

Roe WiersGalla, TOPS Area Captain
228 East Plainfield Avenue, Milwaukee, WI 53207
414.744.4645 email: roew@hotmail.com

TOPS NEWSLETTER
MILWAUKEE COUNTY

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**LEADERS: PLEASE COPY AND DISTRIBUTE TO EACH MEMBER
AND ALSO READ AT MEETING**

Dear TOPS Chapters of Milwaukee County:

FALL RALLY: Reminder that our Fall Rally will be held Saturday, October 8, 2011 at the Columbus High School in Columbus, WI. Be sure to review Jackie Marks' recent letter that you received setting forth all the details. There will be several good speakers, along with a Chinese Auction and a Share the Wealth raffle.

QUARTERLY MEETING: The next Milwaukee County quarterly meeting will be **Monday, November 7, 2011, at 7 p.m.**, near the Medical College of Wisconsin. We are meeting in the Wisconsin Athletic Club/City Market building, **8700** Watertown Plank Road, Wauwatosa.

WEIGHT REPORT: Reminder to all weight recorders to send me the chapter report for the third quarter immediately after your last September meeting.

WEIGHT RECORDER TRAINING: This is the meeting where special training is held for all weight recorders and assistants, who are requested to attend the resume workshop that evening **beginning at 6:00 p.m., before the regular meeting.** This workshop will review how to fill in your chapter's annual resume. These resumes are due after the last weigh-in of the year and are turned in with the official weight charts. Chapter officers are encouraged to attend also, as help may be needed at year-end.

AWARDS: Along with certificates for best male and female losers in Milwaukee County for the third quarter of 2011, and for KOPS at or below goal for those three months, and for TOPS with no gains, there is a traveling trophy awarded to the chapter with the best average loss for the quarter. If a chapter receives the trophy for two consecutive meetings, they will keep the trophy.

SPEAKER: After the awards, we will have a most informative presentation by Dr. Greg Gavric. Please encourage all your members to attend, but at least one member from each chapter should be there to take home the chapter awards and informative tips from Dr. Gavric.

MONTHLY WEIGHT LOSS TIP - CHANGING UNHEALTHY HABITS:

Changing habits is like starting a new job, the first couple of weeks are stressful and disorienting, but if you just hang in there, you will feel at home before you know it.

There are three things that have to happen to successfully change a habit. The **first** is that you must make the decision to change. When you make a decision, you are affirming to yourself that you are willing to go to any lengths to make your wishes come true. This means that you will need to completely eliminate the word “try” from your vocabulary. When you say “I’ll try to do my exercises,” you are leaving an open door to not doing them. Then in your mind, if you don’t do your exercises, that’s okay because you only said you would “try” to do them. If you want to successfully change your habits to live a healthier life, you cannot leave an open door to your old habits. You need to just do it, just make a decision and not look back.

The **second** thing is to act “as if.” Whenever you change what you are doing, it will feel unnatural. It may feel like you are doing something wrong, funny, or something that is just not you. In a way you are right. When you change a habit, you are by definition acting in a way that is ‘just not you.’ But in a very short time, it will feel normal.

The **third** is to work on yourself every day. The highest demonstration of a healthy and growing self-image and self-esteem is the commitment to work on yourself each and every day. You experience an elevated consciousness when you realize your power to step up to your greatness or default to your weakness with every challenge, distraction and decision. Working on yourself with consistency and persistence connects you to your inner wisdom and inner strength to become unstoppable.

***“If you have built castles in the air, your work need not be lost;
that is where they should be. Now put foundations under them.”***

- Henry David Thoreau

See you soon!

***Roe WiersGalla
TOPS Area Captain***