

TIDBITS & RIBBITS

April 2011

NEWSLETTER - JAN HIGH, AREA CAPTAIN

Spring into action!

Here we are one third the way through the year. Are you on 'The Road To Success'? It is not too late to load up the Topsmobile (you) with everything you need to get back on the road. Along the way you might have hit some potholes (there could be many) and you might even end up in a sinkhole. We eventually get back on the road and continue our journey. We are all here to cheer you on along the way. I came across this quote I wanted to share with you.

"There are no speed limits on the road to excellence."
by David Johnson

All my best, Jan

Cards for Barb Cady

Chapters have been asked to send a card to SRD for Barb Cady. It's quite an honor to have Barb attend our SRD. Let's show her how much we appreciate that hard work she does for TOPS.

No Gain Meeting!!

CA1357 National City had a no gain meeting April 17th. Great job!!



Chapter Anniversaries

CA0880 San Diego 4/5 44 years

CA1045 Lemon Grove 4/9 43 years

Area Workshop

There is no area workshop in May. Hope to see many of you at SRD in Visalia!

KOPS



Congratulations to new KOPS
Gaylia Anne Wilfong CA0187 Chula Vista

KOPS Anniversaries
Mildred White CA0187, Chula Vista 7yrs
Gayle Ramirez CA0721, Chula Vista 6 yr

TODAY'S WISDOM:

Why wait? Start living your dreams today!

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Good thoughts to start the first day of the rest of your life!

A young lady in front of the room, confidently walked around while leading and explaining stress management to an audience; with a raised glass of water, and everyone knew she was going to ask the ultimate question, 'half empty or half full?' she fooled them all...

"How heavy is this glass of water?" she inquired with a smile.

Answers called out ranged from 8oz. to 20oz.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

As with the glass of water, you have to put your burden down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, before you go home from, put the burden of work down. Don't carry it home... pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. Relax; pick them up later after you've rested. Life is short. Enjoy it!

Other words of wisdom that help when dealing with the burdens of life:

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be recalled by their Maker.

If you can't be kind, at least have the decency to be vague.

If you lend someone \$20 and never see that person again, it was probably worth it.

It may be that your sole purpose in life is simply to serve as a warning to others.

Never buy a car you can't push.

Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

Since it's the early worm that gets eaten by the bird, sleep late.

The second mouse gets the cheese.

You may be only one person in the world, but you may also be the world to one person.

A truly happy person is one who can enjoy the scenery on a detour.