

CLARA'S COMMENTS

June 2011

2011 IS MARCHING ON

We are quickly approaching the half-way point of 2011 and I'm wondering how many of us are approaching the half-way point of the weight loss goals we set for ourselves back in January. If you aren't there, keep on working and keep in mind that you still have time to lose a great deal of weight before the end of the year. Also keep in mind that time gets shorter with each weekly weigh in, and December will be here before we know it! You have to get busy NOW - not tomorrow, not on Monday, but RIGHT NOW.

EXCITING NEWS

Midland has a new TOPS chapter that will be meeting on Thursday mornings at 10:00 AM. Kathy Bradley is leader of the new group and invites anyone who is interested to attend the meetings. Call me for more information.

NOT SO EXCITING NEWS

For those of you who may not know, Caryl Pfeiffer, long-time TOPS Coordinator for Southeast Texas - the Coordinator-in-Charge of our last SRD in Beaumont, has retired effective the last day of May. Caryl has been a Coordinator for almost 25 years and will be greatly missed. Her area has been divided between Cindy Moore and Kay Brown; this will not affect my area (and yours) in any way. YOUR coordinator will remain the same. We wish Caryl the very best in her retirement.

YOUR MEETINGS

Keep your meetings informative, positive and fun. You should be having a program every week encouraging weight loss. Ask your members to do programs - you'll be surprised what they can come up with!

QUOTE

"CHOICE, NOT CHANCE, DETERMINES HUMAN DESTINY."

AND THE CHOICE IS MINE!

2011 FALL RALLY

Reminding you again to mark your calendars for Saturday, September 24th and plan to be in Midland for our Fall Rally. We are working on having another great time and recognizing the best winners in our area. Maybe YOU can be one of them.

GOAL KEEPERS KOPS HONOR SOCIETY

We had a good KOPS meeting here in Midland on May 14th. We had 22 members representing 5 chapters; we had KOPS from TX 136 San Angelo, TX 201 San Angelo, TX 1352 Breckenridge, TX 927 Abilene and TX 1139 Midland. The next meeting will be hosted by TX 927 in Abilene and all KOPS are invited. We'd love to see you for a good time, for recognition and for a good meal with good friends. As Dorothy Stiles says, "Some friends come and some friends go, but KOPS (& TOPS) friends last forever!" **SO TRUE!**

SRD 2012

**InVest in TOPS
Denim, Diamonds and Lace
April 13-14, 2012**

Cindy says you can now make reservations at InterContinental Hotel in Addison, TX. You can call (972) 386-6000 - be sure to mention that you are booking with the TOPS group and be sure not to book more rooms than you need. Cancellations after the cut-off date can cause us to have to pay extra for the use of the hotel meeting rooms. Please be considerate.

Until next time, remember that I am here for you; please feel free to call me or e-mail me at any time.

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