

Dec /Jan 2011

Volume 2, Issue 1

Southeastern Arizona TOPS Area ANNOUNCEMENTS & ACCOLADES

UPCOMING EVENTS/ DATES TO REMEMBER:

- Feb. 19, 2011
Thunder Mountain
KOPS Honor
Society Meeting
Location: TBA
Call Jeanne Quinn
459-4158
- Feb. 24, 2011
11:30 a.m Koyote
KOPS HS Meeting
at Kristofer's Deli,
in Amado. Call
Barb Johnson to
RSVP 399-2941
- March 2011
Officers Elections
First meeting of
the month. Submit
L-0001 promptly
- March 20-25, 2011
TOPS Retreat w/
Terri Ord
Prescott, AZ
- April 2011
Newly elected
chapter officers
assume their
duties- First
meeting of the
month.
- May 19-21, 2011
AZ SRD –
'All Aboard...
Destination KOPS'
Phoenix Marriot
Mesa
- July 7-9, 2011
IRD 'Happy Days
with TOPS'
Milwaukee, WI

COCHISE, PIMA, & SANTA CRUZ COUNTIES

THE ROAD TO SUCCESS

What an appropriate and fun theme for TOPS! Has your chapter found ways to incorporate the 2011-2012 theme "The Road to Success" into your weekly meetings, programs, challenges, contests and incentives? I'd love to hear your ideas and share them with other chapters in our area.

AZ 0090 Sierra Vista has two challenges underway. The chapter's TOPS members are moving their cars along a road on a tri-fold posterboard, using mile markers to coincide with pounds lost for the year. Several members have already recorded a loss and moved their cars out of the parking lot and along the road. While it isn't a race or a contest, it does provide a good visual for where they are on their journey for the year. The chapter's KOPS members are coloring states on a map in their KOPS Passport to Success for each week that they weigh in within leeway. They will be recognized at the end of the year for not only the number of states 'visited', but also for other random things, such as: a number will be drawn from 1-50, representing the numerical order in which states were admitted to statehood. Any KOPS member with that state colored in will receive a token prize. For instance, if the number 48 is drawn, anyone who colored in Arizona, our 48th state will receive an award. Also, a letter of the alphabet will be drawn, whoever colored in the most states beginning with that letter will be recognized.

Use your creativity to come up with ideas to reflect the theme. The possibilities are endless... for programs: discuss road signs and how they apply to our weight loss journey, compare preparation for and going on a road trip to planning lifestyle changes and staying on track, or discuss 'road hazards' and 'speed bumps' that we might encounter on our journey and how to react to or avoid them. Looking forward to hearing your ideas!

With love,

Janet

"All you need is the plan, the road map, and the courage to press on to your destination." ~ Earl Nightingale

~ "ON THE ROAD" T-SHIRT ~

WONDERFUL WEBSITES:

www.tops.org has a new look! Be sure to see the inspiring before/after photos and stories showcasing TOPS successes.

www.whyllovetops.com is our regional site. Check out the 'Links' section in the pink box to see lots of fun, candid photos of TOPS happenings in our region!

www.tops123.com/StdTOPS/ideas.html is a great place to find contests, programs, installation and rededication ceremonies, and chapter fundraising ideas.

JANET HAMILTON, Area Captain

2818 Via del Oesta
Sierra Vista, AZ 85650

PHONE:
(520) 458-4763

E-MAIL:
texasmim@gmail.com

Call or email today to schedule a visit and presentation of the 2011 Area Captain program on 'Super Foods.'

HELPFUL HINT:

See pages 12-13 of Feb. 2011 issue of TOPS News for Chapter Officers' Installation Ceremony: "TOPSmobile Mechanic" to go along with our current "The Road to Success" theme. Chapters usually install their new officers during the last week in March, along with recognizing members' successes for 2010.

TOPS, Inc. has introduced a new t-shirt to go along with our 2011-2012 theme. Members can log into the TOPS Store on www.tops.org to order the black "On the Road" t-shirt, featuring an enthusiastic driver in a red sports car. The unisex style t-shirt, listed at \$12.50, is currently available in sizes Medium – 4X.

Now would also be a good time to order any Division Winner charms or other award items for your 2010 Awards Ceremony.

Congratulations to **DONNA SUE WOOD**, AZ 0046 Tucson for earning a Century Award Medallion for reaching her one year anniversary of maintaining a 100-pound loss. Donna was recognized in the latest issue of TOPS News and was awarded the medallion by Coordinator Jo Wood at our Fall Rally in Tucson.

Congratulations to Our Members Recently Achieving New or Reinstated KOPS Status!

October 28, 2010: **Sue Ann Christianson**, AZ 0317 Marana

November 16, 2010: **Judy Stenfors**, AZ 0229 Tucson

December 17, 2010: **Rebecca Todd**, AZ 0215 Sierra Vista

December 28, 2010: **Kathryne Wivell**, AZ 0305 Green Valley

These members bring the total number of new KOPS or reinstated KOPS registered in 2010 in our area to thirty-eight! No doubt, 2011 promises to be a great year for our area as well. Any additional KOPS who have recently achieved status but aren't yet listed will be included in our next newsletter. To prevent any delays in KOPS registration, please be sure to submit the following to our Coordinator Jo Wood, in a timely manner:

**KOPS Registration (L-014), completed and signed*

**Goal Slip, stating specific weight, on letterhead or prescription blank signed and dated by a licensed healthcare professional*

**Copy of the TOPS weight chart*

**\$4.00 fee*

~ RECENT CHAPTER ANNIVERSARIES ~

AZ 0514 Tucson – 4 Years (chartered December 6, 2006)

AZ 0121 Tucson – 43 Years (chartered December 7, 1967)

AZ 0057 Tucson – 46 Years (chartered January 7, 1965)

AZ 0523 Sierra Vista – 3 Years (chartered January 8, 2008)

AZ 0288 Tucson – 30 Years (chartered January 16, 1981)

AZ 0090 Sierra Vista – 45 Years (chartered January 17, 1966)

~ UPCOMING CHAPTER ANNIVERSARIES ~

AZ 0311 Tucson – 27 Years (chartered February 17, 1984)

AZ 0478 Green Valley – 8 Years (chartered February 20, 2003)

"If you don't know where you're going, any road will get you there." ~

Lewis Carroll