

Clara's Comments - August 2011



Hi, and how is everyone doing in this HOT August weather? I hope all of you are managing to stay “KOOL” - -

Everyone should have received your packet for the Fall Rally here in Midland on September 24th – we are looking forward to seeing many of you here and we promise a good time. We will be honoring this year’s best losers with SLIM Bars and dangles, and our KOPS with WOW Bars and dangles – we’ll be hearing from our 2010 Texas State King and Queen and from Coordinators Kay Brown and Cindy Moore. We have a full day planned and want all of you to be here to enjoy it with us.

We will be having our quarterly KOPS Honor Society meeting in Abilene on the 13th of August, so I am looking forward to seeing many of you there. The next meeting will be in San Angelo on November 12th – more information will be forthcoming on that as the time gets closer.



Did you catch the “Thank You” Bonus in your July TOPS News that is being offered to all chapters who have an e-mail address for their leader? For each full-price member who joins between July 1 and December 31, 2011, TOPS will e-mail the chapter a monthly accumulated total of credits earned. When the chapter collects four credits, just print out the e-mail, attach it to any full-price membership or renewal and send it to your coordinator with no money. I have verified that all of the chapters in my area have an e-mail contact with the exception of TX 695 El Paso.

I would really like to hear from all of you at least once a month – it is so easy to send an e-mail and let me know what is going on with



your chapter - - let me know who your best loser is each month and I will list them in my newsletter starting in September. If you have good losers, let the whole world know!! They deserve to be recognized and honored. This business of losing weight is not easy and keeping it off isn't easy, so I

want to recognize the KOPS in the area who have an anniversary in August:

Lourdes Henry - TX 1 El Paso – 2 years on 8/3
Violet Kinyon - TX 201 San Angelo – 1 year on 8/12
Sherry Stanley - TX 1139 Midland - 23 years on 8/9
Inez Bishop - TX 10 Abilene - 7 years on 8/3
Martha Gray - TX 87 Lubbock - 7 years on 8/23

Until next month when I visit with you again, as you work on losing weight, remember this:

**IF YOU KEEP ON DOING WHAT YOU'VE ALWAYS DONE -
YOU'LL KEEP ON GETTING WHAT YOU'VE ALWAYS GOT**

So if you're losing - - keep on doin' what you're doin', and if you aren't losing, then do something different!!

TOPS (((HUGS)))☺ TO ALL,

Your Area Captain

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