



TAKE OFF POUNDS
SENSIBLY

Captain's Notes

May 2011

Candy's Progress
Gain of 5.6 lbs ~April



Hello everyone...

Schedule a personal tune-up

Proper nutrition is part of the foundation of a healthy life. Your car needs the right amount of gas and periodic tune-ups to make it run smoothly and prevent future problems. Your body needs healthy food and periodic check-ups too. Make a goal to start treating your body the right way. Take care of yourself. Eat the right foods and make sure to visit your doctor regularly. If you start maintaining and tracking your progress, you will probably see dramatic positive results in the way your body runs. ~Healthy Reflection from Sparkpeople.com

My AIM was April 30th. Had a good turnout, 11 chapters represented with 51 attendees. We had 4 KOPS in the top KOPS that were at or below goal. There were 11 (due to a tie) in the top ten TOPS with a total loss of 64.40 lbs, averaging 5.85 lbs. per member. We had 3 baskets donated (thank you 0307 Syracuse and 1065 Hannibal), so 3 winners. The 50/50 winner won \$24.50.

Important: My Officer's Workshop date has been changed to May 21st. My son has been taking an 80 hour Fire Fighter Training course and his graduation for it fell on the 14th so I needed to move my workshop to a week later so I could attend this special event in his life. He is a volunteer fireman with the Hannibal Fire Dept. He plans to pursue a career as an EMT/Paramedic.

Kameo KOPS Honor Society has asked that we include the enclosed KOPS Retreat Scholarship information with our newsletter. Please pass the information onto all KOPS in your chapter. This is a wonderful opportunity for all KOPS.

I have been visiting chapters and presenting the AC program. So far it has been a success and chapters seem to enjoy the information. If you haven't gotten your chapter scheduled, please contact me to get on my calendar.

Thank you to the chapters that have sent me a book of stamps. They truly do come in handy.

Own all your choices and you will succeed.

Hugs,

Candy Malone

Area Captain

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MARY JANE RANGER MEMORIAL KOPS RETREAT SCHOLARSHIP

PRESENTED BY THE KAMEO KOPS HONOR SOCIETY

This scholarship is open to all adult KOPS who are in good standing at their chapter.

To be considered, a KOPS must submit an entry form to the Kameo KOPS Honor Society stating why he/she would benefit from attending a Retreat.

- Please use the enclosed form, and be sure your name, address, phone number and chapter number is included in your entry. Also, please include an email address if you have one.
- Only one entry per person is allowed. One recipient will be selected from entries received.
- Scholarship must be used within 12 months from date of issue.
- Scholarship is to be used for USA Retreats only (no cruises).
- Scholarship is nontransferable.
- If recipient is not able to attend after registration has been paid, they are responsible for any non-refundable amount.
- Deadline for entry is October 1, 2011. Please keep a copy for your own records.

Please send your entry to: Mary Ann Pitcher

914 Co. Rte. 57

Phoenix, NY 13135

Scholarship will cover Retreat registration only. Transportation and incidental expenses are the responsibilities of the recipient. Winner is encouraged to attend a future meeting of the KOPS Honor Society to share your experience.

Winner will be determined by the Executive Board of the Kameo KOPS Honor Society, and will be notified by December 1, 2011.

The Kameo KOPS Honor Society is very proud to be able to offer this to a worthy KOPS. So get your entries in and GOOD LUCK!!!

Mary Ann Pitcher, Kaptain

KOPS RETREAT SCHOLARSHIP ENTRY FORM

(Return by October 1, 2011, to Mary Ann Pitcher, 914 Co. Rt. 57, Phoenix, NY 13135)

NAME _____

ADDRESS _____

CHAPTER NUMBER _____

PHONE NUMBER _____

EMAIL ADDRESS _____

Why I feel I would benefit from attending a TOPS Retreat: