

January 2011 NEWSLETTER
Washington & Yamhill Counties
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It's a brand New Year; it's time to start your engines with 2011/2012 new TOPS THEME:

Road to Success.

As you continue 2011 journey to a healthier lifestyle remember you will encounter obstacles, detours and backtracking when lost or stalled on the side of the roads. Get back on track with the help of your fellow members. They will be the TOPS "road signs" to help guide you to your KOPS destination. Have fun this year - have your chapter create contests/incentives to be short road trips. Perhaps track your progress on a road map. Use your imagination and soon you'll be at the KOPS destination. Just have fun navigating yourself to success.

RESUME DEADLINE REMINDER:

Don't forget to mail the original Resume L-10 & (2 copies) plus the "original 2010 weight charts" for all members to Lynda Maravilla postmarked by: **January 8, 2011.**

Lynda Maravilla
1396 June Way
Woodburn, OR 97071

If you have any questions, please contact Lynda at 503-981-1791

KOPS HONOR SOCIETY MEETING

Are you 10 lbs from goal? Chapter leader? Or a KOPS looking for KOPS support? Mark your calendar for the following 2011 KOPS Honor Society meetings. Come and interact with other KOPS and share your KOPS experience.

Yellow Rose Honor Society
St Matthew Lutheran Church
10390 SW Canyon Rd, Beaverton, OR
Saturdays:
**Jan 15th, Mar 19th, May 21st, Jul 16th, Sep 10th &
Nov 19th**
Meeting: 10:00 - 11:00 a.m.
RSVP: **Maryls Davis 503-643-4073**

Great NEWS:

Nancy Marasco, our regional director, shared the following news regarding our Membership numbers for November. **We have an increase of 1,445 members!!!** That is the greatest one-month increase since March 2009 (18 months)!!!! Isn't that awesome?

Chapter Treasury Reminders:

Chapters are not non-profit, so there's really no limit on the checking account. HOWEVER, funds should either be in the recognition day's fund, retreat fund, or being spent on awards. Other than those expenses, they should not have a huge amount of money just to "have it".

Bonnie Jones, TOPS Area Captain 3109 NE 111th Dr. Portland OR 97220 503-256-5946 bjonestops5758@comcast.net

Publicity Guidelines:

Fall Rally Publicity awards guidelines are as follows:

Have to wear a T-shirt or hat, or carry a TOPS banner, in a parade or event, AND have their picture taken in front of a sign showing what event they participated in (if possible). Most walks have a sign-up/check-in table with a sign saying what the walk is for.

Area Captain 2011 Program

The program that I will be presenting this year is called "Super Foods". There are 13 different super foods. We will learn what they are, the health benefits, discuss them by color and how to incorporate them into your Meal Plan. Please check your chapter calendar; I will be contacting you soon to set up a visit with your chapter. I am looking forward to seeing everyone again. It has been awhile-the months just go by too fast.

If you like CHOCOLATE (less than 200 Calories) (from whywelovetops.com website created by Deb Kuney

1. M&M's: (1 oz) a melt in your mouth favorite, with only 140 calories.
 2. Haagen-Dazs Chocolate Sorbet: (1/2 cup) intense flavor at only 120 calories & no fat.
 3. Hershey's Chocolate Syrup: (2 Tsp) at 100 calories and no fat, it's a virtuous topping for fruit or angel food cake.
 4. Chocolate truffle: (1) Savoring the flavor of a small portion of the food you really crave can prevent you from pigging out on poor substitutions.
 5. Chocolate Mousse: (1/2 cup) Prepare instant chocolate pudding with 1% milk and fold in low fat whipped topping.
 6. Hot Chocolate: (1 cup) Make it yourself with fat-free milk and chocolate syrup or add hot water to an envelope of low-calorie instant package.
 7. Chocolate Tortilla Rollup: (1) Spray a tortilla with butter-flavored cooking spray and sprinkle with ground cinnamon, sugar and cocoa. Cut into quarters. Roll each quarter from pointed end around a thick-handled kitchen utensil, seal the overlap with egg white, and bake seam side down at 350 degrees for 10 minutes. Cool and fill with low fat vanilla yogurt.
 8. Hershey's Kisses: (7) this handful of sweets has a combined 175 calories.
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Something to cherish: created by BJ HOFF

The miracle of friendship speaks from one heart to another...
and understands the silent things that only hearts can know.

You are TOPS to me, Hugs Bonnie