

TOPS Area Captain, Claire Johannes

AUGUST NEWSLETTER

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IRD 2010—NOVA SCOTIA SET YOUR SITES ON HARBOUR LIGHTS



Thanks to all the chapters that donated money for the Area Captains to go to IRD in Nova Scotia. We love you all...Thank you ...Thank you...Thank you.

We had some really great speakers and workshops this year. I would love to share my experience with your chapter. Please call if you would like to know all the happenings of IRD. Here are some of the highlights.

- You are the Captain! Weigh Anchor and Set Sail by Barbara Cady
You are the Captain of your ship and only you can turn the wheel.
So choose your new direction by what you truly feel.
The future lies uncharted, there will be deep and shallow seas
But don't let the unknown stop you from going where you want to be.

SAIL OUT BEYOND THE BREAKERS—DON'T BE AFRAID TO LEAVE THE SHORE

- Waking up is Easy; Staying Awake is Hard—Conditioned Beliefs
- All I Want is a Tall Ship and a Star to Steer Her By—
Wake up 1/2 hr earlier each day—Appreciation & Praise, FEAR, WD40
- Anchors Aweigh—What is the Anchor that is Keeping You Stuck?

IRD attendance totaled 2,385—2/3rds of the total are Canadian.

Pictures and success stories are available for viewing of IRD 2010 on the TOPS website at www.tops.org.

IRD 2011—HAPPY DAYS with TOPS- July 7-9 2011



We are reviving the fun of the 50's when Esther Manz traveled the streets of Milwaukee in her little car with her scale in a shopping bag starting chapters. Milwaukee is the hometown of the Cunninghams and the Fonz as well as Laverne and Shirley. So find those poodle skirts, leather jackets and saddle shoes as we go back to the 50's July 7-9 with Happy Days with TOPS in Milwaukee, WI.

Fall Rally—TOPS the Beary Best

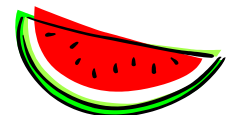
Fall Rally is quickly approaching. Mark your calendars for the following dates.

Location/Dates: Madras—9/25, Candy—10/16. Dress your teddy bear to look like you. Each teddy bear will be displayed on stage for everyone to admire. Has your chapter been doing any TOPS Publicity in your community? Send those pictures or newspaper clippings to Lynda Maravilla to be included in the announcements at Fall Rally. Start thinking who your Chapter Angel will be, that person who is always supportive, encouraging and positive.



Special points of interest:

- IRD 2010 Nova Scotia
- 2010 Fall Rally
- TOPS Retreat—Idaho
- TOPS Cruise Retreat
- 2011 Theme—The Road to Success
- Ten Interesting Facts about Watermelon
- Story of Motivation
- KOPS Honor Society Meetings
- Recipe for Watermelon Lemonade



Watermelon is everyone's favorite summer fruit, or is it? Did you know that the Watermelon isn't even a fruit? Yeah, neither did I.

*Check out ten other interesting facts about **Watermelon** guaranteed to impress fellow picnic guests on Pg 2.*

What an amazing fru... vegetable!

*To help us celebrate the **Watermelon** in true WC dish style, try the Frozen Watermelon Lemonade on Pg 3 for a healthy and refreshing treat during those hot summer days.*

TOPS RETREAT—MCCALL IDAHO—April 15-17, 2011

A TOPS retreat is a few calendar squares of time that you reserve just for you. It's a time to get away, relax, learn, have fun, and fire up your weight-loss motivation—all in the supportive company of other TOPS/KOPS members. It's unique. It's a treat. And we think you deserve it.

Registration is now open. To receive registration form and rules download information from TOPS website: www.tops.org. Mail or fax to: US Registrar, Bernie Burkhardt, TOPS Club Inc, PO Box 070360, Milwaukee, WI 53207-0360

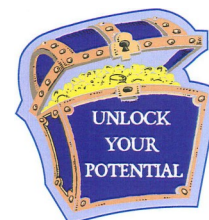
Retreat Director: Terri Ord 206-618-4322 email: key2kops@aol.com.

Date: [April 15-17, 2011](#) Who: All Adult, Female members (18 years or older)

Place: Quaker Hill Conference Center, 1440 Warren Wagon Rd, McCall, Idaho 83638

Cost: [\\$150 US funds per person](#)—this includes all retreat activities, room and board for two nights and three days.

Capacity: [48 openings](#). Altitude may be an issue (5,100 feet) - Walking between buildings.



TOPS "UNLOCK YOUR POTENTIAL" CRUISE RETREAT

Some of you had asked about a Couples Retreat, based on the survey taken there were less than twenty total responders, therefore a Couples retreat will not be pursued at this time.

There are 170 TOPS members and guests registered for the **TOPS "Unlock your Potential"** Cruise to the Panama Canal on Holland America Cruise Line in February 2011 through Globetrotter Travel. If you have not registered through Globetrotter, you must pay \$400 to TOPS Club Inc. to participate in the TOPS Retreat sessions. Also you will not receive any amenities and gifts provided by Globetrotter and will need to make your own arrangements for transportation to and from the ship.

