

Clara's Comments

January, 2012

I hope everyone had a MERRY CHRISTMAS and a HAPPY NEW YEAR!!

And now that the holidays are over, it's time to set goals for what we want to accomplish in 2012. Do you want to reach your weight-loss goal in 2012? Do you want to lose a certain number of pounds this year? This month? This week? If you are already KOPS, do you want to get under goal and stay there all year? Whatever you want to accomplish – it's strictly up to YOU!! But you have to have a goal in mind – if you don't have a plan or a goal, you're sure to fail! Nothing good happens without planning and hard work. As the old saying goes: "If you think you can, or you think you can't - - you're right!"

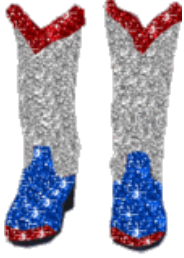
New Year



New You!



All chapters should have their year-end resumes done by the time you get this letter; this report is most important because it determines the weight-loss winners for your chapter and for State honors. You may have a winner who will be recognized at SRD in April! A good loser could even be State King or Queen - - it all depends on your report, so don't waste time getting it to your coordinator.



For those of you who are planning to go to SRD in April (in Addison-15 miles north of Dallas), packets should be out very soon. The InterContinental Hotel is a beautiful facility and all sessions and seminars will be held within the hotel. It's going to be a great convention and I'm looking forward to seeing many of you there. A lot of planning and hard work go into these State Conventions - they don't just magically happen, so the more people who attend and support the Coordinators who put so much of themselves into the planning, the better the convention will be. Everyone comes away inspired by the seminars, the wonderful winners, the crowning of the State King and Queen and especially by the awesome "Circle of Lights". You don't want to miss any of it!

Congratulations to KOPS in the area with anniversaries in January:

Betty Adams – TX 136 San Angelo – 25 years
Jean Anselman – TX 1558 El Paso – 2 years
Sherry Campbell – TX 1558 El Paso – 17 years



And until next month when I visit with you again, may all of your weigh-ins be losses.

TOPS (((HUGS)))☺ TO ALL,



*Happy
New Year!*

**Your Area Captain
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