” award from me, please leaders send a list of everyone to me, I will be giving these out at FUN DAY on March 19 in Decatur.

I want to THANK each chapter for inviting me to visit with you this year, and also thank you for your generosity each time that I visited. You all are the greatest!!!!!! I know for a fact you are the greatest TOPS area in TX... Now the New Year is approaching and I will once again be starting my





Chapter visits, we have a great A.C. program on SUPER FOODS, I think each of you will enjoy it and I look forward to sharing it with you.

DATES TO REMEMBER.....



ALL weight reports, weight charts and resumes to me by Jan. 5!!!!
KOPS HONOR SOCIETY MEETING-----Sat. Jan 29 for all KOPS
FUN DAY----- at Decatur on Sat March 19

S.R.D.----Beaumont, on April 8 and 9....”Wings of Change”

Mark your calendar, enjoy the rest of 2010 and look forward to the new TOPS theme

THE ROAD TO SUCCESS

A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR.

Love to all



Vernie Nordstrom, your TOPS Area Captain