



Reaching Out Newsletter

Published by Elaine Luce, TOPS Area Captain
Serving San Antonio Area since 2000

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January 2012

UPCOMING EVENTS:

1/21/2012
Leadership
Workshop
Florence, TX

Chapter Birthdays

Jan.2, 1968
TX 360-44 yrs.

Jan.6, 1992
TX 1454-20 yrs.

Jan.6, 2001
TX 1734-11 yrs.

Jan.23, 1992
TX 1456-20 yrs.

Jan.31, 1967
TX 256-45 yrs.

**Happy
Birthday
To you!**

Greetings from Elaine

We are embarking on a wonderful new year. I am so excited about our theme for 2012, "Reaching Out for Success!" I hope each of you is as excited and ready to get started as I am! It takes all of us, "Reaching Out" together to be successful! Remember: "My loss is your loss and your loss is my loss."

Our pseudo member contest began on the first weigh-in of January. I hope each chapter will keep me fully informed on the progress of your new member. I want to hear all about his/her success during the coming months.

Please send me your new chapter's new member profile and story. Oh, yes, a picture would be nice too! Who knows, your newest member may be featured in an upcoming Newsletter!

Kay and I don't want to miss out on all the fun you all are having, so, we have a new Field Staff member and will be reporting her progress to you, as well. Our new Field Staff member's name is Frog Friendz. She is living with Kay since it would be impossible for her to go home every other week with me. I am sure Kay is taking "VERY" good care of Ms. Friendz and helping her make healthy food choices every day! Having each other for a constant daily companion should help both of them stay on track!

Inspiring Thoughts

"A good football team relies more on harmonious coordination of effort than individual skill."

Teamwork is a "cooperative effort by the members of a team to achieve a common goal." The key words in the definition are cooperative effort. Without the support of the entire group, no team can long endure. Football players quickly learn that no member of the team can be a star in every play. Most moments of glory are built upon a long series of plays, each won by committed, determined, bone-jarring blocking and tackling. A winning team is one whose members recognize that when one member of the team is successful, the entire team wins. Conversely, a sure way to develop a losing formula is to create an environment in which team members compete with one another instead of the opponent. When all members give their best in every situation -- whether they are carrying the ball or clearing the way for someone else -- the team wins and so does each individual member of it.

(Napoleon Hill's Thought for Today)

We are on a team, "Team TOPS"...we have come together for a common reason, to support and uplift each other as we win the battle over excess weight. It is just like the words of this song we often sing at our meetings:

"The more we get together,
together, together, the more we get
together the slimmer we'll be.
For your loss, is my loss, and, my
loss, is your loss, the more we get
together the slimmer we'll be!"

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Inspiring Thoughts

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YES, we are a team...Team TOPS!
When one of us is successful, we all
are successful! We are all, "All Stars"
on our team! Our opponent is excess
weight, and our mission is to support
each other as we take off and keep off
pounds sensibly!

As we begin this new year, let's
renew our commitment and
determination to this cooperative
team effort!

**GO TEAM TOPS! WE'RE
REACHING OUT FOR SUCCESS!**

Cartoon of the Month



Looking for Low Cal Recipes...

Have you got some good low
calorie, healthy recipes that you
would like to share with
everyone? Please send them to
me to be included in the
newsletter each month.

Road Sign for January...

Green Light..."GO!"

Make plans for success with
smart meal planning & exercise
program. GO make it fun!

New Contest

I am so excited about our new
2012 theme and contest and it
seems that some of you have
really gotten into having some
fun in creating your new pseudo
members name and profile.
Don't forget to send me before
pictures and some information
about your new member. I want
to feature all of new members at
sometime throughout the year in
my newsletter.

Until next month...

Elaine

Ke.luce@att.net