



Our Theme for 2011 - 2012 is: "Road to Success"

January Juice from Your Area Captain...

Teri Boyd

January 2012

National Diet & Fat Free Living Month

Issue Number 77

Believe in Yourself

January 1994 TOPS News

Lenny Santamore, Sr. TOPS ME 0180 Saco

As you begin a whole new year, look forward to a great and successful year in TOPS. Last year is gone forever, and now a new way of life begins for all of us.

We are all in the same battle, fighting to succeed in a healthier way of life. We are like an army meeting the challenge of a war, because losing weight is a constant battle. And we have all of our TOPS friends standing right there beside us, helping and encouraging us in every way they can.

There will be many problems and pitfalls along the way, but take them one at a time as they come, and you can beat them.

Remember, we have the opportunity now to start over. With hard work we can and shall succeed. We only have to worry about today because yesterday is only a memory and tomorrow is our dream to build on for a lighter way of life.

So just believe in yourself, and success will be yours. You are number one!

Open House

Have you scheduled one yet? January is an excellent time to hold one, and if you'll let me know the date I'll try to attend and help out. Have you checked the website for materials? There are some really cute bookmarks you can use as well as other materials. They can be found in the Leader's corner and there is an "Open House Meeting Guide" too under the forms (PI) Let me know if I can help.

Upcoming Workshops ~ RSVP Please

- Saturday, **January 14** from 9 am till 11 am
 - How to keep your good going - or get it going!
Legacy House
5625 E McKellips Rd
Mesa, AZ 85215
- Saturday, **March 17, 2012** from 9 am till 12 noon
 - New Officer's Workshop
 - Hospice of the Valley
 - 9435 W Peoria Ave
 - Peoria, AZ 85345

East Valley KOPS Society 2011 Meetings

January 25, 2012
March 28, 2012
May 30, 2012
July 25, 2012
September 26, 2012
November 28, 2012

The Golden Corral
1868 N Power Rd
Mesa, AZ
10:30 am to eat
11:30 pm meeting

We meet in the meeting room at the East end of the building. All KOPS and TOPS members within 10 pounds of goal are welcome to attend, and then we hope you'll join us we have a lot of fun things planned.

Upcoming Events

- **SRD 2012 – TOPS Cabaret Puttin' on the Glitz**
 - April 12-14, 2012
 - Holiday Inn & Suites 4550 S Palo Verde Rd. Tucson
- **IRD 2012 – California Dreamin'**
 - July 5-7, 2012
 - Town and Country Resort & Convention Center
 - 500 Hotel Circle North, San Diego, California 92108

[Note Worthy News from Your Fellow Chapters](#)

Please let me know if you have news to share

- For the Month of **December** these KOPS had an Anniversary:
 - AZ 0020 Scottsdale Marion Ghose, 8 years
 - AZ 0020 Scottsdale Mary Canham, 3 years
 - AZ 0315 Apache Junction Wyvonne Bonin, 18 years
 - AZ 0488 Phoenix Pat Hulton, 1 year

A New Beginning

Alice Smith TOPS MI 0308 Traverse City

Let's make this a new beginning, where you lose but also win;
A step in the right direction, where gaining is out - losing, in.
A new beginning for those of us who have stumbled or maybe fell;
A chance to start all over - to be slender, to be well.
A new beginning's what you make of it. Its success depends on you.
Your weight recorded in garish red will only make you blue.
A new beginning's a second chance to get yourself back on track-
Where the scales will tell the story, and your weight is recorded in
black.

At our first chapter meeting of the year we held a very impressive
"Rededication" Ceremony. This was taken out of the Ceremonies
Guide that your chapter should have. If your chapter does this, I'd
love to know how it turns out.

Worthy Websites Worth Checking Out

- www.whywelovetops.com
- www.mypyramid.gov
- www.sparkpeople.com
- www.hungry-girl.com (sign up for daily tips)

I've got it and I want to share it with your chapter!!!!!!!!!!

The Area Captains' Program for 2012 is here...

Masterpiece or Paint-by--Number

and so is TOPS newest Tool!

Please if I haven't scheduled a visit with you yet for 2012 contact me,
as you're going to love this new program and the tool too!

Looking forward to seeing you, all my TOPS friends at , workshops,
your chapter meeting, SRD and IRD...