

Take Off Pounds Sensibly

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2012

We're starting a new year! It's time that we reflect on where we've come from. And ask ourselves:

How did I do this past year?

Did I exercise and or walk enough?

Did I eat right?

We could go on and on with the "Did I's". It's not enough to just ask ourselves these questions. Really reflect. *Be real with yourself.* Where do we go from here?

Are you excited for the future? Do you have a plan?

Creating a Plan

- Set down and put together a plan.

Set Yourself Up for Success

- What are you prepared to do?

Set a Date & Review

- Be specific with this plan.

Get Moving

- What changes can you make?

Hang with Losers

2012 AREA CAPTAINS' PROGRAM

Masterpiece or Paint-by-Number

We will compare our approach to eating sensibly with creating a painting of ourselves. Are we painting a masterpiece by incorporating creative, enjoyable, and healthful eating? Or are we working on a paint-by-number canvas using what, to us, is restrictive, healthful eating because we aren't being creative enough?



JANUARY

CHAPTER RESUME

1/8 Chapter Resume due to Paula

CHAPTER VISITS

1/25 TOPS #OK712, Okmulgee

1/30 TOPS #OK667, Owasso

FEBRUARY

GO RED

Heart Health Month

MARCH

CHAPTER ELECTIONS

March 1-9, each chapter will hold their chapter officer election the 1st meeting of the month. Your officer installation needs to be done before April 1st.

FUN DAY/WINTER WORKSHOP

3/17 TOPS #OK570, Miami will be hosting in Miami. The theme is St. Patrick's.



*A dream is just a dream,
if you have no planning.*

SCHEDULED CHAPTER VISITS

January

1/25 TOPS #OK712, Okmulgee

1/30 TOPS #OK667, Owasso

February

2/9 TOPS #OK074, Broken Arrow

TOPS #OK633, Broken Arrow

2/23 TOPS #OK298, Collinsville

March

3/7 TOPS #OK493, Claremore

3/8 TOPS #OK709, Tulsa

3/19 TOPS #OK451, Claremore

3/20 TOPS #OK250, Sapulpa

April

4/12 TOPS #OK142, Pryor

4/16 TOPS #OK065, Tulsa

4/18 TOPS #OK712, Okmulgee

May

5/8 TOPS #OK409, Tahlequah

5/10 TOPS #OK477, Bixby

TOPS #OK694, Pryor

June

6/11 TOPS #OK689, Westville

6/14 TOPS #OK015, Bartlesville

6/16 TOPS #OK646, Broken Arrow

July

7/9 TOPS #OK486, Tulsa

7/17 TOPS #OK546, Stilwell

7/23 TOPS #OK570, Miami

7/26 TOPS #OK440, Grove

August

8/9 TOPS #OK648, Wagoner

8/13 TOPS #OK504, Sapulpa

8/21 TOPS #OK576, Drumright

8/23 TOPS #OK418, Okmulgee

September

9/6 TOPS #OK295, Tulsa

9/10 TOPS #OK506, Miami

9/13 TOPS #OK548, Chelsea

October

10/4 TOPS #OK690, Vinita

10/11 TOPS #OK567, Nowata

November

11/8 TOPS #OK135, Sand Springs



SRD



TOPS MARDI GRAS MAGIC

2012 SRD

People the world over know about Mardi Gras. And since we can't all travel to New Orleans to celebrate Mardi Gras there, we are going to bring a little bit of New Orleans Mardi Gras to Tulsa. Using the tradition of a New Orleans Jazz Funeral we will bury all those pounds that were lost in 2011!!! The traditions of bead throwing and party music we are going to borrow from the fun and festivities of Mardi Gras will help us to celebrate our success. I would like to invite all Krewes (or chapters) of Oklahoma to join with your field staff in Tulsa, May 4-5, as we celebrate TOPS MARDI GRAS MAGIC! As they say down there "Laissez Les Bon Temps Rouler!" or "Let the Good Times Roll!"



