



Happy Fall to Everyone! Even though the temperatures sometimes get into the 90's, being in the 60's or 70's at night sure makes the mornings feel crisp and one can sense that the leaves will start changing colors soon and before we know it, the trees will be bare. Fall is my favorite time of year as it makes me think about starting anew in the spring with my gardening projects and I start getting the planting beds cleaned up and ready for winter. It is also the time when we start planning our family get togethers for the holidays.

As I was getting dressed this morning and deciding what to wear, I was choosing between what I call 'comfort' clothes – stretchable, loose, worn- OR more fitted clothing – a little tighter, newer and worn less often. Then I thought about the events coming up where there would be my favorite comfort foods and thought about what 'comfort' foods I usually eat in my everyday life. All these thoughts got me to thinking...scary thought.



I realized that the days that I felt positive about where my weight loss journey was headed, I would wear the more fitted clothing, fix my hair, put on earrings.... The days when I apparently had already decided to 'go easy' on my journey, I would wear the loose pants, too big T-shirts, maybe fix my hair-maybe not, definitely no earrings. It dawned on me, if my current attitude was determining what I wore, MAYBE choosing clothing that was more fitted would determine my attitude and I would become more focused on my journey and making better choices. So – I put on a top that was tight enough that I could feel the fabric against my skin. When I sat down at my desk, without thinking I automatically sat straighter and tightened the abs. WHOA! That felt good! Then I remembered how the other day when I wore one of the more fitted tops, my daughter commented, 'Mom, you've lost more weight haven't you? That top really shows that you are getting thinner.' Well, 'thin' is a word I would never use when describing myself, but her compliment made me proud of myself.

So now that we are all getting ready for the upcoming celebrations, we need to plan ahead and make sure that we figure out ahead of time which 'comfort' foods we are going to eat and exactly how much we are going to allow ourselves. Take the time NOW to look up the calorie count – the carbohydrate count – the fat content of those foods that you know you will be faced with. If you are going to be around a lot of candy – take the time when you go to the grocery store, to read the labels on the 'individual sized' candies that you love, and choose now which ones are worth it and which ones are not.

For one of your chapter programs in October or November, prepare a list of the foods that you are most likely to see in the next few months, assign each member one or two items or casseroles (like green bean casserole or sweet potato casserole) to research and gather the nutrition information, make a 8.5x11 piece of paper with a picture of the item and list all the nutritional information on it and bring to the next meeting to share. Bring measuring cups to the discussion meeting so everyone can re-familiarize themselves with what a portion looks like. That way when we sit down to that feast, we REALLY have a good idea of how much we are putting on our plates. Some members may even get motivated to look at a recipe and share how the nutritional content could become a more healthy choice with some minor tweaks.

Suggestion – when you are going to be sitting down to a meal, wear the tightest pants you have, or even tighten your belt so that you can really 'feel' when you have eaten enough.

My decision – from now on, if I am not doing 'dirty' work, I am going to dress better every day.

Change in Membership Fee

As published in TOPS NEWS, effective January 1, 2012, TOPS membership fee will increase to \$28, and the half-price fee for teens and spouses without TOPS NEWS, increases to \$14. I see that HDQR has already mailed out the December renewals. In order for 2011 renewals and 2011 new member applications to be processed at the current rate of \$26 and \$13, they **MUST BE POSTMARKED in 2011**. If they are not mailed to me by December 31, they will require the additional \$2 to be processed. I do not know when HDQR will start sending the January 2012 renewals, but make sure you collect \$28 from the member. Even if a member with a 2012 renewal date pays before the end of the year, the renewal fee is \$28 or \$14 for spouses and teens without TOPS NEWS. Leaders and Treasurers – PLEASE check to make sure that the proper amount is paid when submitting renewals and application. Please call me if you have any questions.

Vouchers for 'free' memberships

HDQR will send your Leader or Chapter Designate emails as your chapter's new members applications are processed by HDQR. It states that when you get an email that shows **FOUR** new members, you are to send a copy of that email (this is the voucher) with a membership app or renewal instead of sending the \$26 fee that was collected from the member. This promotion only applies to chapters whose Leader has a valid email address or the chapter has designated someone as the person to receive emails on behalf of the chapter. Again, please call me if you have any questions. The Board of Director's recently added that chapters who receive the 'voucher' also have the opportunity to order FIVE Choice is Mine books for only \$25, which is a HUGE savings. I hope that you take advantage of this offer.

MEMBERS – My Weight Record

There is another GREAT tool available to you at www.tops.org that you may not have found. Log in to tops.org and click on 'member' and look to the left side of the screen (in blue shaded area), scroll down until you see **My Weight Record**, click on that and you can record your weights each week and keep track of how you are doing. If you have the information back to the first of the year, you can input that info also. Another great tool!

TOPS Fall Fun Days –

We still have two left...October 8 in Amarillo and October 29 in Burkburnett. We have had a fabulous time in Dallas, Midland and Athens. We have heard our State Royalty speak and enjoyed the fellowship with fellow TOPS members. If you need any info on Amarillo or Burkburnett, please contact me.

TEXAS TOPS State Recognition Days – April 13-14, 2012 InterContinental Hotel Addison, TX Plans are well underway and we are getting real excited about all the activities that we are scheduling for you the members. The formal SRD letter goes out in January 2012, so be on the lookout for the packet around January 15th.

Enclosed is Leadership Skills Lesson #3 Thanks to those that after last month's newsletter have requested the unabridged version of either #2 or of all nine lessons. This says a lot about how you are working to improve your own Leadership skills and those of your members. As I mentioned before, we can ALL benefit from these lessons as we are Leaders of some sort either in our family, other social groups, church activities, school activities, etc.

Have a great October and keep your journey going strong.

TOPS love,

Cindy

Cindy Moore
13636 Janwood Ln
Dallas, TX 75234
Phone 214.797.1976
Email coord452@tx.rr.com
Websites: tops.org and
topswonders.com/Texas
Facebook: Cindy Moore and TOPS In Texas

In last month's lesson we asked you to consider TOPS mission statement and we reminded you that you are in the "life-saving" business and that is a very noble profession.

In this lesson, we will review the next steps to take after you have a full understanding of your current situation. You have to know where you are going in order to inspire others to follow you.

Gap Analysis is the term used in the business world when we look at the current situation or state and compare it to the ideal situation. This identifies the "gap" between the two and the next step is to plan a strategy to build a bridge over that gap.



1. Imagine yourself as "leading and influencing" to your full potential.
2. Then imagine what TOPS would be like if it was as successful as it could be. What would your chapter be like if everyone was working together to lose or maintain weight loss?
3. Take some quality time to think how TOPS can help you be a more effective leader as you "shoot for the stars"
4. Brainstorming with others is important to collect information. Collect ideas via phone, meetings, or email contact. Some ideas will not work or be practical, but don't discount any ideas from others. Having a chapter meeting where everyone is excited about building the chapter membership up and having motivational programs to keep everyone on track losing will help you see what needs to be done to build a better chapter.
5. Don't forget the members. We need to adapt for our members during this changing environment and stress filled lives. Think of ways to address their needs and help TOPS grow.

Your assignment is to please take all of the steps discussed in this lesson and:

- Identify the current state and the ideal state
- Determine the "gap"
- Record your thought on how to cross the "gap"
- Brainstorm with others for additional ideas
- Collect information from members and record these ideas
- Summarize your finding and submit the information to your TOPS contact person

When you do the above, remember to remind yourself that you are in the "life saving" business.