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January 2010 Newsletter



Hope everyone had a great holiday season enjoying time with family and friends.



CHAPTER RESUMES

Chapter Resumes are to be postmarked no later than January 8th. Thanks to all those first time weight recorders that attended one of the weight recorder workshops to get answers for filling out the chapter resume. Let's strive for that perfect resume.

Please mail the original L-10 and (2) copies plus the "original 2009 weight charts to:

Lynda Maravilla, 1396 June Way, Woodburn, OR 97071.

Now is the time to fill out those weight charts for 2010. Remember to fill in the Division after the first weigh in of the year. I wish everyone great success is reaching or maintaining your goal for 2010.

SPECIAL POINTS OF INTEREST:

- Chapter Resumes
- Officer Elections
- SRD 2010, Seaside
- KOPS Honor Society Meetings
- 2010 Chapter Visit Schedule
- One of Those Days
- January Open House
- TOPS News

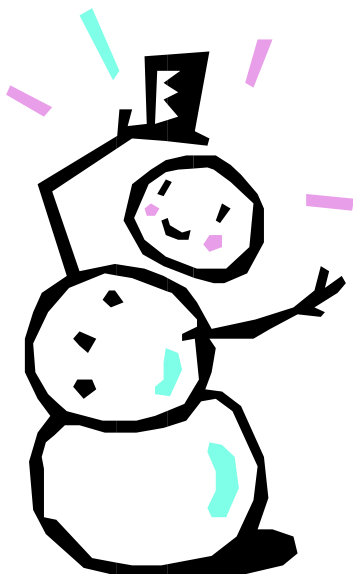
CHAPTER OFFICER ELECTIONS

Start thinking about stepping up to be an officer in your chapter. Each and everyone of us have something to offer to our members. Are you encouraging, supportive and good at delegating, get nominated for Chapter Leader. Do you love to make lists and reminders to yourself, then try for Chapter Secretary. Or are you more into delegating members for programs and welcoming new members to your chapter, go for Chapter Co-Leader. Are you good with numbers and keeping accounts accurate, you would be great as Chapter Treasurer.

Officer elections are the first meeting in March, followed by officer installations the last meeting of March, with the new officers taking office the first meeting in April.

Like the snowman as the warm weather slowly approaches, watch those pounds melt away by making healthy choices.

**DO YOU BELIEVE IN
 MAGIC?
 DREAM IT, BELIEVE IT,
 ACHIEVE IT.**



SRD 2010 - SEASIDE BELIEVE IN TOPS MAGIC

BELIEVE IN TOPS MAGIC

STATE RECOGNITION
 DAYS

MAY 14 -15, 2010



Follow the Aladdin in the Lamp, Jeannie in the Bottle, the Leprechaun, and the Wizards to Seaside to experience the magic of TOPS as we hear all of the wonderful success stories of our state winners.

Find out who will be the next State King and Queen as they continue their journey to TOPS IRD Halifax, Nova Scotia.





KOPS HONOR SOCIETY MEETINGS—
YOU ARE CORDIALLY INVITED TO ATTEND OUR 2010 MEETINGS
KOPS, Chapter Leaders and any member 10 pounds or less to goal are encouraged to attend.



Karing KOPS Honor Society
 Powell Plaza Recreation Room
 13320 SE Powell, Portland
 Thursdays, 2/11, 4/8 Time: 12:30-1:30 pm
 Program for 2/11: Learning to Dance in the Rain
 RSVP: Kay 503-253-9048

Yellow Rose Honor Society
 St Matthew's Lutheran Church,
 10390 SW Canyon Rd, Beaverton
 Saturdays, 1/16, 3/20 Time: 10:00-11:00am
 Program for 1/16: Focus on KOPS
 RSVP: Maryls 503-643-4073

KOPS are TOPS Honor Society
 St Stephen's Lutheran Church
 290 W Gloucester St, Gladstone
 Saturdays, 2/13, 4/17 Time: 10:00-11:00 am
 Program for 2/13: Rewards of being a KOPS
 TRSVP: Marilyn Taylor 503-266-8758

KOPS-n-JAMMERS Honor Society
 Keizer Grange, 441 Chemawa Rd, Keizer, OR
 Saturday, March 6th Time: 12:30-1:30pm
 Program: Discussion KOPS Challenges
 RSVP: Terry Harmsworth 541-327-1730
 Looking for possible relocation for group.

Chapter Visit Schedule for Clackamas County
 Please let me know if the date of my chapter visit will not work for your chapter.
 Call 503-759-4606 to reschedule.