IRD (International Recognition Days)

California Dreamin' TOPS IRD 2012

When: July 5, 6 & 7, 2012

Where: San Diego, California

Theme: California Dreamin'

The hosting states Alaska, Arizona, Hawaii, Idaho, Nevada, Oregon, Utah, Washington and California welcome you to southern California's sun-splashed coast. There is a lot to see and do. To learn more about IRD, you can find it in your December/January TOPS news. Or go online at tops.org

KOPS

TOPS #OK015, Bartlesville

Beverly Contreras

Mary Harlow

Josie Lucas

Wilma Miller

TOPS #OK065, Tulsa

Maerene Hawkins

TOPS #OK074, Broken Arrow

Opal Burress

Claudie Hartsell

Donna Jones

Jean Kelley

Mary Maslanka

Stan Maslanka

Celesta Mathis

TOPS #OK135, Sand Springs

Mary Moore

TOPS #OK142, Pryor

Beverly Dickens

Gina Willyard

TOPS #OK250, Sapulpa

Mary Lu Dillman

Cleo Gish

Geraldine Rouk

Barbara Sherman

Charlene Wolfe

TOPS #OK295, Tulsa

Lila Randall

TOPS #OK298, Collinsville

Thelma Adams

Betty Parrett

TOPS #OK409, Tahlequah

Edith Carroll

Judy Lython

TOPS #OK418, Okmulgee

Cornelia Hadley

Audrey Morgan

TOPS #OK440

Norma Corn

Janet Lair

Dollie White

TOPS#OK451, Claremore

Patricia Armbrister

Dorcas Hord

Marybeth Slabby

Dorothy Taylor

TOPS #OK477, Bixby

Jean Keller

Julia Markham

Betty Perryman

Ruby Zollars

TOPS #OK486, Tulsa

Dovie Crowell

TOPS #OK504, Sapulpa

Bonnie Pebbles

TOPS #OK506, Miami

Vicki Coday

TOPS #OK548, Chelsea

Norma Freeman

Debra Wright

TOPS #OK567, Nowata

Tawanda Hamilton

Nancy Lunsford

Terry Olmstead

TOPS #OK570, Miami

Nadine Adams

Patricia Eads

Martha Farrahi

Sally King

Velma North

Wyila Sullivan

Connie Timmons

TOPS #OK633

Wayne Rice

Barbara Shepherd

TOPS #OK646, Broken Arrow

Mary Jo Ann Flynn

TOPS #OK648, Wagoner

Elease Lyons

Helen Ostroski

Claudie Sable

TOPS #OK667, Owasso

Sharon Bennett

Stacey Dutton

TOPS #OK689, Westville

Vivian Meridith

Judy Phillips

TOPS #OK694, Pryor

Norman Baker

Theresa Schon

NEWBIES (4th Quarter)

TOPS #OK142, Pryor

Jamie Floyd

Rae Luper

TOPS #OK418, Okmulgee

Gloria Starks

TOPS #OK451, Claremore

Deanna Cox

Desiree Meeks

TOPS #OK477, Bixby

Deborah Metallaoui

TOPS #OK567, Nowata

Arona Inman

Janis Parrish

TOPS #OK648, Wagoner

Helen Luellen

Norma McDavis

TOPS #OK667, Owasso

Kenya Cox

Kristen Mackey

TOPS #OK694, Pryor

James Pilmaier

TOPS #OK712, Okmulgee

Terri Clark

Gwen Fidler

Sharon humphrey

Tina Martin

Monica Moore

Beverly Ogden

Sherri Powell

Melissa Robertson

Joan Wasson

Kimber Williamson

LEADERS CORNER

I am challenging each chapter this quarter (January 1st – March 31st) to:

- Open House/Membership Drive
- Average 5lb loss per TOPS member

Your Open House can be a themed meeting. Advertise it in your local paper. Make it fun and exciting. Let your KOPS share their stories.

As leaders we are to set an example. What is your example saying?

KOPS HONOR SOCIETY

I am currently working on a Spring Fling for all our KOPS. Watch for more information in February's newsletter.



Wishing you all a Happy

New Year!

Losing together a pound at a time.

~Kathy