



Regional Director's Newsletter, August 2016

Serving Alaska, Idaho, Oregon, Utah and Washington

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Farmers Market



Dear TOPS Members,

Here it is the middle of August already where has the time gone? How many of you visit your local farmers market?

The benefits of shopping locally at farmers' markets are numerous. First, of course, they're filled with food that are good for you. The booths are packed with brightly colored fruits and vegetables that change with the season. Enjoy corn on the cob, zucchini, tomatoes, green beans, peas or squash, the list is endless. Remember, fresh produce is a key part of a healthy lifestyle, and the more color your produce has the greater its health benefits. Not to mention the benefit of walking around the Farmers Market.

This year's IRD in Orlando, FL has come and gone. What a magical IRD it was as we honored our 2015 Royalty and International Division winners.

Congratulations to our state royalty that did an outstanding job representing us at IRD.



Lori Jo Oswald
Alaska State Queen



Christine Green
Idaho State Queen



David Anderson
Oregon State King



Shirley Sobolewski
Oregon State Queen



*Craig Scott
Utah State King*



*Robin Lukenbach
Utah State Queen*



*Janet Hellman
Washington State Queen*



*Phil Hayes
Washington State King*

Congratulations to these three International 1st Place Division Winners from our area. They set their SMART goals and achieved great results. You three are a great inspiration to all of us.



*Craig Scott
Division 2, 1st Place - UT*



*Phil Hayes
Division 3, 1st Place - WA*



*John Schwab
Division 7, 1st Place - WA*



This next member didn't only Receive her twenty-five consecutive year KOPS recognition award but also was one of the recipients of the Founders Award recognizing the top ten Coordinators in 2015. A big Congratulations to Joyce Anderson who is from the state of Washington.



Washington Area Captain Mary Falconer is a recipient of the President's Award. This award recognizes the top ten Area Captains in 2015. Congratulations Mary for a Great job you do in your Area.

I was excited to announce our total weight loss for chapters in the states of Alaska, Idaho, Utah, Oregon and Washington on stage at IRD of 44,726 pounds.

Let's make 2016 the year we all sparkle. "**Sparkle Like a Diamond with TOPS**". **IRD 2017** Little Rock, Arkansas on **July 14th and 15th**.



As you can see there was something very magical about IRD in Orlando, Florida. Even Mickey and Minnie Mouse stopped by to congratulate our International winners and Royalty.

Thank you to all the members that have volunteered to serve as a chapter officer for the upcoming year. If you have any questions or concerns regarding your role as a chapter officer, please call or email me. Let's make this an enjoyable journey. Like our TOPS mission says "As we take and keep off pounds sensibly."



The President has challenged us again. As we focus on those things that make our chapters great:

- Accountability and privacy at the scale
- Discussion and support in our weight loss journey
- TOPS Programs on many topics that provide tools and encouragement to help keep us until our next meeting

We will be losing together to achieve a healthier lifestyle and accumulating our losses to meet the – "*Million Pounds Challenge*" in her 2017 Cut and Burn drive. How do we do this? By following these two simple things:

By CUTTING 100 calories more daily and BURNING 100 calories more daily. At your first meeting of the New Year 2017 -

- Spend a week journaling food & exercise but make no changes.
- Next chapter meeting, review journal with everyone.
- Select a 100-calorie item to cut out.
- Decide how to increase your activity to burn 100 calories.
- At the end of each month, check progress, analyze results and adjust your plan if needed.



There is no extra work on your part. Weight losses will be tallied from your annual resume for weight lost from January 1, 2017 – December 31, 2017. **All results will include the losses to goal for all KOPS** and your coordinator will provide that information.

Remember to Sparkle  in 2016.

Hugs, Bob