


# Elaine's Chatter

June 4, 2011

Greetings San Antonio area TOPS,

Are you enjoying the summertime weather we are having? I am already longing for some cool weather and we are not even into the hottest days of summer yet!

This newsletter will be brief this month as I am making plans to attend IRD in Milwaukee, Wisconsin. I have really been looking forward to attending this year. It has been nine years since I was able to attend an IRD. As most of you know, I was invited to be one of the soloist for IRD and also one of the song leaders, so I really feel honored to be able to represent our area and state. I will be leaving July 3<sup>rd</sup> and not return home until July 10<sup>th</sup>. David

and Babette (our baby dog)  will be holding down the home front until I return.

When I get home from IRD, I will be contacting the leaders of each chapter to start my chapter visits. I will be presenting the Area Captain program prepared for us by headquarters on Super Foods. I will need at least 30 to 40 minutes of chapter time to present the program. I look forward to being in chapter with each of you.

*If you don't know where you are going,  
you'll end up someplace else.*

*Yagi Berra*



## ROAD SIGN FOR JUNE 2011

### **RE-EVALUATE ...CHECK PORTION SIZES, EXERCISE PROGRAM, GOALS, MOTIVATION ETC**

We all know in TOPS how important goal setting is for us to accomplish our weight loss goals. It is equally important to re-evaluate those goals regularly to see if we are on target. It is time to make sure your motivation hasn't waned or maybe you have slipped into some old habits and you are eating larger portions. Time to get out the measuring spoons and cups and recheck your portion sizes! Have you kept your commitment that you made at the beginning of the year to exercise more? (Yikes, I need a recheck on that issue!) Anyway, you get where I am going...it's time to STOP and RE-EVALUATE your goals.

*Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than before.*

*Polybius*

**Until next month,**

**Remember: I believe in you, believe in yourself!**

*Love you bunches,*

*Elaine*