

Taking Off Pounds Sensibly

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MARCH

2011

The Road to Success. What is my road to success? How do I plan to get there? What will help me get there? As I travel along the road to success, I know there will be bumps, detours, construction zones, weather conditions and pit stops along the way. But, I have my map to keep me on track. I have my TOPS chapter for support. I have my TOPS magazine as my guide. And I have my The Choice Is Mine Book to help with directions.

Come along. It's easier (and more fun) to travel the road to success and share the journey with others.



Congratulations
Johanna V. Simpson
OK #477, Bixby
For 50 years in TOPS!!!

ELECTION OF OFFICERS

Congratulations to those of you that have been elected into an office in your TOPS chapter.



CHAPTER VISITS

3/8 TOPS OK #250, Sapulpa
3/10 TOPS OK #298, Collinsville
3/21 TOPS OK #451, Claremore

4/5 TOPS OK #546, Stilwell
4/11 TOPS OK #486, Tulsa
4/14 TOPS OK #015, Bartlesville

FUN DAY

April Showers Bring May Flowers
TOPS OK570, Miami is hosting our 4th Quarter Fun Day on Saturday, April 2nd from 10am-2pm. To be held at Mt. Olive Lutheran Church in Miami. Put your imaginations to work, because there is a contest with a decorative umbrella.

I will have an **Officers Workshop** after lunch.

Bring & Share your contest ideas with other chapters. Please make a copy of your favorite contests (one copy per chapter) to hand out.

The lunch will consist of chicken & rice, veggie and dessert. Tea, water and coffee will also be served. The cost is \$6.00 per member attending that must be sent to the chapter. The award period is for October-December 2010.

KOPS Honor Society

A KOPS has a different weight problem than a TOPS. A KOPS is maintaining his or her goal weight.

The KOPS is no longer actually dieting, but looking for a self satisfying food plan that will fulfill his or her health needs, banish his or her frustrations concerning food and maintain goal weight for TOPS weigh-in each week.

Faced with the frustrations of balancing these three needs, the KOPS find his or herself in constant need of KOPS support and understanding.

The KOPS Honor Society in your area is called 7 Under KOPS.

We need to have a meeting and elect officers. If you are interested in being a part of this honor society, please get of me.

SRD (State Recognition Days)

So dust off those cowboy boots and mark your calendars for May 13 & 14, 2011 as TOPS Goes Country!

Contests of the events:

Chapter Decorated Theme Cowboy Hat

Chapter Decorated Theme Cowboy Boot

Chapter Theme Poster

Chapter Theme Costume Parade

Talent show

Also we are going to do a Chinese Auction. Please bring a chapter basket and ticket container.

SRD will be held at the Renaissance Tulsa Hotel, 6808 S. 107th E. Ave., Tulsa, OK 74132, with the room rate being \$94.00 up to 4 per room. (This does not include tax or meals.)

SUPER FOODS

The program I am teaching on is SUPER FOODS. "This time, I'm going to do it!" How many times have we stated that optimistic phrase? I will be offering a *Daily Do It* booklet that allows you to track what you eat- including food exchanges and calories- how often you exercise, as well as how you are progressing throughout your journey over 13.



FUTURE FUN DAYS

6/11 TOPS OK694, Pryor

Fun In The Sun is the theme and will be held in Claremore.

8/13 TOPS OK451, Claremore

Back To School is the theme and will be held in Claremore.

We are still in need of a chapter to host a fun day in October. If you are interested, please let me know.



Losing together a pound at a time.

~Kathy