



CAPTAIN'S LOG



January 2016

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

Happy 2016!!!

Wow 2015 has come to an end and we begin 2016. Hopefully you are off to a great start. If you've had a couple of weigh ins and aren't where you thought you would be at this point, you have 49 weeks to change the number on that scale or on the tape measure to be on the path to the goal you have for yourself. I know that I didn't start the year where I thought I would but I'm not giving up, I'm right there in the trenches with you pushing myself and finding support among my local chapter members. I believe in myself and I believe in you, together we can do it!

The new TOPS campaign for the next 2 years is "TOPS is a Lifesaver!" TOPS has been my lifesaver so far, without TOPS I would be bigger and weaker than I am today. Let the support of TOPS be your lifesaver as you go about making changes to the food you eat and the increase in exercise that you do.





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MO 1003, Jefferson City had a no-gain meeting on January 13th, what a way to start the year!!! Way to go!!! Linda S. showcased TOPS at the Jefferson City Curves on January 18th.

MO 711, Jefferson City ended 2015 with 12 very active members. Also the chapter as a whole walked 2016 miles from July through December on their journey to IRD in Orlando, Fl. Keep up the walking, enjoy the journey!!

MO 0422, Fulton gained 3 new members in November. Welcome Ann, Theresa, and Randy!!!! Their current contest is a 5% challenge ending June 1st. Lose 5% of your body weight and earn \$10.00 the first person to reach their 5% goal gets a bonus \$10.00.

This section is for news from each chapter. Let me know about any milestones, 5Ks, health fairs, etc. Have a contest you want to showcase. This is the spot to do it at.

Spring Fling

April 2, 2016 from 10am to 12pm at the Callaway Electric Cooperative Building in Fulton, MO.
(no meal)

Please send a copy of your chapter by-laws to me by March 1st. We will be using parts of the by-laws during our meeting. Also I will be presenting 2014 Area Captain Program "Walking for Weight Loss."



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Upcoming events:

September 24, 2016 Fall Rally at the Callaway Electric Cooperative Building in Fulton, MO from 10am to 2pm.

Upcoming IRD:

July 14-16, 2016 Orlando, Florida

July 15-17, 2017 Little Rock, Arkansas

July 13-14, 2018 Montreal, Quebec

July 13-14, 2019 Portland, Oregon

May 20th & 21st, 2016 come and be a "Castaway" with me at SRD in Jefferson City at the Capital Plaza Hotel.

GOLD STAR CHAPTER

Hoping everyone is working on being recognized as a Gold Start Chapter. Each chapter must complete 15 out of the 20 items listed. Would like to see every chapter recognized at SRD.