



Area Captain Newsletter

Hello TOPS & KOPS Members

Happy 2018 New Year

Chapters

I hope you are getting ready for a New Year. Remember 2017 is over. The past is the past. Now is time for a fresh start.

Have you already mailed your Weight Charts & Resume to Shella your coordinator? She should have them by the 8th of January. I hope your chapter ended the year in the black. If not, don't be discouraged. 2018 is a new year.

Southwestern Virginia sure has been in a deep freeze for several weeks. I know that snacking is all I currently think about. So, don't feel alone. You may want to start looking in your closet and getting rid of clothes you no longer wear. Clean out your pantry of unhealthy foods. Or spend some time when weather permits take a short walk, read a book for an hour, do a craft or whatever will keep your mind from thinking of food.

KOPS

We didn't have any new KOPS for December 2017. As of the end of 2017 we have **25 KOPS** registered at TOPS Headquarters. Please share the following information with your KOPS. (posted on the Area Captain Facebook page). Approved by Barb Cady, for KOPS members. An offer to KOPS to join by Lynda Martindale Pattison of BC,CA

You will need your KOPS anniversary date when applying.

The site link is: <https://www.facebook.com/groups/294755627689524/photos/>

Description: A "meeting" place for KOPS from all over the world to share, support each other. To join this group, you must belong to a TOPS group, have achieved KOPS status plus answer 3 questions when you apply. People who do not meet these requirements will automatically be declined. For KOPS only.

I did go on the site and they have over 125 plus members. KOPS members struggle as much as TOPS members, even more. This is a support site for when a KOPS needs some encouragement or a question to ask a KOPS member when they feel they are struggling. It's good to get some ideas of what other KOPS are doing. Hope this is something our KOPS may want to join.

Members

We didn't have any new members for December. I want to thank the members that renewed in December. Thank You.

Leader's & Weight Recorder's

Let's start 2018 with checking each month of members that membership is getting ready to expire. Each member should be getting a renewal form about 4 to 6 weeks before your joined date. If you receive this, please bring to your next meeting to renew. Don't wait till the last minute because you will be put on the inactive list from TOPS Headquarters. Let's try to stay on top of this.

Publicity

Please talk with chapter members and try to get TOPS information out in the community. If you hear of a health fair, or other events that we could attend to bring TOPS information. Please let me know. I will work with you and your chapter to get our information out there.

New Chapters

If you hear of anyone interested in opening a chapter in area's that are around your area please get the information to me. (Example: Marion, Abington, Richland, etc). I can't do without the help of my chapters. I'm here for you.

SRD

Just around the corner. April 20-21, 2018
Wild About TOPS-Safari
Sheraton Roanoke Hotel & Conference Center
Roanoke, VA 24017

Leaders you should be receiving your SRD packet soon. If you haven't gotten it by the end of next week, please let me know. We have deadlines to meet for registration.

You are invited to come early (April 19th) and enjoy visiting with other members and playing some BINGO.

Closing

I need for our chapters to work together in hoping to grow in 2018. We have lost several members. If you have members that have dropped out please send them a note of missing them and would like for them to come back.

Let's let 2018 be the year South Western Virginia can grow.

Thought for the day: Beginning today, set positive intentions with a relentless focus on
Becoming a better YOU.

Markamoment.com

I received the AC program for 2018 to be presented to my chapters, and will contact you starting in March to schedule a date and time to present the program. I Look forward to being with you again.

I Care and Hugs,
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TOPS Celebrating 70 years 1948 to 2018 of Weight Loss