TOPS Theme for 2011-2012 "The Road to Success

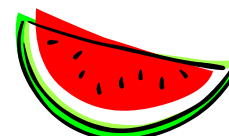
Yes....we're "On the Road Again!" "Do you know where you're going to?" What tools are in your travel kit? What roadblocks can you identify? Do you pay attention to the speed limit and other road signs? Do you have a road map and a destination? Think of all the exciting contests, ceremonies and celebrations that can be developed with this theme.



TEN INTERESTING FACTS ABOUT WATERMELON

The Facts:

1. Not only does it quench your thirst, it can also quench inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer, and arthritis.
2. Over 1,200 varieties of **watermelon** are grown worldwide.
3. **Watermelon** is an ideal health food because it doesn't contain any fat or cholesterol, is high in fiber and vitamins A & C and is a good source of potassium.
4. Pink **watermelon** is also a source of the potent carotenoid antioxidant, lycopene. These powerful antioxidants travel through the body neutralizing free radicals.
5. **Watermelon** is a vegetable! It is related to cucumbers, pumpkins and squash.
6. Early explorers used **watermelons** as canteens.
7. **Watermelon** is grown in over 96 countries worldwide.
8. In China and Japan **watermelon** is a popular gift to bring a host.
9. In Israel and Egypt, the sweet taste of **watermelon** is often paired with the salty taste of feta cheese.
10. Every part of a **watermelon** is edible, even the seeds and rinds.



WAITING FOR MOTIVATION

You stand on the scale, afraid to look. You don't want to know the results because the dreaded "lost your motivation" monster has devoured you. "If I only knew how to get back my motivation, I could get going again." Many think motivation *leads* behavior and if we lose it, we will never reach our goals. The reality is it does not disappear, we send it away. We can bring it back. Picture "motivation": empowering, exciting, fearless. It's "lead, follow, or get out of the way." When motivated, nothing prevents us from storming the castle. Yet motivation seems so fickle, disappearing on a moment's notice. When we start to change a habit, we are not motivated. Instead, usually we are depressed, angry, or forced. Whatever you call it, "motivation" would not be the label. Yet, we give it the old college try "one more time;" anything to get rid of the inner chorus of doubt and self-disgust. We change our behaviors—for whatever reason. At the end of week one, lo and behold, weight loss! That feels pretty darn good. So, we "give it another week." And again, more weight loss. Energy is rising. Clothes are looser. The sun seems brighter. Things are definitely on the move. Notice the attitude now: motivated! The point is motivation did NOT lead the behaviors; it *followed* it. When one feels lost, don't look for motivation, start a behavior. Actions lead to motivation. It's hard to stay vigilant. But it's easier if we don't try and do *everything*, just *one* thing. Choose the first idea that comes into your head and simply do MORE of it, not ALL of it. Walk five minutes more than you did last week. Stop eating 20 minutes earlier. Make a commitment to do it *right now*. And notice the feeling after you start. It doesn't take long for motivation to return. It just takes a willingness to do something to invite it back.

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: 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
Saturdays: 9/18, 11/20
Time: 10:00-11:00am
Program:
Back to School KOPS Basics
RSVP: Maryls 503-643-4073

KOPS are TOPS Honor Society

St Stephen's Lutheran Church
290 W Gloucester St,
Gladstone
Saturdays: 10/23
Time: 10:00-11:00 am
Program: TBD
RSVP: Claire 503-759-4606

KOPS-n-JAMMERS Honor Society

Bush Pasture Park
715 Mission St SE, Salem
Saturday: 8/7, 12/4
Bag Lunch at 12:00 pm
Time: 12:30-1:30 pm
Program: Picnic in the Park
RSVP: Terry 541-327-1730

Frozen Watermelon Lemonade (Makes 6-8 servings)

Ingredients

3 cups **watermelon** cubes, seeds removed
1/2 cup raspberries,
3/4 cup sugar
1/2 cup water
Juice of 2 lemons (about 1/2 cup),
1 1/2 cups strawberry-flavored, calorie-free carbonated water, chilled.

How to make it...

Place **watermelon** cubes and raspberries in a blender; process until smooth. Pour through a sieve; discard pulp.
Combine the sugar and water in the small saucepan. Heat, stirring constantly, just until the sugar dissolves. Set aside allow to cool slightly.
Stir the sugar-water and lemon juice onto the **watermelon** raspberry juice mixture.
Pour the juice mixture onto a covered freezer container. Freeze until firm
Using an ice cream scoop, spoon the mixture into tall glasses.
Pour 3 to 4 tablespoons of the strawberry flavored water over the frozen juice in each glass. Serve immediately.

Nutrition Information (per serving)

CALORIES 99; PROTEIN 0.5g; CARB 25g; SUGAR 23g; FAT 0.3g; CHOL 0g;
SODIUM 2mg; FIBER 0.6g

