
Elaine's Chatter

October 2011

Serving TOPS Chapters in Bexar

By Elaine Luce

and surrounding counties

TOPS Area Captain

GET READY! GET READY! GET READY!

Some new changes are coming to the monthly newsletter starting in January 2012. The title will no longer be, "Elaine's Chatter", it will be, "Reach Out."

January 2012 will also debut the "Reaching Out for Success" theme for the San Antonio Area and the new weight loss contest. I am so excited about it! All San Antonio Area chapter contacts received an email explaining the new theme and contest. If you have any question concerning the rules for the contest, please feel free to contact me anytime.

Unlimited power may be available when two or more people coordinate their thoughts and actions in a spirit of perfect harmony for the attainment of a definite purpose.

This quote goes so well with the concept of our "Reaching Out for Success" theme. When we coordinate our thoughts and actions together, in perfect harmony, we have unlimited power at our disposal to achieve our purpose.

TOPS has been doing this since its birth in 1948...joining together, reaching out our hands to each other in support, encouragement, and love to accomplish our mission statement.

TOPS MISSION STATEMENT

TOPS' mission is to support our members as they take and keep off pounds sensibly.



Fall Rally was a great success!

As all of you know that attended, I had a "GROOVY" time at Fall Rally! In spite of my many mistakes and missteps during the day, it was a fabulous rally. All of the wonderful members of the San Antonio Area saw to that! Your participation and fun loving ways made the day "Enthusiastic and Dynamic!" You are all AWESOME!

A "GREAT BIG THANK YOU" to TX 360 Randolph AFB for putting on a magnificent Fall Rally, it was GRAND! And the meal was SO delicious!

We had so many creative skits and songs performed by many area chapters. You all are so talented and I love how you generously share that talent with all of us! Thank You for the GREAT entertainment!

Future Fall Rallies

We already have a date and host chapter for 2012 Fall Rally. TX 334 San Antonio will host this 2012 event on October 13, 2012. Be sure to mark that date down on your calendar.

We will have a Field Staff meeting with Kay, after the first of the year and plan the theme for 2012.

2013 Fall Rally

Yes, it is true; we already have a host chapter for 2013! We will be traveling to Hondo for this future event. Our host chapter will be, TX 1456 Hondo. Thank you Hondo! No date has been set yet.

NO GAINER MEETINGS

We all get excited when we have that wonderful meeting called the, "No Gainer" meeting. Three San Antonio Area chapters have reported "No Gainer's" in the past month:

TX 1454 Pleasanton...September 20, 2011

TX 360 Randolph AFB...October 3, 2011

TX 1874 Utopia.....September 14, 2011

Congratulations to all three chapters for a job well done!

Be sure to let me know when your chapter has a "No Gainer" meeting, so we can share the good news with all our chapters.



ARE YOU STUCK IN A RUT?

On your "TOPS Road to Success", are you feeling stuck in a rut? We all know this happens sometimes. We have all "been there, done that." Sometimes we need something to shake us up and give us a clearer vision of what changes we need to make in order to get out of that rut.

Maybe you need to recheck your map and make a detour down a different road. This change in direction just may be what you need to get re-motivated to continue your journey.

The next time you find yourself in this kind of situation, try these suggestions from "Meditations for Weight Loss."

In an article, they wrote, "Have you ever sat down and thought that you need to make changes in your life... We all get into ruts of complacency, or of just being comfortable and resisting change..."

You can re-organize your life with a vision board. The next time you have those thoughts of needing change, simply pick one of your goals and create a vision board to help you see how you can accomplish that change in your life..."

Losing weight and becoming a healthy individual is the primary goal as a TOPS member. We all desire that or we would not have joined TOPS. So, on your vision board, map out your strategy on how you plan to do this.

Meditations for Weight Loss suggest that, "In your mind or on paper or on a vision board you can plot out the steps from largest to smallest, then fill in what you need to do to achieve each step.

Your vision board is a personal thing and you can use it to motivate and inspire you, to help you see the progress you're making and to finally lead you to the culmination of your dreams...

There is no wrong or right way to make a vision board, the only requirement is that it works for you. You can make your board your favorite color; include motivational and inspirational quotes, a graph or steps to show your progress and anything else you feel is part of your metamorphosis..."

This sounds a bit like a map to success to me! A map to help you continue your journey down...TOPS Road to Success!

Wishing you all Happy Successful Trails...until next month!

Love you all bunches,
Elaine