

# TOPS Newsletter

June/July

for: Anoka, Chisago, Isanti, Ramsey and Washington Counties

## Happy New Beginnings

### SRD

I'm Happy to report that 2010 SRD was a big success. Congratulations to our royalty and division winners of 2009. They are our inspiration both at the chapter level as well as the state level. One, Jeff Hollimon did us the honor of representing Minnesota at IRD in Nova Scotia in July. Thank you Jeff.

## TOPS Magazine

Has everyone noticed how wonderful our TOPS Magazine has become over the last year or so. Many chapters are using the magazine in their chapter meetings. Sometime a member will present the program based on the magazine. Other times an article is selected and those that are comfortable will read aloud, leaving time for discussion. Its a great opportunity to share ideas and set personal goals for the week.

## Chapter Visits

I visited six wonderful chapters this month.

MN 665, Blaine is a big fun chapter. This chapter incorporates an exercise group to start the meeting. They also have a fun baseball game that's enjoyed by the membership.

MN 1774, St Francis. This chapter is active in the community and makes money by selling their own oversized clothes. Neat idea that we all could consider.

## THANK YOU

As you know the Maintenance fund and the Workshop fund are mandatory and spent directly on you and your chapter. However, your recent contribution was not required but it helped defray the expenses for your Area Captains to attend IRD. This money is strictly voluntary and very much appreciated.

I was the recipient of some money and it helped with the plane fare to Nova Scotia. What a wonderful event with many motivational speakers. I'd like to share some of what I learned.

## IRD

Barb Cady, our president spoke with some memorable comments. She said "as your day proceeds your mouth is turned." How true. If you smile, the world smiles back at you. If you meet your day with your mouth turned down, your day deteriorates as it goes on.

She also said, "Your attitude reflects a message" everywhere you go. We do have the ability to control our attitude. Let's send out a message of love & happiness.

It has been said that there is no I in team. Barb disagrees, "there are a lot of I's in a team but a team of one is the captain of his/her own ship." Think about it. Our chapter is our support but they can't do the job for us. We have to direct ourselves towards positive changes.

To get to our goal we have to do the following.

1. Commit to the trip. Do you really want to get healthy? I do!
2. Chart the course
  - a. Make a plan. How are you going to get to goal, exercise, food diary etc
  - b. Set the time line. How many pounds in how long.
3. Understand why we want to get to goal.
  - a. Better health, more energy, just looking great.
  - a. What steers you off course, appetite, stress, loneliness, boredom?
4. Modify as needed but always get back on course.

Remember, if what you're doing is not working, something has to change and the only thing you have the power to change is yourself and your own habits. So change one thing today and head to your goal and join the more than 700 KOPS honored at IRD.

