

CAROLE'S AUGUST 2010 NEWSLETTER

Hello my TOPS friends,

**We've been having a heatwave, a tropical heatwave.
When weathers that hot you need water - a lot!!
Don't wait till you thirst, drink water first.**

Unfortunately, the Karing Hearts KOPS Honor Society, August 14th pot luck picnic at Lake Ki, has to be held at the Stillaquamish Senior Center - Stilly II - 3rd floor. This meeting is open to all KOPS and anyone with 10# or less are invited to attend. KOPS can earn points for their chapter as part of the Fall Rally contest. If you want any further information, need directions, or need a ride, please call me.

We still have a two grey Washington TOPS vests. Sizes Large and Extra Large. Cost is \$35.00. Contact me if interested.

I know your chapter will have loads of fun as you plan and play together while earning points for the Fall Rally contest. "Let TOPS Unmask a New You" will not only be a colorful one, but a festive one. I so enjoyed the Chapter Yells last year, and looking forward to hearing more this year. Have you one yet? Is your chapter participating in the TOPS Publicity Angel? Who will be on stage as one of the 20 Best Summer Losers will it be you?

TOPS News would like to share your chapter news. (1) Open House ideas, stories and results. (2) Presidents Cut and Burn Challenge: progress reports, updates, activities, successes. (3) 2010 Area Captain's Program "Stress Management", stories, successes, follow-up. (4) Holiday themed events, stories, activities. Photographs are important part to any story. Please refer to Chapter 11 of the TOPS Chapter Manual for guidelines on how to submit photographs correctly. Your picture could be on the cover of a future TOPS News.

A new supply of "BURNi" Pinettes has arrived at TOPS. You can purchase them through the web store or by using the order form in the June TOPS News. There is a special price when you order 10.

Memories are precious. I'm still enjoying a wonderful 2010 SRD. Once again I'd like to say thank you to all who helped in any way to make it so successful. If you thought SRD wrapped up that week end, I can tell you the Central Committee is still taking care of a few things. Under the leadership of Chairman Lynn Martin, Treasurer & Registrar Sarah Martin and Secretary Gail Rocheleau, we were kept informed, made our plans and completed the job we were given to do. Of course all this under the watchful eye of our Coordinator Paula Luker. A

great team!

Corrections from my last newsletter: Congratulations to Division 5 - 1st Place winner Dana Schafer of WA 1339, Sedro Woolley (not Camano Island) and Congratulations to Division 2 - 1st Place winner Jeanne Mirgon of WA 1409, Camano Island. We're all very proud of both of you.

**You are the person who has to decide whether you'll do it, or toss it aside.
You are the person who makes up your mind whether you'll lead or linger behind.
Whether you'll try for a goal that is far or be content to stay where you are.
Take it or leave it, there's something to do, just think it over - it's all up to you.**

**TOPS "Unlock Your Potential" Cruise to the Panama Canal in February 2011 is still open for registration. Check it out on page 18 of the August/September TOPS News. Other TOPS retreats are listed on page 23. There is two scheduled rather close to us. March 20-25, 2011 in Prescott, Arizona, and another April 15-17, 2011 in McCall, Idaho.

**Aug/Sept issue of TOPS News has so many good articles. A new issue of "Nutrition in the Fastlane", is offered on page 20, and sells in sets of 3. It's a very good reference when traveling.

The new TOPS theme for 2011-2012 will be **"The Road to Success". More to come...

**The 2011 IRD is July 7-9, 2011. They will be 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.

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Shared from WA 0743, Oak Harbor - when a member has a gain they bring in a food chart the following week or must pay \$1.00. We all know keeping a food charts helps us keep on track and lose. Great idea.

(Have a program on:) "PROGRAM PLANNING".

Some members are hesitant to do a program. Here are some easy steps to follow. Share as a program.

- (1) Know your audience.
- (2) Choose a program or a topic before it is your turn to do one.
- (3) Read it carefully.
- (4) How many meetings do you need to cover it?
- (5) How much time do you have? do you need time for follow-up the next meeting? Don't forget time for member participation.
- (6) Do you want to cover the whole program or pick out a certain portion?
- (7) DO NOT just stand and read the whole thing. You should know the material and have notes to refer to.
- (8) Is there an activity or game to help get the message across?
- (9) Can you use props?
- (10) If it is food based can you relate it to the Exchange Program?
- (11) when using a TOPS program, mark the date of the presentation on it's cover so nobody will do it again too soon.
- (12) Remember programs can be fun. Don't

want to talk about weight loss do a craft, demonstration, or maybe an exercise program for those who can't do the usual ones associated with weight loss.

"THE NAME GAME"

A good 'filler' when a 'filler' is needed.

Give each member a half sheet of paper and ask them to print their name down the left side. Then ask them to come up with a word or words about TOPS for each letter of their name. Ask each one to share what they wrote down. If each word in their name has something to do with TOPS, give them an award. A bottle of water is a good reward. This makes their brain exercise, isn't that why we are all here? EXERCISE!!!

WA1087, Lakewood North recently finished the marble game. They put 100 clear marbles, and one colored marble in a bag. Week after week a clear marble was drawn, until there was only one left. Yep, it was the colored one. How many of you who have done the marble contest have gone this long? They said it was so much fun and will do it again.

Dream big, reach far, shine brightly you're a star!

~Carole
Your Area Captain