

December 2011

I hope you all had a very Happy Thanksgiving!!!

Jessica has laid out a new member challenge across the state. Since I have taken over as your Area Captain I have really tried to push increasing membership. If the winning chapter is from the Central Nebraska Area, I will, in excess of her prize, will give an additional \$10. Also I will give \$5 to the best chapter in our area, no matter how they end up in the state ranking. Wow what an incentive to get some new members!!!!

One suggestion to help with the membership drive is to hold a Christmas party for your chapter and invite anyone to come and include an open house with your party. My chapter 942, Merna is trying this in January so I will let you all know how it turned out. We are including all the information in the newspaper and on the local radio station. Most media outlets would be glad to include information about your meetings. If you would like you could send me your information and which outlet you would like to have your info in, and I will get a hold of them for you and get your information out!!!

One other new thing that I am going to get started is the 1st Annual Central Nebraska TOPS Walk for Heart. I am wanting to during the month of January to have members pledge to walk a set amount for the month and also for our walk. The walk would be held at a location that everybody can meet at and walk for the amount that we pledged!!!! This is also a great time to ask a friend if they would like to walk with you and we will have TOPS information available and maybe get some new members! All I need to get this set up is your help to get a suitable location that we could meet to do our walking. It must be large enough that we can have plenty of room to walk and not trip over each other, and it must not have a large charge to use it.

On to some other business.....remember to try to get all your members to get a December weigh-in. If they are eligible for any awards, without a December weigh-in, they would be ineligible.

I want to wish you all a very Blessed and Merry Christmas! Please remember the reason for the season. Also during the Holidays comes lots of good food.....at least I hope it is good. Ha-ha. Portion Control is the key.....remember to quit when you are satisfied, not full.....A lighter Christmas season is the best gift you can give yourself. Join me to try to not gain over the Holidays and make a New Year's Resolution to keep losing and let's get to our goal.....KOPS!!!!!!!!!!!!

Merry Christmas and a Happy New Year

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