

April 2010 Newsletter



Claire Johannes, T^{OP}S Area Captain, Clackamas County, 860 Meadowlawn Place, Molalla, OR 97038

SRD SEASIDE 2010—BELIEVE IN TOPS MAGIC



SRD 2010 SEASIDE—BELIEVE IN TOPS MAGIC—FUN IN THE SUN AT THE BEACH

Are you ready for the excitement of SRD? Who will be this year's state royalty?

Come join us in Seaside on May 14-15th to discover the magic.

Deadline for Registration and Banquet Tickets is APRIL 24th.

All registrations received after 4/24 must pay \$25 late registration fee.

Registration and confirmation desks will open at 10:00am.

There will be a TOPS Walk beginning at 11:00am. Remember to bring your signed waivers to SRD. The first TOPS workshop will begin at 1:00pm on Friday.

Special points of interest:

- SRD Seaside 2010
- April Workshop
- Chapter Officers
- Area Captain Program
- KOPS Honor Society Meetings
- Open House/ Membership
- TOPS News
- Sharpen Your Focus

Spring Workshops—Chapter Programs

Our first workshop will be on Saturday, April 24th in Bay City. We will be discussing chapter programs and helping to solve problems in your chapter. We will keep you posted on the dates of the other workshops. You can download any of the new chapter programs from the TOPS website to use at your chapters. There are many programs to choose from, plus the programs are now in the TOPS News for each of your members to have a copy prior to the program being given. There are (70) chapter programs that can be printed off from the TOPS website on a wide range of topics to choose from. Examples: Fighting the Frozen Treat Frenzy, Eat Breakfast, Whole Grains, Great Grilling, Soups On, Got Attitude, Choosing To Change, Inspiration, Say It Isn't So Buffet, the list goes on and on.....

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Chapter Officers— Congratulations

Welcome all new Chapter officers who have stepped up and taken an office this year in your chapter. I would like to thank each and everyone of you who accepted a position to lead your chapters to greatness. Please know that your fellow members and TOPS field staff greatly appreciate all that you do. If you have any questions or concerns, please let me know how I can help. I am here for you.

WITH GREAT LEADERSHIP COMES MANY FOLLOWERS



AC PROGRAM—STRESS MANAGEMENT

DID YOU KNOW THERE ARE (7) LEADING CAUSES OF STRESS?

You will find out what stress is, Fight or Flight, how to breathe correctly and what the bad stress coping mechanisms are versus the good stress coping mechanisms.

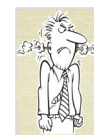
Please refer to my January newsletter to know when I will be visiting your chapter.

April	May	June
4/13 OR 863 Estacada	5/3 OR 1002 Gladstone	6/3 OR 1140 Canby
4/21 OR 721 Molalla	5/27 OR 322 Molalla	6/18 OR 579 Gladstone
4/28 OR 546 Boring		



RELAX, CALM DOWN NOW, DON'T STRESS, TAKE IT EASY

July	August	September
7/1 OR 450 Milwaukie	8/5 OR 333 Clackamas	9/15 OR 1147 Welches
7/26 OR 1031 Oregon City	8/18 OR 1030 Clackamas	9/28 OR 1114 Canby



KOPS Honor Society Meetings

All KOPS, Chapter Leaders, & any TOPS member 10 pounds or less to goal are welcome to attend.



Karing KOPS Honor Society
 Powell Plaza Recreation Room
 13320 SE Powell, Portland
 Thursday: 4/8, 6/10, 8/12,
 10/14, 12/16
 Bag Lunch at 12:00 pm
 Time: 12:30-1:30 pm
 Program: TBD
 RSVP: Kay 503-253-9048

Yellow Rose Honor Society
 St Matthew's Lutheran Church,
 10390 SW Canyon Rd
 Beaverton
 Saturday: 5/22, 7/24, 9/18,
 11/20
 Time: 10:00-11:00am
 Program: The 10lb Challenge
 RSVP: Maryls 503-643-4073

KOPS are TOPS Honor Society
 St Stephen's Lutheran Church
 290 W Gloucester St,
 Gladstone
 Saturday: 4/17, 7/31, 10/23
 Time: 10:00-11:00 am
 Program: to be given by Kay
 RSVP: Claire 503-759-4606

KOPS-n-JAMMERS Honor Society
 Keizer Grange
 441 Chemawa Rd
 Keizer, OR
 Saturday: 6/5, 9/4, 12/4
 Time: 12:30-1:30pm
 Program: TBD
 RSVP: Terry 541-327-1730
 Looking for relocation for group.



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Our membership numbers so far in 2010 are at the lowest in 10 years.

I encourage all chapters to hold an **OPEN HOUSE**.



Reach out to your community by hosting an Open House. It's "Time for a New Beginning".

Host a "Welcome Back" meeting for former members. It's "Time to Turn Over a New Leaf".

Make sure your chapter is listed in the local newspaper. Post flyers on bulletin boards within your community at local supermarkets, doctors offices, dentist offices or the post office to get the word out of your chapter meetings.

I would be glad to start a new chapter in your area if there is enough interest among the members for a different day or time that is more suitable.

Most importantly, be prepared for visitors and make them feel welcome at your chapter meetings.

TOPS NEWS— This is so cool!!

As of March 25th, the TOPS News will be posted on the TOPS website the day the magazine is taken to the post office for mailing. The April/May issue is now posted. Login and then go to Forms & Documents and click on TOPS News Online found on the left side of your screen.

If you click on the article title either on the cover or on the index the magazine will open to the article. You also can print articles. Now, if members get the magazine before you and have questions about something, you will be able to look up the magazine online.



Sharpen your Focus—by Paul Vitale



Begin by sharpening your focus. Focus will help give you direction, and you must have direction before you can begin working toward your goals. Anyone who has ever set a goal and focused on it 100% will tell you that it completely empowers you to achieve. A famous man once said, "One has to have many great qualities, such as integrity, determination and flexibility, but without setting goals, one is not as likely to succeed. You have to be able to place your energy and brainpower toward one or two things and focus on them in order to be successful. Many times we have to step away from a project or task so we can refocus. Often things don't go our way, and we have to change our approach. Don't be afraid to do this anytime it's necessary. If you are focused on making an "A" on an exam, and you are studying the materials but are not getting the information down, then change your approach. Do something different so you can begin understanding. Rarely is there only one road to lead you to your destination. If you hit a dead end, turn around and try another road. To focus and refocus is challenging. Don't be intimidated by this idea. Accept this fact and allow faith to lead you.

