



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



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PLEASE READ TO YOUR CHAPTER

March Madness has lived up to it's name for me this month as I have juggled so many exciting things for TOPS and my family. I am back now from a most wonderful TOPS Retreat Cruise that I enjoyed with 240 fellow members.

UNLOCK YOUR POTENTIAL

That was the theme of this year's Retreat Cruise to the Panama Canal. It was wonderful in so many ways. Time to:

- Focus on healthy choices
- Walk every day
- Laugh some every day
- Learn new things in a different country
- Remember that the Choice is Mine

YOU HOLD THE KEY

Retreat director Barb Cady reminded me that everything I need to know, I already possess. I will focus on gradual changes. Most importantly, I will never quit because with perseverance, I will make it.

SETTING GOALS

Retreat director Deanna Beas gave me new tools to help set my goals as I unlock my full potential. Do NOT include the work "want" DO include the word "I" Try setting a goal that covers the big picture of what you are striving for. Set yourself up for success. When you read your goal, it must make you feel positive and affirmed that this is something you WILL do. How sad it would be to consider yourself a failure if you lost 4 pounds in a month if you had written that it takes 5 pounds to be successful with achieving your goal.

WALK THE PLANK

Retreat director Cynthia Mack has a favorite saying which is "do the math". We can and will succeed if we do the math to get us there. 4 and 9 are the operative numbers. 4 calories in every gram of carbohydrate or protein and 9 in FAT – do the math! If it is all overwhelming, start small, start somewhere, but JUST START!

X MARKS THE SPOT

Retreat director Terri Ord's session focused on stress. Stress is the way our body and mind react to certain triggers in our surroundings. Think about problems as challenges! De-clutter your life – it is empowering to take control. It's a small 2 letter word that's so hard for many of us to say – NO. Put your problems in perspective – what will it mean in 1 month? 1 year? 5 years? Remember the 80-10-10 rule – 80% of what we stress and worry about never happens; 10% happens but is not as bad as we thought it would be; and 10% does happen and it may be horrible, but there was nothing your worrying could ever have done to prevent it....so relax and be healthy so you can handle that 10%.

SRD REGISTRATIONS

DO YOU HAVE SOMEONE IN CHARGE OF YOUR REGISTRATIONS! Please make sure no one misses a chance for recognition because you missed submitting the forms. Have someone in charge in your chapter to see that everything gets submitted on time.

I still have opening for TEA HOSTESSES so please contact me by email ktinlin@pacbell.net if you would like to participate. It's great fun!

KOPS CORNER

Congratulations to new KOPS Leah Rensky in CA 1109, Laguna Woods and **Dorothy Romer** of CA 1431, La Puente. Look for more KOPS registered this month in the April Newsletter.

NEXT WORKSHOPS

- Northridge APRIL 2**
9:30 am arrival time & meeting starts at 10:00 am
Northridge Christian Church
18901 Chatsworth Street
- Downey APRIL 5**
9:30 am arrival time & meeting starts at 10:00 am
Light and Life Church - 9245 Florence Ave
- Anaheim APRIL 5**
6:30 pm arrival time & meeting starts at 7:00 pm
Victory Baptist Church -227 N. Magnolia

Thought for the month from a retreat session – *This is not a dress rehearsal.* Hugs, Karen ♥