



The TOPS Lifesaver theme has proven to be so popular that we are extending it through the end of 2018. Please share your ideas for more programs, ceremonies, contests as well as pictures carrying out the theme at share@tops.org.

Upon revision, one **free** Chapter Manual shall be given to each member of Field Staff and each Chapter. A coupon for a second free manual shall be included in the February chapter mailing that goes to chapter Leaders. Coupons must be received at Headquarters by the deadline to qualify for the free additional manual, which should be available for use by the Weight Recorder and other members of the chapter

Board of Directors Election Results

Congratulations to incumbents Deanna Bies from South Dakota, Ruth Gielow from Wisconsin and Debra MacLean from Nova Scotia on being reelected for another three-year term. *First Alternate* is Joyce Anderson from Washington and *Second Alternate* is Carol Holtz from Wisconsin.



All of us are focusing on making it through the many temptations during the holidays looming in front of us. Just remember that the special day is just that... a day, not a month! Spend cherished time with family and friends, be grateful for your blessings. Take a walk, visit, make memories. When it comes to food, enjoy the best and leave the rest.

Then, we will be gearing up for the New Year and targeting a huge goal.



TOPS Million Pounds Mission

1,000,000 Pounds... 125,000 members...

365 days... 10 pounds per member!

Details are in the December/January issue of *TOPS News* that will be arriving at your door soon. Take the issue to your chapter's last meeting of December and start the New Year off with a goal and smile!

Let's Get 'Er Done!

**Get Ready for your
Mission I'm Possible
for 2017**