February
 2/2 OR 282, Canby
 2/15 OR 1146 Wilsonville

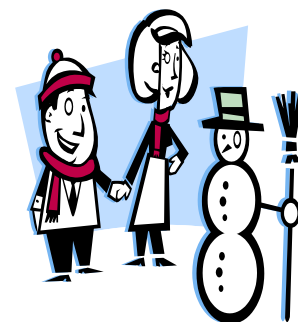
May
 5/3 OR1002, Gladstone
 5/27 OR 322, Molalla

August
 8/5 OR 333, Clackamas
 8/26 OR 1030, Clackamas

March
 3/10 OR 721, Molalla
 3/25 OR 1052 Milwaukie

June
 6/3 OR 1140, Canby
 6/18 OR 579, Gladstone

September
 9/15 OR 1147, Welches
 9/28 OR 1114, Canby



*Area Captain Program 2010
 Stress Management*

ONE OF THESE DAYS

One of these days, I'm going to get back on track with my diet. Really. I'll burst out of bed inspired, invigorated, and enthused. I'll clear the kitchen, throw out the junk food, pull out my motivational books, and start weighing, measuring, and monitoring anything that crosses my lips. No crumb of cuisine will be too trivial to escape my scrutiny. Yep, that's the way you lose weight you know. One of these days, boy am I going to get my eating act together! I'm just so busy right now.

Someday soon I've got to start exercising. I could wake up earlier, strap on some tunes, and stroll around the block. It's just so warm in bed, and I've been waiting for the rain to stop; my raincoat is so old, I'd look silly walking around town in it. I'm looking forward to a patch of blue sky so I can get back out there.

Just as soon as I can get around to it, I need to start a journal. I've been organizing my thoughts—even thinking about jotting down a few notes. I considered using a yellow-lined pad, but I really want to keep my thoughts and feelings for years. Recoding something so important on any old bland notebook would be tacky, so I'm toying with buying a deluxe, leather-bound journal—maybe even an expensive pen. When I can put away a few dollars, I'm so there.

In a little while, I think I'll even go again to my meetings. It's just, well, you know how it is: holidays, travel, celebrations...who can control themselves with goodies everywhere? A slip-up here, some sloppiness there—boom-eight pounds! I almost went back last week, except it's so embarrassing to keep putting on the same pounds-so I'll take them off first, and then head back. In a few weeks, it'll be a better time anyway.

One of these days real soon, I'll get it all together. I've been planning it a long time; I just want to make sure I do it right, no mess-ups allowed. So I'm waiting until life settles down before I get started. Let me tell you though, when the time is perfect, there's no stopping me. I can feel it coming, one of these days, real soon, right around the corner...



IT'S THAT TIME AGAIN!

January 2010 is TOPS International Open House Month

Once the holidays are over, people feel a fresh sense of purpose. They are eager to put their renewed motivation to work, focusing on new resolutions to take better care of themselves. Let direct them to TOPS during TOPS International Open House Month—
January 2010!

All TOPS chapters are encouraged to participate in this combined effort to welcome new members, renew connections with former members, and raise awareness about TOPS' famous support!

Now is the time to start planning your Open House for January. TOPS has the tools you need to get the word out, including postcards, posters, ads and a meeting guide. TOPS website www.tops.org has all the items. Click on "Member/Leader/Staff Area," then "Forms and Documents," and then "PI-Forms."

This is another great opportunity to use TOPS' 2009/2010 theme: "It's My Time!"



TOPS NEWS Looking for stories from you, your chapters and your members on the following topics.



Stress: coping strategies, success stories, overcoming stress, any stress-related stories that might help us to tie in with Stress Awareness Month.



It's My Time (TOPS' 2009-2010 Theme): stories of activities, events, ideas, and successes in keeping with this time-oriented theme.



Cut and Burn Challenge (President's Challenge for 2009-2010): ideas for tie-in and achievement of this challenge, progress reports, suggestions for recognition, and successes.

General: We always welcome your ideas for unique, informative and unusual story topics. Please share any and all stories of personal success, unique situations, anecdotes, publicity efforts, and anything else that we can share with our readers to inspire members and encourage chapters.

Chapters are encouraged to email rough stories directly to Beth Maniero, Communications Manager, email: bmaniero@tops.org on or before Monday, January 25. Don't worry that they might not be "perfect" enough. If sending photos (always a plus), please refer to the Photo Guidelines on page 58 of the new *Chapter Manual*.