

TOPS



January, 2010

365 Fresh Starts

In looking over past news releases from TOPS, I ran across one about fresh starts. As we began a new year, many of us think about making resolutions, which we never seem to keep. Instead, how about thinking of the upcoming year as 365 chances to get it right??

Below I have taken excerpts from this release in hopes that it may help you start the new year out right.

“First of all, don’t think in terms of ‘forever’. Don’t even think about the entire new year—just concentrate on today.

Remind yourself. When you decided to make a change, you were probably motivated by a specific impulse. Post a visual reminder of that impulse.

Keep yourself out of harms’ way when possible. Usually, all that’s required is a little advance planning. So before you go to the mall where they sell those cinnamon buns drenched in a week’s worth of saturated fat, eat a healthy snack. And plan on parking at a different entrance so you won’t have to walk past the bakery.

Make it easy to follow your good intentions. Exercise equipment should be as handy as possible. Exercise clothes should be stored in a single place so you can easily get ready. Fruit should be front and center in the fridge.

At the end of each day, evaluate how you’ve done. Inevitably, some days will be better than other days in terms of meeting your goals. On a bad day, figure out what went wrong and what you could do differently. On a good day, give yourself a pat on the back and a small reward.

Maintenance, workshop funds

Thanks to the chapters who have sent their maintenance and workshop funds in. There are still some chapters who have not sent theirs in—please don’t forget to do so. These are two separate funds, but you can combine them on one check if you wish.

Resumes due

Just a reminder . . . Get those 2009 resumes completed and sent to me. I have a deadline for compiling my area’s results and sending them to our Regional Director Ruth Gielow by the end of January. If you are struggling with getting them done, just send me your weight charts and I’ll be glad to help you out and complete them. We don’t want anyone missing a chance to be a division winner in our area just because the chapter resume didn’t get to me in time.

REMEMBER . . . To be a division winner, you must have a loss of 10 lbs. for 2009 and have weighed in at least once in December. All royalty are selected from the first -time KOPS in the current calendar year who used non-surgical means for weight loss and lost the most weight to goal (at least 10 lbs.) and weighed in at least once in December of 2009. Members who had surgery for weight loss may become a KOPS, but are not eligible for royalty.





TOPS Summer Olympics MN State Recognition Days

May 21 & 22, 2010
Best Western Kelly Inn
St. Cloud, MN

As the Coordinator in charge of SRD this year, I am finalizing details and hope to have letters mailed to chapters by the end of January. Make plans now to attend SRD and get inspired by the workshops and all the winners for 2009.

Open House:

January is our national open house/open meeting month. The theme is: "Time For A New Beginning." Let's continue to grow our membership.

Stress and Time Management

The Area Captains will have a new program for 2010 on Stress and Time Management. They will be more than happy to visit your chapters and present the program. Just contact them and set a date for the visit.

I also hope to visit more chapters in 2010. With my working Mondays and Tuesdays all day and Friday mornings it is hard to visit some of your chapters; therefore, I hope to schedule "town meetings" and get several chapters together to do a visit.

With our crazy Minnesota winter storms we're having this year, I realize it will be hard to schedule many visits during these winter months, but contact your Area Captain or me and we'll try to set some dates.

IRD

IRD, held in Halifax, Nova Scotia July 15-17, 2010, is fast approaching. Do you have your passport? A fabulous bus tour is being offered by RD Ruth Gielow. Departs July 8, 2010 from Milwaukee, Wisconsin. It will stop in Ohio the first night. Final destination IRD Halifax. Tours of the Halifax area are included. It sounds fantastic. Cost for tour, starting July 8-22, 2010, is per person. Double \$2,749 Triple \$2,229 Quad \$2,109 Single \$3,939.

Contact Ruth Gielow for more information at N64 W14121 Lincoln Lane, Menomonee, WI 3051-51211; ruthgielow@aol.com; 262-252-4475.



Workshops

The Area Captains are in the process of scheduling their spring workshops and will be sending details of them in their newsletters.

The first one will be LeAnn's are—to be held Saturday, March 20 at Lamberton.

Ami will be holding a workshop April 24th at a place yet to be determined

Vicki will hold a workshop in Pennock, hosted by MN 703, Willmar. Date to be set yet.