



NEWS AND VIEWS FOR CALIFORNIA TOPS
Serving Orange and Los Angeles Counties



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July 2011

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PLEASE READ TO YOUR CHAPTER

KOPS CORNER

4 NEW KOPS SINCE OUR LAST NEWSLETTER!

Congratulations to these 4 successful TOPS –

- Jerry Bales** – CA 0551, Orange
- Arlene Collins** – CA 2263, Lancaster
- Marion Davis** – CA 1514, Pomona
- Clotilde Grandfield** – CA 0032, Norwalk

What a grand time of year to reach your goal as you celebrate America's freedom as well as your own freedom from excess weight.

OUT OF TOWN IN JULY

I am making this a bold headline so that you don't miss the information that my office is closed in July. For the first 20 days I am in committee or working at TOPS and celebrating at IRD in Milwaukee. The end of the month I will be traveling home and camping along the way for my annual vacation. I will have my laptop and will check for messages when I can so if you have any questions, you can reach me with an email and I will respond when I can.

I'LL BE BACK IN TIME FOR WORKSHOPS IN AUGUST

Downey Aug 2

9:30 am arrival time & meeting starts at 10:00 am
Light and Life Church - 9245 Florence Ave

Anaheim Aug 2

6:30 pm arrival time & meeting starts at 7:00 pm
Victory Baptist Church -227 N. Magnolia

Northridge Aug 6

9:30 am arrival time & meeting starts at 10:00 am
Northridge Christian Church
18901 Chatsworth Street

FEATURED OFFICERS PRESENTING LEADERSHIP SKILLS ARE **Aveline Purvis** CA 1132, **Melissa Roberts** CA 0075 and **Cindy Hansen** of CA 1844.

THANKS FOR SIGNING UP YOUR CHAPTER DESIGNATES

Now you have double opportunities for connecting with our TOPS website in this great way. You can access member information, download forms, read wonderful articles and find fantastic programs.

This month features:

- 10 TOPS TIPS on gaining Independence from overeating
- Welcome to the TOPS Picnic
- A colorful poster to print from Dr Michele May reminding us to Eat Mindfully.
- Together Counts. TOPS has partnered with the Healthy Weight Foundation on this wonderful initiative. Take the pledge to **eat at least one meal and do at least one activity together every week.**

RALLY INFORMATION INCLUDED THIS MONTH WITH YOUR NEWSLETTER

Don't miss signing up to attend this fun event to be held September 4, 2011. Registration of \$32. includes all activities and your lunch. Information is being sent to your chapters with this month's Newsletter.

I hope to see everyone at our Boot Scootin' TOPS Rally Day.

Last year I closed the July Newsletter with words from Erma Bombeck that moved me and fit our lives perfectly, so with no regret, I repeat this wonderful quote from that special lady –

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

Erma Bombeck

Happy Independence Day, Hugs, Karen