

Newsletter Issue 1 January 2010



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NOTE FROM YOUR AREA CAPTAIN

Well, the Holidays are over and I hope you all have wonderful memories of time spent with family and friends. This is a busy time of year for those who have made the New Years' Resolution to "Get Healthy"...That may mean quitting smoking, eating more balanced meals, losing weight, getting more exercise, or a combination of all of these things. It's always easy to make that resolution, but not always easy to keep it ! While it's good to be positive, it's also good to make one or two changes at a time...don't overwhelm yourself with impossible goals. Start small and watch yourself get stronger and more determined. You will find it much easier to stick with your resolution if you set reachable goals. After you reach one goal...strive for another. Before you know it, you will be on your way to success !

2010 Area Captain's Program

This new program is going to be great ! We all have stress in our busy lives and it effects everyone differently. I will have booklets available for \$3. Please check the schedule below and order enough 5/6 weeks before your visit for those that wish to buy them. You may send me a chapter check so I can be sure and have them back in time for my visit to your chapter.

Area Captain Visit Schedule

Jan 26 – NY 320 Newark	July 8 – NY 559 Penn Yan
Feb 9 – NY 330 Macedon	Aug 11 – NY 1082 Canandaigua
Mar 10- NY 672 Geneva	Aug 18 – NY 656 Red Creek
Apr 13 – NY 531 Geneva	Sept 8- NY 1147 Canandaigua
Apr 26 – NY 298 Penn Yan	Sept 21 – NY238 Phelps
May 18 – NY 1038 Manchester	Oct 5- NY1244 Canandaigu
May 26 – NY 370 Ontario	Oct 13 – NY 244 Walworth
June 15 – NY 854 Wolcott	Nov 9 – NY 360 Victor

I am happy to visit your Chapter on other occasions and always excited when Chapters invite me to share in a time of special recognition for your members!



IMPORTANT! PLEASE PAY YOUR CHAPTER MAINTENANCE FEE PROMPTLY WHEN YOU RECEIVE THE INFORMATION FROM MARCIA

Helping Others

With the present day economy, many people and families are facing difficult times. One way TOPS Chapter NY 320 Newark has chosen to help their community is by setting out a plastic tote at their meeting. Every week members bring in donations for the local food pantry. It is an ongoing event and pick up is made by the food pantry volunteers on a regular basis. I urge you all to take part in helping your local community food pantry.

NEWS FROM TOPS HQ

TOPS HQ will be sending out monthly information about publishing stories in *TOPS News*. They are looking for stories from our chapters and their members on the following topics:



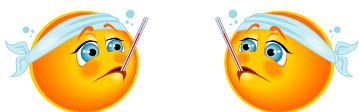
General: Your ideas for unique, informative and unusual story topics are always welcome. Please share any and all stories of personal success, unique situations, anecdotes, publicity efforts, and anything else that may be shared with TOPS readers to inspire members and encourage chapters.

If you have something to share, please email rough stories directly to Beth Maniero, Communications Manager, bmaniero@tops.org (Phone: 414-482-4620, x43) Don't worry that they might not be "perfect" enough. If sending photos (always a plus), please refer to the Photo Guidelines on page 58 of the new *Chapter Manual*. HQ counts on us to be our connection to great TOPS stories. **Thank you for your support!**

There are always helpful hints available on the TOPS website. Publicity Pointers are available to me at all times and I would be more than happy to help you if you would like to write an add for publication in your local newspaper telling your community about you chapter meeting place and time and your success stories that would encourage new memberships for your chapter.

Flu Season

Hopefully, you are all feeling well and have not been taken ill with the flu. I would like to remind you that if you do become ill, it's best to stay home until you have no fever and are feeling better. I know that we all hate to miss our chapter meetings and the support of our TOPS friends each week, but all would benefit if you stay home and rest until you are feeling better.



Rally Day Donations

At our 2009 Rally Day, we collected items for our local food pantries to help struggling families in Wayne, Ontario, & Yates Counties. Thank you all for your donations! I know they were greatly appreciated.

For our 2010 Rally Day, I would like to do something different. I have several things in mind and I will be letting you know what our "cause" will be in my next news letter.

Closing Thoughts

I read this on the internet and the message seemed like something we could all identify with

You are here – there is a reason.

You are here – you want something better.

You are here – you have a chance.

Take it – grasp it and hold on with all your might.

There will be reasons why you can't – but for every one there is a reason why you will.

Move forward. Be better today. More active, eat smarter, be proud of yourself. One hour at a time adds up to a day, days at a time will equal a week – the weeks will blend – good habits take hold – results will show – it is hard to see 12 weeks from now – but I am here to tell you it's worth it – so are many others.

There are ups and downs, plateaus and set backs – these come with change. But a formerly obese 50 year old spent 75 minutes on the treadmill today and then did his strength training. He had a well proportioned healthy breakfast, half a turkey sandwich and a salad for lunch, fruit for a snack (not a fruit snack) and is planning a dinner of grilled fish, a vegetable, a salad, and an English muffin. Friends – that is evolutionary – it took 3 months to take hold – but 23 months later it still works.

Why post this here ? HOPE.

You are facing a tough challenge – but tough is very different than impossible. You will face difficulties, uncooperative family members, time issues, self doubt, years of bad habits – but look to those who are winning the battle – they faced down those difficulties and often use them as motivation.

Need help – ask for it. Want to succeed – find your motivation – write it down – think of it every time you are tempted. This is about a better lifestyle not a diet. Diets don't work - but a better approach to eating combined with more activity can change your life. The resources are here, the support is here.

Lastly don't be afraid – anything you do is likely better than what you have been doing – be a little better every day – fear will defeat the process.

You can do this – and no one can do it for you.

Grab the hope – hold on tight. Start your improvements and then reach out and help someone else.

Until next month....continue to make good choices and best of luck striving for your weight loss goals !

HUGS

Carol Walker, TOPS Area Captain,