

Dear TOPS Pals

Well here we are well on our way to our 2011 weight loss journey. Time to set our yearly goals, making sure we set them realistically, attainable but still a challenge. By now we should all have our chapter resumes in and be waiting to hear who our weight loss winners are for the 2010 year, and we are waiting to help celebrate their success at SRD. Now is a good time to start thinking of starting fund raisers to help get as many members to SRD as possible. Our TOPS president, Barbara Cady will be at our SRD this year, also we will get a chance to meet our new Regional Director, Carol Micetich, and for those who have not met her yet, our Wyoming Coordinator, Avis Veach, I am sure they have a lot of fun times planned for everyone. What a wonderful chance to meet so many people who help keep our TOPS club working so efficiently for everyone.

There will be a workshop in Douglas; the two chapters are giving it together. It will be APRIL 9TH. There is no fee for the workshop; there is a donation for the lunch they will serve that is theirs for putting it on. It is a lot of work, so hopefully lots of members come to share in the fun and meal. I will send award forms out in my February letter. There will be a deadline on the awards, it will be March 25, 2011, we need the time to do the awards.

JANUARY 2011 NEWSLETTER

Leaders, there will be a new revised chapter manual sent out in Feb. Each group will get 2 new ones, so if you were going to order one wait, they should arrive in Feb. I have a new AC program to present to all my Chapters, so hope to make it soon to your meeting and present it. My goal is to have 80% of my programs done by SRD so, if you have an open time please email or call to set it up.

TOPSPALS@hotmail.com new email

307-682-5951 -----Home

307-689-3388 -----cell

LU Gilroy

880 Cow Creek Rd. space A

Rozet, Wy. 82727

AS we travel thru 2011, lets follow all the road signs along the way, they are put there to keep us headed in the right direction. Who knows, we might end up on the road to success, it might take us all the way to TOPS Outer limits, located at SRD in Casper, Wy., June 10th&11th, 2011. Who will we see there, new friends, old friends, lots of fun. Will we see you there? Hope so, TOPS Outer Limits sounds like a exciting place to be this June.

TOPS Hugs LU Gilroy AC 6260

TENTATIVE DOUGLAS WORKSHOP SCHEDULE

April 9 2011 Spring Workshop

Theme.....A Step Into The Past

8:30 am-9:00am.....Registration

8:45am-9:00am.....TOPS walk

Song as 2010 Royalty is escorted in.

9:00am-9:30am.....Welcome and TOPS Pledge, Regina and Carol lead KOPS PledgeSalute to our
2010 Royalty Queen Regina Himmelman, Queen runner-up Carol Jowett followed by their speech.

Song

9:30am-10:30am.....Wyoming Coordinator Avis Veach program

Door Prize

10:30am-10:45am.....Break Lets all learn the Hokey Pokey

10:45am-12:15pm.....Area Captain Lu Gilroy program

Song

12:15pm-1:00pm.....Lunch....Door Prize

Song

1:00pm-1:30pm.....Guest Speaker... Portion Control

Door Prize

1:30pm-2:30pm.....Awards and thankyou