

## CAPTAIN'S LOG, December 2009

### A Note From Your Area Captain :

I hope everyone had a Merry Christmas ! We've made it past another Holiday, hopefully in control of our good habits ! I'm sure we have all indulged a bit more than usual and that's ok. Now is the time, with the New Year just around the corner to reflect on the past year and decide what we need to change about our weight loss plan. Maybe we have made some not so good choices this past year. We all do that once in a while. That's no reason to give up on ourselves. You are never a failure until you quit trying ! There are going to be lots of people out there who will be looking for help. Now is the time to spread the good word about our tops family. It's a great time to hold an open house, participate in a health fair, or place a write up about your tops chapter in your local newspaper. Please feel free to contact me for some publicity pointers. Lets make the coming New Year better than ever. Our weight loss goals are within our reach with the help of our tops friends and our tops tools.

New Kops : 12/29/09 Judy Young....#NY 320 Newark

Chapter Visits : In the January news letter I will be listing the dates for my annual visit to your chapter. This will give each chapter the opportunity to plan ahead for the amount of booklets that they may wish to purchase that accompanies the program I will be presenting. This is optional and not required. I do need to order them and want to have them in time for your visit so planning ahead will be to your advantage. I will list the cost in the next news letter. It is a great program and I know you will enjoy it. Tops has once again come up with some valuable information for me to share with you.

Dates To Remember : IRD 2010.....July 15-17, 2010 in Halifax, Nova Scotia  
SRD 2010..... Saratoga Springs, N.Y. June 11-12, 2010

Did You Know : At the Fall workshop, I handed out the form for the "Chapter No-Gain Week " that our Coordinator, Marcia Jackson honors each year at our Fall Rally Day. A few of you have had some of those "No-Gain Weeks" since our Rally in October and have sent them to Marcia. She has asked to please have your weight recorders

save them in a safe place until the Rally information for this year is sent to you. She has sent some of them back to me and I will be returning those to you for safe keeping until this coming fall. Marcia has a big job to do and she certainly doesn't want your chapters to miss out on such an honor so please keep your information in a safe place until the time comes to send it to her. Also, you may use "1" form for all of your "No Gain Weeks" instead of individual forms for each one.

Closing Thoughts : This year has brought many changes to all of us. It is the time of year that we look back on those things.....some good...some bad...some happy.....some sad. No matter what has happened in our lives we have much to be thankful for. We live in the best country in the world. We have hope , freedom, and the right to speak our mind about so many things. We are a blessed people and I ask each and every one of you to say a prayer this New Year for the brave men and women in our military who keep our freedom alive. Have a safe and Happy New Year's Eve ! See you all next year !

HUGS,  
Carol Walker, Area Captain