

# Delaware TOPS

January

Coordinators

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## Monthly Quote

“Every new day begins with possibilities. It’s up to us to fill it with things that move us toward progress and peace.”

-Ronald Reagan

## Editorial

Can you believe its 2010 already?? Where has the time gone? It’s the beginning of a new year AND decade. We just had the first weigh-in of the year and it is a new beginning for us all. Let’s make the most of 2010 and reach into ourselves and figure out what we really want. Are we ready to set our Goal, reach the halfway to Goal point, or maybe even become a KOPS? Maybe you just want to Move a little more or conquer a Health problem. No matter what it is, let’s do it together!

**Happy New Year!**

*Heather*

## What’s New?

As of January 1<sup>st</sup>, Delaware’s new Area Captain will be Yvonne Armstrong. Most of you know her for the wonderful job she has done helping to plan and run the Fall Rally. I know she will be a great addition to our team. Yvonne will be visiting as many Chapters as she can, as often as she can, so please welcome her the way that you did me. Look for her contact information on her upcoming Newsletter.

In order to help her defray travel expenses, we would appreciate each chapter doing a 50-50 Raffle (1/2 to member, 1/2 to Yvonne) or some other small item Raffle each time she visits.

Yvonne and I have a lot of plans for Delaware TOPS this year that we are very excited about. We hope you will be too.

Remember that each time a Chapter sends in a New Member registration form from after IRD 2009, to the end of June 2010; they receive a ticket that I will take to IRD with me for a “Special” \$250 drawing.

Don’t forget the President’s Cut and Burn Challenge, lose 10 pounds Between IRD 2009 and the end of May 2010 to receive special

recognition. KOPS need to stay in leeway for that amount of time. DELAWARE’S Cut and Burn Bonus:

be 10 pounds lighter from our Fall Rally to the end of May 2010, KOPS to stay at or BELOW goal during that time for extra recognition at our 2010 Fall Rally!! You Can Do It!!!

## Contests

## Your Space!!

Do you have something you would like to share with the other Chapters? Special recognition of a member or Kudos to someone? Contact me by the 28<sup>th</sup> of each month so that I can fit it into the next Newsletter.