



## Area Captain's February Newsletter

TAKE OFF POUNDS  
SENSIBLY

For my first newsletter, I would like to share with you an inspirational note that I carry with me. I especially refer to it when my week has not been going smoothly.

### ***You have the Power to live your Dreams***

*The day you take complete responsibility for yourself.*

*The day you stop making excuses,*

*That's the day you start moving down the road to success.*

*No one else can do it for you.*

*Only you can make it happen*

*You're the only one that has to live your life.*

*Success on any major scale requires you to accept responsibility.*

*It's up to you to choose the thoughts and actions*

*That will lead you to success.*

*Your life will be what you make of it.*

*Nothing will ever happen by itself.*

*Success will come your way once you realize*

*That you have to make it come your way by your own actions*

*The power to succeed is yours alone.*

From: Your daily motivation.com

### **Events**

I have been busy scheduling TOPS events for the upcoming year for your chapter to participate.

Sat. April 14 **AIM** Town of Schroepfel Building in Phoenix 10 am – 12 pm

Sat. May 5 **Officers Workshop** Town of Schroepfel Building in Phoenix 10 am – 2 pm

Sat. May 12 **Area Captains Walk** Beaver Lake Nature Center in Baldwinsville 10 am

I will be sending information and registration forms for each event in March to your chapter.

### **Calendar**

I am enclosing a calendar for the month of February that I have created. Please feel free to copy and share with your chapter. I personally look forward to performing the mini tasks each day. Please let me know what you think.

### **Area Captain's Program**

This year's Area Captain Presentation contains a powerful message that choosing healthy foods is not about punishing us. We do not have to live off carrot sticks and rice cakes (although if you enjoy these, you should include them as part of your own healthy diet). The program focuses on helping members to think about what they do like so they can paint a picture of health that is a "masterpiece" for them, reflecting their own likes, dislikes and lifestyle. After all, real life style change won't last if it's all about drudgery.... weighing, counting, denying ourselves.

As part of this years presentation, I will be selling a large (8 ½ by 5 ½ ), colorful refrigerator magnet with a write-on/wipe off surface (pen included). Price is \$3.25. The magnet features a weekly "To Do" list the members can use to establish healthy habits by checking off seven items, including "ate Breakfast" and "wrote in my Journal".

### **Chapter Visits**

I have scheduled visits with a few chapters. If your chapter has a specific month and day that you would like me to visit, please contact me with your request.

### **Thanks!!**

Thank you to the chapters that have sent me stamps. I appreciate it as they will come in handy with the all the many mailings.

### **Reminders**

If any one is purchasing SRD promotional items, the deadline to order is February 20.  
Election of Officers is the first week in March. If any chapter member is interested in running for an office, please inform the other members.  
Installation of Officers is in April.

### **Celebrations**

**Chapter Anniversaries:** Jan 5 - 0503 Elbridge (41 yrs); Jan 7 -1065 Hannibal (15 yrs);  
Jan 11 - 0267 Central Square (45 yrs); Jan 25 - 0183 Camillus (47 yrs)

Feb. 12 - 0115 North Syracuse (48 yrs); Feb. 12 - 0327 North Syracuse (44 yrs);  
Feb. 28 - 0278 Liverpool (45 yrs)

A big **Hurrah** goes out to 1065 Hannibal for a "No Gain" meeting on Jan 18.

I am looking forward to meeting and working with each of you. Thank you to all of you who have congratulated me on being named the Area Captain for Oswego and Onondaga Counties. It means a lot to me. I will do my best to work hard for you. Until next time.....be safe, smile and laugh!

TOPS Love  
Sharon Nihoff  
Area Captain

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