

January 2011

Hi Fellow TOPS Members:

Happy New Year everyone. Are you on your "Road to Success"? I would like to welcome all my new chapters and to let my other chapters know that my area has changed. I basically now have the counties of Benton, Camden, Christian, Dallas, Douglas, Greene, Hickory, Howell, Laclede, Miller, Morgan, Ozark, Polk, Pulaski, Taney, Texas, Webster, and Wright. I am very excited about the new challenges I will have this year. If I have not talked to already I will soon. Please know that you may reach me at my NEW e-mail address cstorytops@hotmail.com, my cell phone 660-723-3736 or my home phone 660 438-7221. Your best bet is either the e-mail or cell phone.

My plan for this year is to visit each chapter at least twice this year. One time I will give a program and the other I would love to see what you have in a normal meeting. I believe that if we give each other ideas we will help to keep each other motivated. Of course I will try to attend any open houses that you would like me to be at and health fairs or community event that your chapter would like to attend. If you know of a health fair let me know so I can get the supplies for a booth. TOPS will help me with hand out information and a display.

I have started on my own "Road to Success" and have set a goal for this year to make KOPS. This is a very long journey for me and I will need all your help while I hope that I help you. My goal for all my chapters is that NO Chapter has a weight gain this year. Just a ¼ pound a person will achieve this. Better yet I would love to see this area have no chapter with less than a 5lb loss for 2011. Think we can make this happen? I DO! I know we can do it. I believe that my area will rule this year. Are you ready to hit the road? Let me know what your chapter is doing on your "Road to Success".

I want everyone to think about attending SRD this year. I promise there will be something for everyone. We have tried to bring back the special feeling of SRD and are trying new and exciting things. So if you haven't been in a while or have never been this is the year to come. You will be inspired and motivated like never before. I hope to see you there.

MO SRD
April 8 & 9, 2011
Ramada Oasis Inn & Convention Center
Springfield, MO

I will be having a "Spring Fling" at the end of April and am looking for a place to have it as well as talent to do a skit or two. If your chapter would like to help please let me know. I will have more information next month.

IRD will be in July and looks to be a great deal of fun. You could get a chance to see TOPS headquarters as well as be able to see the "Greatest Losers" in TOPS.

IRD
July 7, 8 & 9, 2011
Milwaukee, WI

The date of my Fall Rally has changed it will now be on Oct 29, 2011 in Springfield. I will have more information on this event later.

I am proud to announce the winners of last year's contest for my chapters, 1st place was chapter MO 1089, Warsaw, and 2nd place was MO 0911, Clinton and a tie for 3rd place MO 0820, Warsaw and MO 1230, Lexington. Congratulations to all.

I'm sure you all know of the challenge that Randy has issued to all the area captains in his area. We are challenged to walk a mile for every member in our chapters. Well I've started walking and will send each chapter a picture when I have walked the miles for your chapter. I just started so I keep you updated each month. This month I have walked for MO 0223, Ft. Lenardwood and MO 0265, Springfield with a total of 26 miles. Keep me walking with every new member you sign between now and Fall Rally.

Each month I like to let everyone know of chapters that have done really well or members who shine. If you will let me know of any shining stars in your chapter I will try to include them in my Chapter Shine time.

Chapter Shine Time:

MO 0694 Hermitage: Congratulations on a NO GAIN meeting. Keep up the good work.

MO 1002 Croker: Outstanding year in 2010 4 members with a 50lb or more weight loss. Fantastic.

MO 1089 Warsaw: Congratulations on a NO GAIN meeting. Way to Go.

MO 1234 Rogersville: Outstanding weight loss for Rae, Becky and Erin. Keep on Losing.

KOPS Shine Time:

MO 0265 Springfield: 11 yr. KOPS Deanna H. and 1 yr. KOPS Larry D.

MO 0607 Bolivar: 6 yr. KOPS Doris S.

MO 0703 Laurie: 6yr. KOPS Betty B. and 12 yr KOPS Nancy J.

MO 0780 Springfield: 3yr KOPS Doris D and O'Della A. and 10 year KOPS Helen S.

MO 0899 Springfield: 9 yr KOPS Katherine R.

MO 1002 Crocker: New KOPS Juanitia J.

MO 1039 Conway: 7 yr KOPS Roberta S.

MO 1089 Warsaw: 3 yr KOPS Mary B. and New KOPS Patty A.

MO 1125 Lebanon: 3 yr KOPS Sue W.

MO 1234 Rogersville: New KOPS Becky F.

Congratulations to all our KOPS keep your light shining.

I am always looking for items to put in the shine time if you have something your chapter is proud about just let me know. If I miss someone I'm sorry I try not to leave anyone out but from time to time I have been known to make a mistake or two. Just let me know and I will try to correct it the next month. Let me know what you want to hear about this letter is for you.

I believe we can reach all our goals for this year, if we all stay on the "Road to Success".

Dream it, Believe it and Achieve it,
Cindy Story, Area Captain