

Newsletter Issue 2 February 2010

NOTE FROM YOUR AREA CAPTAIN

By now all of our Kings, Queens, Division winners have been honored and our officers both new and reelected have begun their new term in office. I know you will all do a great job for your chapters.

Spring is finally here ! It's time to start thinking about our gardens and all of the outside clean up ahead of us. Think of all the exercise we will be getting ! I'm sure we can all use it after the long winter indoors ! Get outside...take a walk...or just enjoy the sunshine. Think about all of the new buds on the trees and the early spring bulbs that are starting to poke up through the dirt. Think of this as a rebirth for your own weight loss plan. It's a great time to start "fresh".....just like nature...it's "your time" to blossom ! So get out there and get moving !!!

By now you should have all sent your chapter's maintenance fee to Marcia Jackson. You received the statement of what is due for your chapter along with the return of your resume a week or so ago. Please see that your Treasurer mails a check to Marcia as soon as possible if you haven't already done so.

I hope you all had a Happy Easter .

2010 Area Captain's Program

Remember to order your "Stress Management" booklets in plenty of time for my visit. If you want them they are \$3.00 each. I will order them as soon as I receive your chapter check. It takes 4-6 weeks for them to arrive.

Area Captain Visit Schedule

April 13th : #NY531 Geneva
 April 26th : #NY 298 Penn Yan
 May 18th : #NY 1038 Manchester
 May 26th : #NY 370 Ontario
 June 15th : #NY 854 Wolcott

I'm looking forward to presenting the program on "Stress Management" to your chapter and as always getting to see all of you once again. If there is any conflict with these dates, please contact me and I will try and make different arrangements for my visit .

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



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Your Community

#NY 320 Newark just sent another "full" plastic tub of food products to their local food pantry. I'm sure your community really appreciates your donations. Keep up the good work ! Last month I mentioned that we would be collecting school supplies at our Fall Rally Day in October for the FLCC GED class Program. I have already received heartfelt thanks from the program leaders. We will be helping 3 classes in Canandaigua, 3 classes in Geneva, 2 classes in Sodus, 1 class in Penn Yan, and 1 class in North Rose/Wolcott. Also TV/Online classes.

NEWS FROM TOPS HQ

The new issue of TOPS News for April/May is out. There are some great features in this new issue... like preparing for summer in the "Are You Ready To Start Taking Off Your Clothes"? Summer is on the way and there will be no more hiding under sweatshirts and baggy sweaters !



"Why Stress Management" has a really cute skit written by a fellow Area Captain from Florida who was also one of my room mates when I was in Milwaukee last November.

The focus on nutrition : "Breakfast and Your Weight" is very informative.

Ready for some great therapy ? Check out chapter programs 69 and 70..."Mindful Eating" and "The Say It Isn't So Buffet"

There's a great new Spring contest featured and much much more. You're really going to enjoy the new issue of TOPS News from cover to cover !

How is your chapter doing on the "Cut and Burn" Challenge to lose One Million Pounds in 2010 ??? If every TOPS loses just 10 pounds, we will reach that goal with loads of extra losses. To lose 10 pounds in one year, eliminate just 100 calories each day. The KOPS target is to maintain status for the year.

Remember, if you are attending IRD in July this summer it is in Halifax, Nova Scotia and a passport is required identification for US citizens traveling to Canada. I think if you are driving, possibly an enhanced drivers license can be used as identification. You may want to check it out ahead of time so you are prepared.

Important Dates

Annual Spring Workshop : May 18th, 6:00-8:00 P.M. at the Alex Eligh Community Center in Newark. Anyone needing directions please contact me.

SRD : Saratoga Springs
Friday & Saturday, June 11th & 12th
Theme : "Run For The Roses"

IRD : Halifax, Nova Scotia, Canada
July 15th-17th

Rally Day : Saturday, October 23rd at the
Ramada On The Lake, in Geneva

NOW : All Workshop Fees are due. Please get the check in the mail to Marcia Jackson asap.

DONATIONS

Remember this year we will be collecting school supplies for FLCC (Finger Lakes Community College) GED program at our Rally. The college has GED classes in all of our counties and I have learned that many of the people, in all age groups, have little extra money for some of the things that they could use to help further their education while they study to take the exam. Better knowledge and a diploma lead to finding a means of support for themselves and their families. Let's help them with some simple tools they can all use to succeed. Here is a list of items to choose from..... Let's collect lots of things for these students ! We have 8 months to stock up for our donations the day of our Rally ! Thanks to all of you !

Closing Thoughts

I would like to thank all of my TOPS friends who were concerned about me being "stranded" in London...I received phone calls from all over the country ! I assured everyone that I am safe at home in Lyons, N.Y. so there was no need to send money to England...they could just send it to me at home ! Family members assured me that I had 2 choices for that...slim and none ! Anyway, thank you again for your concern. I have a new email address for you to use. Please update your contact lists as you delete the old one.

Now that the Easter Bunny has hopped through your lives leaving behind all of those chocolate eggs and jelly beans, it might be a good time to think about the

"Ten Commandments Of Weight Loss"

- 1)"Thou Shalt Not Diet...Thou Shalt Make a Lifestyle Change."
- 2) "Thou Shalt Develop A Healthy Food Plan....in spite of what others are eating."
- 3) "Thou Shalt Cope With Cravings...even when no one is looking."
- 4) "Thou Shalt Exercise...sit and you won't be fit !"
- 5) "Thou Shalt Set Reasonable Goals...praying for vertical growth will not be considered reasonable."
- 6) "Thou Shalt Record Food Intake and Exercise."
- 7) "Thou Shalt Manage Emotional Eating...looking for lettuce filled bon-bons will not keep you on track."
- 8) "Thou Shalt Develop Techniques For Dealing With Stress...without a truckload of valium."
- 9) "Thou Shalt Seek Social Support...from your TOPS meeting."
- 10) "Thou Shalt Avoid The Attitude Trap...put your "mind over platter !"
Practice telling yourself "I will cut back and have 2 cookies only once a week, "rather than the never more" approach. We need to be realistic and sensible if this program is going to last a lifetime !"

This was given to me by a TOPS member who said that one of their members found this from way back when amongst their TOPS information. They repeat this pledge at the beginning of every month after they say their TOPS pledge.....I think it's a good idea for us all to join them. Remember, it's Spring and "It's Your Time" !!!

"Re-Dedication Pledge"

I am an intelligent person. That is why I joined TOPS. I will control my emotions and not allow myself to stay home because I fear I might have gained.

Every time I am tempted to find fault with my chapter, criticize my fellow members, or think about quitting, I WILL REMEMBER : My chapter can be no better than I help to make it. My fellow members need my help as I need theirs. If I should quit TOPS I might never reach my goal. THEREFORE: I hereby rededicate myself to support my chapter through my weight loss and my actions to the best of my ability.

Until next month....continue to make good choices.

Hugs, Carol Walker, TOPS Area Captain

Pocket Folders, pens, pencils, colored pencils, highlighter markers, rulers, protractors, compasses, erasers, calculators, spiral notebooks (especially needed !), assignment pads, notebook paper, pocket dictionaries,Let's really get collecting , start now.....we have 3 counties that can use lots of help for their GED students !