



NEWS AND VIEWS FOR CALIFORNIA TOPS

Serving Orange and Los Angeles Counties

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January 2011

PLEASE READ TO YOUR CHAPTER

KOPS CORNER

Welcome back Reinstated KOPS

Julie Garaghty – CA 0551, Orange

Mary Gomez – CA 0551, Orange

Looks like this chapter is down to business with 2 of their KOPS reinstated in the same year they lost status. Congratulations to the chapter and to the members!

Congratulations to new KOPS in December

Helen McTaggart – CA 0745, Garden Grove.

Take heart those of you who are still working to reach your goal – Helen joined in 1979 and never gave up. She will also be soon receiving her Century award! Thanks for the inspiration Helen!

www.whywelovetops.com

- *When is the next workshop?*
- *How do I contact my Area Captain?*
- *Do we have a date for a Walk in my area?*
- *What is the address for the Workshop closest to me?*
- *I'd like to read my own copy of the monthly Newsletter.....where can I get that?*

ALL OF THE ABOVE IS AVAILABLE at our Region's website at whywelovetops.com.

Print your own copy of the 3 page calendar!

Make it your chapter's New Year's resolution to check the calendar I have posted when you're looking for information or just wanting to see what's going on in the Region. There are dozens of sites featuring contests, programs, member and field staff photos, retreat listings and more. Our own area's information is available under "California" and then go to "Karen's page".

SEND RECIPES YOU'VE TRIED AND LOVED TO OUR NEW RECIPE CORNER!

Send your favorite recipes with ingredients, instructions and exchanges or calories per serving. (Make sure to note how many servings the recipe makes). Include your name and chapter. Send to our webmaster Deb Kuney at: kuney@wavecable.com I look forward to seeing your great ideas to add more choices to my food plan.

NEXT WORKSHOP IN FEBRUARY

Downey Feb 1

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

Anaheim Feb 1

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

Northridge Feb 5

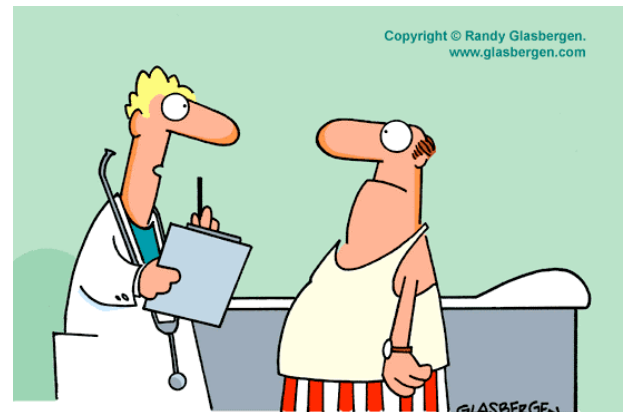
9:30 am arrival time & meeting starts at 10:00 am. Northridge Christian Church
18901 Chatsworth Street

This year the Workshops will be held every other month beginning in February and ending with a Workshop in October focusing on membership lists, KOPS information, weight charts and the annual report from your chapter. FEB – APRIL – JUNE – AUGUST – OCTOBER

OUR 1st SRD IN VISALIA MAY 12, 13 & 14!

Information will be mailed soon to the chapter leaders with the registration forms to attend and participate. I'm excited that we will be holding a Tea Event and look forward to having many of you sign up to be a Hostess. The information sheets that I submitted to the SRD chairman announces the theme:

Tea with the President: Showcasing California



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

Our thought for the month is brought to us by my favorite cartoonist Randy Glasbergen.

Hugs, Karen ♥