

March 2011

To all TOPS members in Area 452

Hope to see many of you in Decatur on March 19th. We will be celebrating our 2010 Successes and having a great time with our TOPS friends. Information is available at topswonders.com/Texas if you need it.



Thanks go out to those that have already sent in the Officer's Chart for the elections you held at the first meeting of March. I have already sent to Headquarters those that have been received. As a reminder, I will contact you only if there are issues that need to be resolved with memberships prior to any installations. I know that many of you have already contacted your Area Captain and have invited them to install the officers. Please keep in mind the rising cost of gas when you are deciding what amount you would like to gift them for their expenses. I know that we all like to give material gifts, but I know that any amount of money is deeply appreciated and goes right into the gas tank.

SRD Registration deadlines have all now passed, but if you change your mind or your schedule allows you to go – please come on! For those that are registered and have hotel reservations, please look at those reservations NOW and cancel any rooms that you will not need. I know there is a waiting list of members who really want to be at the headquarters hotel, but have to wait until a room is available.

As of May 1, I will not be using the post office box address. I decided it was a line item in my budget that I could do without. Since I am at home (working) every day, it only makes sense to get all the mail here. Don't worry; there will be a forwarding service that will be in place for a year, so we shouldn't lose anything. For some of you, this isn't an issue as you have continued to send your mail to my home address for the last three years anyway. LOL.

I know that many of the Area Captain's have already visited their chapters and presented the program provided by HDQR entitled "Super Foods". We would love to hear your reactions to this program and are always looking for suggestions on types of programs that you as the members would like to see presented.

Included with this is a one page 'program' on some of the signs we can see on our Road to Success. Challenge your members to make some 'signs' that you can post around your meeting room and then see what discussions are generated by these signs. We all react differently to the things we see around us. There are optimistic and pessimistic thoughts that our brains generate when stimulated. Just how many 'thoughts' can be generated by a simple YIELD sign? Which signs promote the most reactions from you? Which signs promote negative reactions from you?

We all know the adage, 'you are what you eat'. Along the same line of thinking is 'you are what you think'. As we struggle with the daily life situations that arise, stop to realize what you are thinking when you find out about an illness in your family. Do you stop to consider what lifestyle changes you need to make to avoid those illnesses? Or do you think about how that illness is affecting the persons around that person? As the saying goes, it's not the negative things in our lives that determine who we are, it's how we react to those occurrences. The positive things that happen generate good feelings, but how can we let these positive feelings affect other areas of our lives?

Good luck on your travels down the Road to Success and may be potholes be few, the journey be sunny and the destination always be in your thoughts.

Your TOPS Coordinator,

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Your Road to Success

Now that you have decided to start the journey, we would like to give you some information that may help you on the trip. There are all types of signs along the road. Some tell us how to get there, some tell us what to be on the lookout for, and some tell us things we should watch out for. For some the journey is short, for some it seems too long.



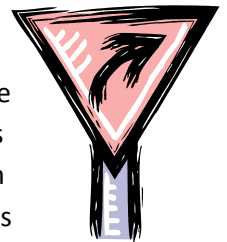
Every now and then when we have chosen a route, we reach a dead end. We have two choices – turnaround and figure out how to get back on the right route or just stay there. This could be compared to evaluating our food journal and seeing what we need to change, so that we can get where we want to go OR we just keep doing whatever we were doing and keep getting the same results.

Most of the time in our journey to a healthy lifestyle, we have too many choices to make. We can get frustrated because we don't know what to do and ultimately decide it's just too hard. We can get investigative and really look at each of the choices and determine what will be the best choice for us at the time, and then go for it. We can just randomly pick a choice, start the journey and then wait and see where it takes us. The choices we make determine how long it will take us to get there and what obstacles we will have to face in the journey. Until you choose a path, you will never know exactly where it will take you.



If you think about it, how many times have you really seen the sign that tells you that you are going the wrong way? Usually it is at the point that if you continue, you will encounter and possibly suffer irreversible consequences. You would have already had several signs that you were headed the wrong way, but you choose to ignore them. If you see that you are gaining weight or staying within a certain weight range all the time, you are definitely not on a path to a healthy lifestyle.

When we are traveling, we sometimes see a sign letting us know that there is a curve in the road up ahead. These are usually placed where if one continues at the same speed, we may have issues staying on the road. We all know that life throws curves every now and then and we need to recognize the signs so that we can minimize the effort that it will take to stay on track. With eating, these curves are celebrations or negative circumstances which will make us forget what we are trying to accomplish with our weight loss. How many times have you said or heard someone say after a weight gain – It was someone's birthday and they had a piece of cake. We all know that one piece of cake does not make one gain a pound. It's that we allowed the one piece of cake to give us an excuse to eat more than we normally would for an extended period of time.



We all know that exercise can help us stay on track. Not just because it burns calories but also it helps us stay focused on our journey. When we are doing something positive for ourselves, the chemicals in our brain will kick in and help us remember why we are doing what we are doing. Ask yourself, "Why do I want to be healthy?" The honest answer will be the motivation you need to continue the journey.

Here is a sign that you do not see along the road very often, but it is a sign to remind us to ask for help and to offer help when someone is in need. It is a sign that should be on your copy of the 'Choice is Mine' and on your workbook. It should be on the door of your TOPS meeting place to remind us all that we are in this together and together we can succeed!

