



Regional Director's Newsletter, December 2015

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Leaders please set aside 10 minutes to carefully read and discuss this email with your chapter.

Dear TOPS Members,

Light up the season with smiles. A smile that sparkles is also one that beams with confidence. How true is this statement? Take time at chapter to make sure all of your members feel welcome, not only during the holidays but throughout the year. This is my wish for all of you.

It has been brought to my attention that a few of my chapters are dealing with personality conflicts. I know this is a touchy topic but one that we need to address. Remember all of our members come from different walks of life, which could include stress, poor health and or family problems. A member might be a bit critical of another member or the way they do something. The critical person may have good intentions, hoping to be helpful, but does not realize that their very act of correcting someone or saying an unkind word affects the morale of the whole chapter. That behavior causes turmoil and upsets the very thing we are trying to achieve, which is warmth and support for each other in TOPS. Perhaps each chapter might consider posting a sign saying, "*Please Check Unkind Words or Negativity before entering this room.*" Remember all change begins with us. Remember our TOPS Mission Statement. "TOPS Mission" is to support our members as they take and keep off pounds sensibly. A pleasant, positive attitude is contagious and a motivator not only for us but for everyone we meet.

Bring a Friend to TOPS



We all know someone who would love our TOPS support, so now is the time to invite them to visit your meeting. If they join before January 31, 2016 and you fill out the coupon that was in the December/January TOPS News on page 60...you will receive a free "My Personal Journal" from TOPS. This is a "win win" situation. You help a friend by encouraging them to join TOPS. New members attend your weekly meetings to add a new "spark" to the chapter and you receive a free Personal Journal. Let's see how many new members we can get for our chapters during the challenge! I know each chapter can get at least one new member....I wonder which chapter will get the most new members???



While reading your TOPS News, don't forget to check out the new walking ribbons on page 31. What a great way to recognize your members that walk for exercise or for holding a chapter walk.

After the survey in the TOPS News a final version of the TOPS and KOPS Pledge were approved and are as follows:

TOPS Pledge

I am an intelligent person,
I will control my emotions, not let my emotions control me.
Every time I am tempted to uses food
To satisfy my frustrated desires, build up my injured ego
Or dull my senses
I will remember_
I WILL TAKE OFF POUNDS SENSIBLY

KOPS Pledge

I am an intelligent person,
I will control my emotions, not let my emotions control me.
Every time I am tempted to uses food
To satisfy my frustrated desires, build up my injured ego
Or dull my senses
I will remember_
I am to be an example as
I KEEP OFF POUNDS SENSIBLY

Based on the feedback submitted to headquarters, the Board voted to remove the phrase "Although I overeat in private, my excess poundage is there for all the world to see" from the pledge. The reason the pledge was revised was to take out the negativity associated with our TOPS pledge.

TOPS Rules will not be appearing in the December/January issue of *TOPS News and* will not have TOPS and KOPS Pledges printed in them. The pledges will appear in the February/March issue.



The Esther Manz Garden for the 2nd year in a row received a prestigious award from the City of Milwaukee Garden District. The New 2016 collectible Maple Leaf Garden Pin will be available soon with a donation to the Garden. Help support the garden with your contributions. Pavers, maintenance and trees and other items are available. What a great way to remember a TOPS member that has passed away or a chapter accomplishment.



Food Exchange

TOPS Exchange Mobile App for Android phones is going through Beta Tests, which are expected to be completed by December 31. Target date to announce the app's availability on Google Play at \$2.99 onetime fee, is in the April/May issue of *TOPS News*, on www.tops.org, and through our social media channels.



Check out some fun and healthy ideas on the new TOPS Pinterest page! We'll be adding more regularly throughout the season.
[/www.pinterest.com/TOPSweightloss/](http://www.pinterest.com/TOPSweightloss/)

The day after Christmas or New Year. When you're ready to restart your weight loss journey. Having a goal is the key to getting motivated and moving forward. It creates a mental picture. Now you're focused on the positive again, not the negative. You're looking forward, not backward. Hopefully, you have a new motivation.

It's important that you set a new goal based on where you are now, not where you were before the holidays. If your goal is based on the past, it will force you to look backward. Where you are now is your new reality, your new baseline, so build on that. Let's say you've gained thirteen pounds. If your goal is "I want to get back to where I was before the holidays," then after losing three pounds, you'll still be thinking, I'm ten pounds from where I used to be. But if your goal is to lose three pounds, when you've done that, you'll think, Hooray for me! And set the next realistic goal. You have moved forward.

The best way to move forward, is to move forward. Just get up and look ahead of you, not backward. Don't think about how you blew it at Christmas. This is just one day. Don't dwell on all the exercise you didn't do. Don't count yesterday's calories. It's over and done. Forgive yourself and move on.

Happy Holidays from Minnesota



TOPS Hugs to all of you,

Bob