



CAPTAIN'S LOG



February 2017

By: Nancy Reid, Area Captain serving: Audrain, Boone, Callaway, Cole, Monroe, Montgomery, and Randolph Counties

Contact information: e-mail: dbs_498@hotmail.com (dbs_498) or phone: 573-635-4935, mailing address: 906 Ihler Road, Jefferson City, MO 65109

February News

Wow I have so much to share with you. First off I want to let you know that I am down over 3 pounds for the month of January. A great start to my 20 pound loss challenge for myself. I hope that you also are off to a great start with your weight loss this year or in your maintenance. KOPS: I just want to let you know that although I may talk a lot about weight loss that in no means, mean I'm not thinking of you. Maintaining that 3 lbs. above to 7 lbs. below your goal is no small feat. I know some of you struggle and just because you lost the weight doesn't mean you are on easy street. You are an inspiration to us and one of these days, we will join you in the circle of light.

SRD: This year our theme is Winner Wonderland. The SRD letters will be going out shortly, yes, I know we are a little late this year, but there is still time and we can't wait to see you and to celebrate the successes across the state at SRD.

How can you help at SRD: 1st: for 2017 & 2018 I've been assigned the Gold Star Parade, Chapter Royalty Parade and Co-Captain of the Promo Room. I'm needing a minimum of 2 people, but prefer 4 people for each event to commit to 2017 & 2018 SRD's for that event. The Promo Room is just 1 to 2 time periods (and not during session). Please let me know ASAP if you are willing to make that commitment and which event you want to be involved in. Thanks in advance for volunteering.

Missouri is merging as a state. Yes Linda Wilcox is the East Coordinator and Sylvia Eldridge is the West Coordinator, but we are merging across the state, the following will be the same: Fall Rally theme, summer contest, Fall Rally cost, and the category prizes. I think this is a fantastic idea and I'm excited to have a merged state.



CAPTAIN'S LOG



Leader Mailings and AC Newsletters

1st: Leaders you should be receiving a mailing from TOPS Headquarters the 2nd or 3rd week of February. In that mailing you will receive the revised Chapter Manual and a coupon to get a 2nd revised Chapter Manual, also the supply list order forms, recognition order forms.

2nd: Please share any correspondence with your chapter members. Even if you as the leader can't attend an event, your members should be encouraged to attend.

Members: you should ask your leader to share information if you don't think you are being informed of what TOPS is providing.

TOPS Retreat

Ever thought about attending a TOPS retreat? Don't like to fly? Well, what do you know, there is a TOPS Retreat being held in Missouri from September 17-22, 2017 in Excelsior Springs, MO at Lake Doniphan. The cost is \$495, which covers your lodging, all of your meals, and the learning materials.

Deanna Bies is the Retreat Director for this event. This is a co-ed retreat.

The Retreat Application can be downloaded from the TOPS website at www.tops.org.

If you really want to learn how to navigate the exchange plan, this is a great way to learn. You will meet TOPS friends not only from Missouri but from other states as well. I'm still friends with those I met at Excelsior Springs.



CAPTAIN'S LOG



MO 0711, Jefferson City has had 3 no gain meetings since January 1, 2016 and walked 2,245 miles from June through December. Way to go, keep up the great work. Also 1 new member and 1 returning member.

MO 1003, Jefferson City (Wardsville) has had 3 no gain meetings since January 1, 2016. Off to a Great start

MO 726, Columbia has gained 1 new member so far this year.

Wow what great news!!! Keep sharing throughout the year.

I hold this spot for news about your chapters. Please provide news to me, to post. News that I receive gets posted and counts toward one of the items of a Gold

Area Captain Walk on **May 6th**

Stephens Lake, in Columbia, MO.

Time: **9am** enter at 2001 E. Broadway, there is a parking lot and a restroom there. The inner trail around the lake is .6 miles and it's a hard surface, so would be handicapped accessible. We will walk 2 times around or 1.2 miles at your own pace. Then when we are done, we will find a space to sit and chat a spell, there are 2 shelters at that location. Wear your TOPS merchandise.

Upcoming events:

Spring Fling: March 25th at

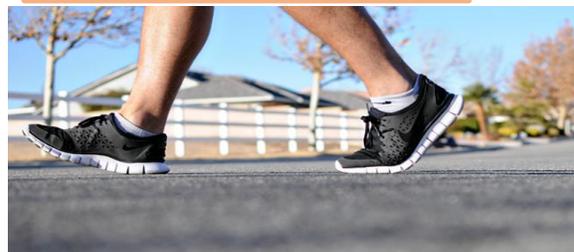
Callaway Electric Cooperative in Fulton

State Recognition Days (SRD) April 21st and 22nd at the Ramada Oasis in Springfield, MO.

May 6th Area Captain Walk in Columbia

International Recognition Days: July 14th and 15th at Statehouse Convention Center & Little Rock Marriott, Little Rock, AR

Fall Rally: September 23rd, at Callaway Electric Coop, in Fulton, MO.





CAPTAIN'S LOG



Gold Star Chapter



A new Gold Star Chapter Checklist for 2017 will be sent to you shortly. There are a few new things on it. Everything is doable within your chapter. Hope you enjoy and yes, you can be a Gold Star Chapter for 2017!!!

SRD 2016 Promo Items for Sale

If you missed the chance to get your SRD 2016 promo items either before SRD or at SRD, never fear, I will have some of them items at the Spring Fling for Sale.

Spring Fling

March 25th at the Callaway Electric Cooperative in Fulton, MO.

10am to 12pm





CAPTAIN'S LOG



Tune Up with TOPS!

I will be setting up chapter visits to give the new "Tune Up with TOPS" Area Captain program. So be thinking of songs that help you to Tune Up.

At Spring Fling I will have some Maracas for sale for \$3.00 each, they are the promotional item that goes along with the Area Captain program.



One Final Note

TOPS and KOPS as you continue through 2017, don't forget to stop and celebrate your successes those both big and small. For example, did you start exercising after you haven't exercised in a long while? (you should celebrate), did you try on something in your closet and notice it's too big? (you should celebrate), have you had consistent weight loss for the month? (you should celebrate). Now, if you are like me, celebrations used to include food, well, how about celebrating by getting a manicure or new nail polish, how about a power tool, a new piece of clothing, a new cd to get moving to, a drive to a new hiking location? These are just some ways to celebrate the small successes without reaching for food.

Let me know how you celebrate your small successes! They may appear in an upcoming newsletter.

