



Our Theme for 2011 - 2012 is: "Our Road to Success"

March Motivational Things From Your Area Captain...

Teri Boyd

March 2011

National Nutrition Month

Issue Number 67

Upcoming Workshops

All Workshops to be held at:

Legacy House

5625 E McKellips

Mesa AZ

- Saturday, March 12th, 2011. **Officer's** workshop. 9am – Noon.
(Again, this is the time we have the room reserved for; we may be done sooner.)
 - Bring your "Chapter Manual" T-199 (Rev. 1/11)
- Thursday, May 5th, 2011. **Exchange System/Portion Distortion** workshop. 7 – 9pm

East Valley KOPS Society 2011 Meetings

March 30 ~ **May 25** ~ July 27 ~ **September 28** ~ November 30

The Golden Corral

1868 N Power Rd

Mesa, AZ

10:30 am to eat

11:30 pm meeting

We meet in the meeting room at the East end of the building.

All KOPS and TOPS members within 10 pounds of goal are welcome to attend, and then we hope you'll join us we have a lot of fun things planned.

Upcoming Events

- **Chapter Elections** ~ to be held first meeting in March
- **Chapter Installation** ~ to be held prior to when officers take over the first meeting in April
 - Very nice "Theme" Chapter Officers' Installation Ceremony in February's TOPSNews Page 12 and 13.
 - Nice time to do annual awards too
- **SRD 2011 ~ All Aboard Destination KOPS**
 - Bulletins should be with your leader and on website www.whywelovetops.com
 - May 19th to May 21st
 - Phoenix Marriott Mesa
 - 200 N Centennial Way
 - Mesa AZ 85201
- **IRD 2011 ~ Happy Days with TOPS**
 - Milwaukee, WI
 - July 7, 8, and 9, 2011

Note Worthy News from Your Fellow Chapters

Please let me know if you have news to share

- Since last month we've welcomed new KOPS in our Area;
 - Jane Boyer AZ 0530 Casa Grande
 - Carolyn Grenzow AZ 0069 Casa Grande
- And celebrated these KOPS Anniversaries;
 - 5 years Mary Gray AZ 0020 Scottsdale
 - 4 years Mary Wood AZ 0315 Apache Junction
 - 2 years Robert Boyd AZ 0006 Mesa
 - 1 year Tom Larson AZ 0488 Phoenix
- Chapter Anniversaries
 - AZ 0020 Scottsdale 49 years on Mar 12

Did you notice in TOPSNews...March 2011

- Pg 18 Order your T Shirt with our new theme
- Pg 22 and 23 the centerfold AZ 0488 Phoenix; The Road to success: Road Trip Contest...
- Pg 26 and 27 The TOPS Ten Miscellaneous Tips for Better Living
- Pg 27...idea for "Stickers for Staying"

I'd Love your input on...

- How does your chapter celebrate and honor your KOPS?
- How does your chapter include KOPS in contests?

Commitment

How can you tell if you're fully committed to reaching a particular goal? It's easy. Commitment makes itself evident when the obstacles start to appear. It's one thing to be excited about beginning a new pursuit. It is something altogether different to keep going long after the initial thrill has faded, when very real and very difficult challenges begin to emerge. Anyone can express their commitment in words. True commitment is shown by actions, by persistence, by the willingness to do whatever it takes. The only way to be truly and irrevocably committed to a goal is to make sure that the goal has meaning for you. You absolutely must find a way to personally relate to and connect with the goal. Make that connection, understand precisely what's in it for you, and your commitment will make it happen.

"If what you are doing is not moving you toward your goals, then it's moving you away from your goals." ~ Brian Tracy

If case you haven't heard...I've got an incredibly cool and informative program that I'd love to come and do for your chapter...**Super Foods**....if I haven't presented it for you yet, please call or email me and let's set up a date for me to come and spend a bit of time with your chapter and share some really good information.

Worthy Websites Worth Checking Out

www.whywelovetops.com

I'm here for you and I'd love to hear how you're doing!

I care,

Your TOPS Friend and Area Captain,

Teri