

Hello TOPS Friends:

We have had some pretty nice weather, but it looks like we are going to have more snow and cold temperatures, so when you are out and about, please be careful!!!

Some of you called or emailed me about my last news letter on the KOPS, those were just for January and each month I will have only those KOPS that are for that month, so if it is your anniversary month and you are not on the list, please let me know.

Someone shared this with me and I would like to share it with all of you, so that we can have a great year and every goal we set for ourselves we will achieve it!!!

“BE DECISIVE”: Success is the intentional, pre-meditated use of choice and decision. Unless you choose with certainty – what it is you want, you accept table scraps by default! The world is plump with opportunity. With boldness and conviction, stick a fork into the goals you want by being decisive!!!

You are born with great capabilities, but you will not achieve your potential until you call upon yourself to fulfill it. You will rise to the occasion when it presents itself; yet, to assure self-fulfillment, you must provide occasions to rise to. Clearly defined goals allow you to travel toward another horizon that represents the end of one experience and the transition to a new and better existence. The objective is to choose the right goals, and then to create the necessary causes-the effects will follow!!!

The difference between what one person and another achieves depends more on goal choices than on abilities. The profound differences between successful people and others are the goals they choose to pursue. Individuals with smaller talents, intelligence, and abilities will achieve different results because they select and pursue different goals.” Written by Gary Blair. Create a monthly/ yearly goal and then stick to it and make plans to follow through, you will achieve it!!! BE DECISIVE!!!

CONGRATULATIONS to our KOPS: ☺

MO0265 Deanna Harriman 10 years 1/03/10 (Sorry I left you out last month, congratulations!!!)

MO0607 Virginia Beattie 1 year 2/11/10

MO0799 Margaret Looney 10 years 2/01/10

MO0924 Beverly Duggins 3 years 2/05/10

MO0945 Susa Davis 1 year 2/25/10

MO0963 Marlene Picman 3 Consec. Years & 7 Cumul. years 2/28/10

MO1055 Betty Calton 16 years 2/01/10

MO1055 Ruby Mackie 1 Consec. year & 10 Cumul. years 2/10/10

MO1080 Alice Landsdown 2 years 2/25/10

MO1125 Wendy Clifton 12 years 2/05/10

Thank you for all the support you give to those that are looking towards their goals!!!

Talking about goals, I want all my chapters to know that I am going to be awarding each chapter, every time they have a "NO GAIN" meeting!!! All you have to do is send a copy of your weight sheets and you will be awarded!!! I hope to be kept busy by all your "NO GAIN" meetings!!! I am excited, I hope you are!!! Let's Go for it!!!

I wanted let you know that the officers workshop will be in Springfield on March 20th at Pythian Ave. Baptist Church 1001 N. Rogers at 9:30am and in Lebanon on March 27th at Southern Heights Christian Church 2080 So. Jefferson Ave. at 9:30, so try and keep one of these days open and come for some learning and FUN!!! More details later.

Have a good month!!! ☺

Hugs & Smiles,

Claudia Gaylord, Area Captain