



NEWS AND VIEWS FOR CALIFORNIA TOPS
Serving Orange and Los Angeles Counties



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**2012 CHAPTER CHALLENGE
"CHOOSE TO LOSE"**

While we have the choice to begin anew any day of the year, there is a most compelling draw to make a fresh start at the beginning of a New Year. Is your chapter heading on the right road, or was there a beautiful park that you stopped to visit and never left? We all need a "stop in the Park" once in awhile to rest and socialize, but if we stay there, we give up our purpose and our focus on the hard job ahead. And it is sometimes a hard job to make the right choices and choose the right road alone, but together, we can accomplish anything!

In 2012, I challenge each chapter to refocus on the task at hand.

- Be supportive of setbacks but don't enable.
- Recognize and honor success.
- Get serious about weight loss!

To that end, I will kick off your challenge by rewarding weight loss success in your chapters with:

**** FREE RALLY REGISTRATION** and
PRIORITY RALLY SEATING**

WHAT YOU DO: Send me by mail or email your chapter's average loss per member each month by the 7th of the following month. EACH month is a fresh start. Divide your net loss each month by the count of TOPS (not KOPS) members in attendance even one time that weighed in or were marked AB.

WHAT I WILL DO: I will publish the winning chapter in the following month's Newsletter awarding 1 free Rally registration for the winning chapter to use as they choose. The last month will be August with the report to me by Sept. 7. The chapter with the most times winning will be given up front reserved seating at our Rally Sept 22. If there is a tie, the winner will be based on highest average loss.
SO.....CHOOSE TO LOSE and everyone will be a winner!

KOPS CORNER

CONGRATULATIONS NEW KOPS

Kirstin Duncan – CA 1367, Santa Clarita
Jane Glaze – CA 1060, Covina
Elizabeth Mahony – CA 2170, La Verne
Judee Merritt – CA 0052, Pico Rivera
Esther Nunez – CA 1186, San Pedro
Lucille Olson – CA 0386, Gardena

Welcome back Reinstated KOPS

David Bern – CA 1109, Laguna Woods
Carmen Calero – CA 0515, Santa Clarita
Richard Fleming – CA 730, Long Beach
Helenn Heiss – CA 0075, La Habra
Alice Kendall – CA 1060, Covina
Elaine King – CA 0592, Huntington Beach
Lisa Wells – CA 0428, Santa Ana

DON'T MISS THE NEXT WORKSHOP NEAR YOU!

Come and pick up Chapter Award Certificates, forms you need, and participate in continuing leadership skills presentations. Everyone is welcome.

Northridge Feb 4

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

Downey Feb 7

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

Anaheim Feb 7

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

**A MESSAGE TO START THE NEW YEAR:
SHARED BY RETREAT DIRECTOR
DEANNA BIES**

No matter how long we have traveled on the wrong road, we can always turn around....Always.

If you've been traveling on the wrong road, join me and let's make 2012 the year we turn around and travel on the Road to Success!

I BELIEVE we can do it! 
Hugs, Karen