

SPRING GARDEN

Well, its now March and what does that remind you of? Spring? Growing plants?

March is a great time to concentrate on cleanup, planning, and fresh starts.

To create a _healthy_ garden however, is a little different.

A healthy garden needs a lot of time, effort, love and planning.

To have a successful garden it needs good top soil, fresh seeds, fertilizer and water.

This is the beginning of a new year at TOPS #_____

How about growing a healthy garden together?

First we begin with SOIL. Our TOPS organization is the soil.

It is the starting point, from which wonderful things will flourish. You will make new friends and the TOPS chapter will inspire and support you in your weight control plan.

But, before we even plant the seeds for a new healthy garden, what is growing there?

WEEDS. What are weeds to our garden? What kind of things are going to get in our way of good lifestyle changes? Anyone?

{Used board to write ideas down}

How about: no time, too hard, fresh veggies are too expensive, family members who sabotage, am in a wheelchair ,can't exercise, lactose intolerant, weather is too hot, too cold, its raining out, just too busy! And so on. We know all to well those weeds that get into our way of thinking... So what do we do to get that healthy garden?

SEEDS are the next thing we need. They are available in all shapes colors and sizes. We TOPS and KOPS are all different too. Most of us would not plant just one kind of flower or vegetable. Variety is necessary and desirable. We need to encourage members to share all of those talents. Plants also need FERTILIZER. What would be TOPS fertilizer?

{used board again} Anyone? How about: low membership fee, meeting each week, monthly magazine, incentive programs, recognition awards, fellowship, education, arallies to motivate, workshops, retreats, state recognition days, international days, our "Choice is Yours" book, our field staff, even a web site! There is a lot more fertilizer that we can use than weeds that are allowed to grow! Also, plants cannot put down roots and grow without WATER. They need water to live. A good chapter needs regular attendance of all its' members especially the master gardeners the KOPS.

They are needed to remind us that with a healthy diet and attitude important goals can be reached. Like water each member is necessary. Like a garden a great TOPS chapter like ours needs gardeners. We need officers who care for these healthy gardens we are growing. Part of the joy of gardening is to try something new. During this year we are will be bringing some new ideas, lots of old faithful ideas. Let's all get our healthy gardens growing this year!