



## *Greetings from Jeanie*

Dear Members,

What a year we had in Tops. Our area under Randy Paul grew. We all worked hard at chapters and open house and we got out the word that Tops is a place we can go to learn new eating habits and feel good about ourselves.

Since the first of the year I have had two calls from people who have been on the internet and been looking for a place they can go and get help with their weight. One lady was going to join because her husband needed some help because his body was unhealthy and he needed to get some weight off. We have so many things to help us learn better eating habits. The Choice Is Mine book and workbook. Our leaders of our chapters are putting on good programs and are giving out handouts of their programs. If you are a member and you have something you want your chapter to learn about then bring it to your chapter and you can give the program. You might be surprised at how well you can do this. If you have read something in any magazine or health magazine or picked up an article at the Drs. office, you think might help you or someone in your chapter then by all means talk it over with your leader, he or she will be able to help and support you. This is also good training on being an officer in your chapter or maybe you could help someone else. Our officers all started out as members!

Remember our fall rally this past October. I was so very pleased with the turn out. Each time I looked up and saw all you members out there, I felt that maybe I had done something right. I love going to chapters and having a part in your programs. This year at fall rally we will be going to camp. I am so excited about this and hope I have given you something to get excited about. All contests will be about LOSING WEIGHT. The next big thing for chapters is OPEN HOUSE. I hope you are planning one for either January or February. I have heard many of you say we have an open house and we advertise and we do all the planning and no one shows up. What if you keep on putting on an open house and one day or night just one person walks in and is ready to get some help with his or hers weight. Then you can say I am so glad we did this open house.

Officer's workshop or Spring Fling will be coming up so make plans to attend. Everything that is planned is for you to learn new ways of doing things that is designed to help chapters and their members. As for the Resume Workshop, Randy Paul was in Cameron to help you get your resume done and make sure everything was done right and to help answer questions you might need help with. I applaud Randy for the support he gives and the time he takes to make sure everything is done for the chapters.

Do not forget you need to start making plans to attend SRD. If you have never been to one, then this should be the year to try and go. Randy and his team have tried to make it affordable for you to make the trip to Springfield, Mo. This year will be a little different. So I will try to keep you informed with newsletters.

I must tell you that some chapters raise money to help their members go to SRD. Check with your chapter to see what they can do to help you attend SRD. What a wonderful way to help support your members.

This year I am asking chapter members as well as officers to e-mail me or snail mail or call me on my cell, I love hearing from you and I want your input to my newsletters. I do not want to put out something you don't care about reading. I want this to be our newsletter, so help me with ideas if there is someone doing really good in your chapter with weight loss and they do not mind me putting their progress in the letter, I would be very happy to tell other chapter members of their progress.

When you put on your Open House please let me know if I can help. And please let me know how it goes and what progress you had. Remember if you only get one new member you have had a successful event!

My address is Jeanie Daniel, 1868 SE Rogers Road, Cameron, Mo. 64429 My e-mail is [djdstation@yahoo.com](mailto:djdstation@yahoo.com) My cell # is 816-632-9568 if I don't answer please leave me a message and I will return your call.

Remember these words GOTAWANTADOIT.

Area Captain  
Jeanie Daniel  
1-05-10