



# CAPTAIN'S LOG



March 2017

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## March Madness

Well can you believe it, we are in the 3<sup>rd</sup> month of the year. We celebrate St. Patrick's Day, the first day of Spring, and for basketball fans March Madness.

Speaking of madness are you in the throws of this year's Million Pound Challenge. I am. Although I have to say February was not a great month for me as I put on 3 pounds. So I'll be in the madness of March getting those off and adding to my net loss in order to achieve my yearly goal of 20 pounds. Hoping your chapter is bringing up the Million Pound Challenge on a monthly basis. TOPS President Barb Cady has challenged us to all lose 10 pounds each and for KOPS to maintain their loss to goal to reach TOPS goal for 2017. Won't you and your weight loss be a part this year? Wouldn't it be fantastic for every weight chart to end in the black for 2017? Together we can succeed.



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Spring Fling

March 25<sup>th</sup> at the Callaway Electric  
Cooperative in Fulton, MO.

10am to 12pm

This is a **FREE** event, **NO** registration. Come and check it out. 2 hours of helpful TOPS information, meet our new Coordinator, meet up with other TOPS members in our area and makes some friendships!



Promo Items for Sale:

Area Captain Maracas \$3.00

Life Saver Pins \$1.00

Ink Pens \$2.00

Post it notes \$4.00

Notebook \$5.00

Fitness Stretch Band \$5.00

Lanyard \$3.00

4 port USB Hub \$6.50



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MO 0711, Jefferson City

continues to share that they are having no gain meetings. This is fantastic. Keep up the great work.

MO 726, Columbia has gained another new member. Keep growing in membership!!!

Wow what great news!!! Keep sharing throughout the year.

(I hold this spot for news about your chapters. Please provide news to me, to post. News that I receive gets posted and counts toward one of the items of a Gold Star Chapter.)

## Area Captain Walk on **May 6<sup>th</sup>**

Stephens Lake, in Columbia, MO.

Time: **9am** enter at 2001 E. Broadway, there is a parking lot and a restroom there. The inner trail around the lake is .6 miles and it's a hard surface, so would be handicapped accessible. We will walk 2 times around or 1.2 miles at your own pace. Then when we are done, we will find a space to sit and chat a spell, there are 2 shelters at that location. Wear your TOPS merchandise.

**Look for the TOPS Walk banner!!!!**

### **Upcoming events:**

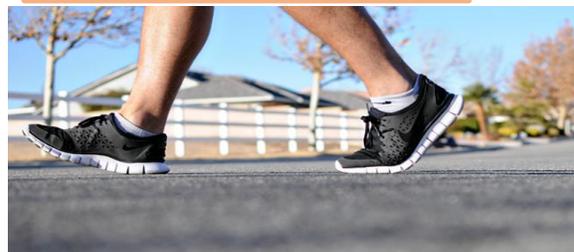
## **State Recognition Days (SRD)**

April 21<sup>st</sup> and 22<sup>nd</sup> at the Ramada Oasis in Springfield, MO.

May 6<sup>th</sup> Area Captain Walk in Columbia

International Recognition Days: July 14<sup>th</sup> and 15<sup>th</sup> at Statehouse Convention Center & Little Rock Marriott, Little Rock, AR

Fall Rally: September 23<sup>rd</sup>, at Callaway Electric Coop, in Fulton, MO.





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## TOPS Retreat

Ever thought about attending a TOPS retreat? Don't like to fly? Well, what do you know, there is a TOPS Retreat being held in Missouri from September 17-22, 2017 in Excelsior Springs, MO at Lake Doniphan. The cost is \$495, which covers your lodging, all of your meals, and the learning materials.

Deanna Bies is the Retreat Director for this event. This is a co-ed retreat.

The Retreat Application can be downloaded from the TOPS website at [www.tops.org](http://www.tops.org).

If you really want to learn how to navigate the exchange plan, this is a great way to learn. You will meet TOPS friends not only from Missouri but from other states as well. I'm still friends with those I met at Excelsior Springs.

## **Tune Up with TOPS!**

I will be setting up chapter visits to give the new "Tune Up with TOPS" Area Captain program. So be thinking of songs that help you to Tune Up.





## One Final Note

As TOPS and KOPS are we reaching out to the members of our chapters? This question has been weighing on my mind lately and I don't think I have done enough individual encouragement for my own chapter members. I have seen a member get frustrated because they weren't making any progress on the scale, but they were achieving success in other ways. I challenge myself and you to think personally are you doing enough to let your chapter members know when they are succeeding when the scale isn't moving. Is there someone who is inspiring you in ways, have you really let them know? Take a little time and let them know.

