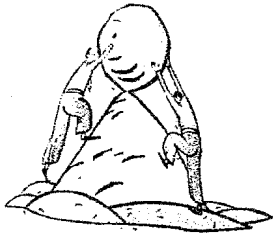


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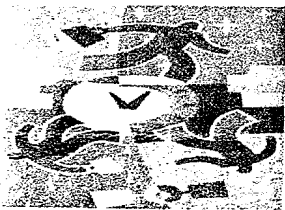


WE CAN GET TO THE TOP OF THE MOUNTAIN BY WORKING TOGETHER !

MORE NEWS !

Cindy our Coord will be sending out the forms needed to register for the Seven Under's, KOPS Below Goal and Slim Bars. Please have Weight Recorder or Leader fill out and sign, and check the dates on these forms carefully before filling out. Remember SLIM BAR Weights must be 10 pounds or more.

If you have lost a hundred pounds or more - let me know when attend the Rally. Would also like to know how long you have been a TOPS Member



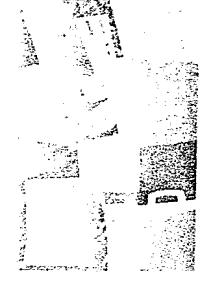
Time marches on and the Year End Resumes have now been returned to your chapter. I have a special reason for requesting that you please mail me a copy Or bring to the Spring Fling in March. I also would

Like to see how well your chapter lost weight in 2008. I do have a special reason for wanting a copy. This will be announced later.

We have some great Winners and I would like to know who. Also bring or send me a list of all new KOPS . I would like to send them an Invitation to join the KOPS Society closest to them or have a chance to start one . A KOPS Society really does help one in maintaining status.. and perfect for sharing problems of maintaining, which most TOPS Members do not understand.

Our theme for 2009 is Make Time - we can do this by taking time out for ourselves- to think about how we can win the Weight Loss battle and get Healthy. We all know that when we lose weight a lot of our Medical Problems disappears. Isn't this worth the time it takes ?

Elections are to take place the first meeting in March.. Headquarters mailed the Master Chart Form to Chapter Leader in January.



Take extra time and please do be extra careful when filling out names address, phone number's and also include Zip and all Area codes that match the Phone numbers. Most of all Please PRINT and make sure the last copy is as clear as the first copy.

I would be most happy to attend any or do your installations, Crown Royalty, attend awards Ceremonies or in General be there when you want or need me. I just have to know When and where and time. I Would also like to attend all Open Houses but- do need to know ahead of time when and where to go and time to be there.

The SRD in Wichita Falls is in April. If you have not received your Chapter Packet please do let me know and one will be mailed to you ASAP. It promises to be a Great One! If you have not registered yet your Chapter needs to do so immediately. You also need to enter all the events Separately and mail soon as possible. Addresses have changed on where to send - so check them carefully and send to the right event Chairman. Leaders remind you members that events must be entered separately. If they have to cancel let the chairman of that committee know ahead of time.



This is something that all Texas TOPS Should attend. When you see The Circle Of Lights and all Winners on Stage you will know why. This is how we are recognized for loss of weight. It really is Worth the cost to attend.

I will leave you this thought:

May the door to Your Chapter be open wide enough to receive all who needs Love and Fellowship - but- narrow enough to shut out Envy, Hate and Jealousy.

May all in Your Chapter work together to make it happen and lose Weight.

YOU CAN MAKE IT HAPPEN

JUST SAY “



“

Willie Bird