



# NEWS AND VIEWS FOR CALIFORNIA TOPS

Serving Orange and Los Angeles Counties



Coordinator Karen Tinlin #0619

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## PLEASE READ TO YOUR CHAPTER

### MARK YOUR CALNDAR FOR THE NEXT WORKSHOP

#### **Northridge APRIL 2**

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

#### **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

### KOPS CORNER

Whether you are a new KOPS or recently reinstated, all KOPS owe it to themselves to attend their local KOPS Society meetings for support, inspiration and recognition. There are 3 in our area:

#### **Karing KOPS Society**

Meets at Alpine Village in Torrance  
Call or write Kaptain Cathy Jaquess for information  
(562) 634-8948 or [cathyjaquess@att.net](mailto:cathyjaquess@att.net)

#### **Orange County KOPS Society**

Meets in various OC locations  
Call or write Kaptain Laura Wells for information  
(714) 557-1767 or [Campbellsoupkid49@yahoo.com](mailto:Campbellsoupkid49@yahoo.com)

#### **Tri-Valley KOPS Society**

Meets at Marie Callendars in Northridge  
Call or write Kaptain Jeanie Druebert  
(818) 353-5015 or [jeaniedruebert@msn.com](mailto:jeaniedruebert@msn.com)

### WELCOME BACK REINSTATED KOPS

**Anne Dunlap** – CA 1109, Laguna Woods  
**Barbara Lemke** – CA 845, Woodland Hills.  
**Richard Fleming** – CA 730, Long Beach  
**Shirley Filer & Harriet Boblak** – CA 489 San Pedro  
Congratulations to State Royalty winner **Charlie Stewart** from CA 1079 who was reinstated with the same loss of 90# that brought him recognition in '06.

### CONGRATULATIONS NEW KOPS

We honor new KOPS in CA 1079, **Lola Ungar** and in CA 0489, **Nancy Bech**

### SRD PACKETS ARE HERE!

Please assign a member in your chapter to make sure that you don't miss any deadlines to participate at SRD in Visalia, May 12, 13, and 14. Check with the chairman listed on the form you are submitting if you have any questions. Each member can print their own set from [www.whywelovetops.com](http://www.whywelovetops.com) or go there to reference the forms for information and deadlines.

### BE A SWEETHEART AND REMEMBER THOSE YOU CARE ABOUT ON VALENTINES DAY.....INCLUDING YOU!

The four major risk factors of heart disease are:

- ❖ Cholesterol level
- ❖ Smoking
- ❖ High blood pressure
- ❖ Lack of physical activity



Listen to your heartbeat and make heart healthy choices to reduce your risk factors. Stress is also a major contributor.

I will be heeding my own advice and taking time away on a TOPS Retreat cruise with my husband from Feb 19 through March 3. If you have any questions or concerns during that time, please contact your Area Captain. See our website for contact information. [www.whywelovetops.com](http://www.whywelovetops.com)

### NOTES FOR OFFICERS

I would like to give special recognition this month to weight recorders. Thanks so much for all you do and the time you invest preparing the charts and end of the year resumes for your chapters – you are my heroes!

As you receive approval for your winners and the certificates, take time to plan a special event to honor your successful members. They deserve our honor and praise for their accomplishment. Check the Ceremonies Guide for new ideas.

THE LEADERS MAILING from headquarters will be arriving any day. There are 2 newly revised copies of the Chapter manual as well as the annual form for officers. **REMEMBER TO HOLD YOUR ELECTION** the first meeting in MARCH.

REMINDER– New members are eligible to order the Choice is Mine (\$12.00) and Choice is Mine Workbook (\$8.00) at those reduced prices with free delivery to their home only on the day they join. Send the additional fee with their choice marked on the application at the time you send their membership enrollment. The most valuable tool you can give them when they join your chapter is a copy of MY DAY ONE. Please have a system in place in your chapter where there is a welcome packet for new members that includes this wonderful guide to start you member on their way in TOPS.

*It does not matter how slowly you go, so long as you do not stop.* Confucius

Hugs, Karen

