

Captain's Log – October 25, 2011
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Hi To All-

Boy, where has the time gone? This past September I attended my first TOPS Mens Retreat. Thanks to Bob Perrault and Cubby Culbertson, New York was well-represented with three field staff members in attendance! Halloween is next week and Thanksgiving just a little over a month away.

Speaking about the holidays and eating. I learned a little trick at Retreat. Make a fist. That is the size of your stomach when it's empty. Now open your fist back up. That is the size of your stomach when it's full. You don't need a lot of food to feel full if you're eating correctly. Part of this is portion control. A portion, or an exchange, of any Veggie is a 1 Cup Raw or a ½ Cup Cooked.

I want to congratulate The Rackers Center in Ithaca, NY and in Cortland, NY for starting up a workplace TOPS chapter! Welcome to the TOPS family!!

Speaking of our TOPS family, we just had Rally in Geneva. We had a member that is missing a light blue Jacket that attended Rally at the American Legion. If anyone has a light blue jacket that may not be yours, can you please call me immediately?

I also want to remind everyone that if your chapter has not already scheduled a Chapter visit, please call me to set up a time when I can come to your meeting and present the TOPS Area Captain program on Super Foods.

Also enclosed are the invites to the Fall Area Inspiration Meeting and Fall Officers Workshop. I hope to see several familiar faces as well as some new ones. The Fall Officers Workshop is open to everyone. The Workshop is geared towards weight recorders, and is a tool to help the weight recorders process the year end resume.

Don't forget to look for us on Facebook page! Just search for "TOPS Central New York." We also have a TOPSPOWER.org website. Check this website often as it is updated frequently.

In closing, remember, if you have any questions, comments, concerns, please email or call me.

TOPS Hugs-
Drew