



## Happy New Year's Fellow TOPS Members!

This past year flew by so quickly - as most of them do. January is "famous" for people making resolutions. Do you remember what your resolution was last year? Many resolutions made for the New Year are not planned or thought out; therefore they usually fall by the wayside by mid-February (if not before). The great thing about resolutions are they can be made more often than just January 1st of whatever year. Each day offers you a chance to re-start; in fact each hour or minute. A resolution is really an intention, a commitment, a goal, a promise to yourself. Write your resolution's down. Make S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Timed) goals. Don't tuck them away. Keep them in sight. Take small steps to attain the big goals. Together let's make 2010 the year we reach or get closer to our "resolution's" than ever before!

I hope everyone had a wonderful holiday season. Be sure to **thank your weight recorder** - as during their holiday season they prepared your chapter's resume to have to Carol Harper by the 8th of January. Hopefully your weight recorder will share what 2009 held for your chapter. It is always great to hear the end result of the hard work and dedication every one puts in throughout the year.

Is your chapter hosting an Open House in January? I'd love to hear about it. If you need any help organizing it please don't hesitate to contact me. I can send you templates to advertise your Open House, offer handouts, and even attend if you would like me to.

If you get a chance be sure to check out our area website: [www.ourtopschapters.com](http://www.ourtopschapters.com) I have been busy adding new features to it. There are different exercise videos, inspirational readings, a few e-books (with more to come), different presentation ideas, our online book challenge that can be started at any time, and much more. If there is anything you would like added or have any suggestions please let me know.



We have lots of area member birthdays for January:

**Happy Birthday** to:

Cheryl from [TOPS ON 5351 Monkton](#)

Laura from [TOPS ON 5270 Stratford](#)

Glenys from [TOPS ON 5270 Stratford](#)

Joline from [TOPS ON 4460 Woodstock](#)

Angela from [TOPS ON 5363 Lucan](#)

Kim from [TOPS ON 5351 Montkon](#)

Betty from [TOPS ON 768 Woodstock](#)

Ruby from [TOPS ON 295 Woodstock](#)

Amy from [TOPS ON 268 Woodstock](#)

We have two **KOPS** celebrating Anniversaries

Fiona from [TOPS ON 5248 Parkhill](#)

**2 years**

Janette from [TOPS ON 5191 Woodstock](#)

**7 years**

[TOPS ON 5357 Stratford](#) is celebrating their

**1 Year Anniversary** of being chartered.

Lisa E from [TOPS ON 5270 Stratford](#)  
5 Year **TOPS** Sustaining Member

Laura from [TOPS ON 5248 Parkhill](#)  
5 Year **TOPS** Sustaining Member

and

Mayben from [TOPS ON 268 Woodstock](#)  
**25 Years TOPS Sustaining Member**

**Best Wishes to all!**

If I have missed anyone, please let me know.

During the month of January, I will be sending out the new Area Captain Challenge to be started the beginning of February and running through the end of February. It is called "Beat the Winter Blues" with more details to follow.

In closing, I look forward to getting out to each chapter again this year as that is what I enjoy most about being an Area Captain. In the meantime, keep the [monthly chapter reports](#) coming, I love keeping in touch with all the chapters and learning what they are doing.

Take Care  
Rhonda

Thought to Ponder

"Give to the world the best you have and the best will come back to you."  
~~Madeline Bridges~~