

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413)237-5266 losingweight@tlavigne.us October 2012

Yearly Goal

I have stopped focusing on my weight loss goal this year. Just like everyone else I too am struggling with a small gain my focus will be on getting and staying well. I can start again failure is never an option for me, when I'm ok.

Chapter Visits

MA 0423 South Hadley
MA 0344 Southwick
MA 0412 Westfield

Reinstated KOPS

Mary S Husted MA 0411
Westfield
Congratulations!!!

NEW KOPS

None this month.

Fall RALLY

If your chapter has only one person that would like to attend Fall Rally let me know. I can hook you up and you won't have to miss out on a great day. When Lee is in charge we are in for a wonderful time!

NEW WEBSITE

Check out www.matops.com .
If you have a contest or anything you want to share please let us know
contact@matops.com

SRD HELP

I know Fall Rally hasn't happened yet, but it's never too early to ask. Even if your chapter isn't attending you can help. SRD will be held very close to us. SRD will be held a week late just so I could have it close to my area Lets show TOPS one of the reasons I was #2 Area Captain. (My chapters) ty

JACKIE MASHIA 10 Year KOPS



MA 0211 Chicopee celebrated Jackie's 10 years of KOPS. Her husband, Bob Mashie was there to support his wife. Jackie received many cards and 10 wooden yellow roses to represent the years of her KOPS. Jackie also received her 10 year pendant. Jackie gave a yellow rose to Lydia Colon, as you see she was very touched by the gesture. Congratulations!

Fall Rally donations

According to the list that was sent to the Area Captains I only have 4 chapters attending. I understand the distance and the cost. It is very expensive to run a Fall Rally and an SRD. Please send in your donation to Dotty our state treasurer or Rosie it will be appreciated.

Emailing

Headquarters

Please do not go to headquarters if you have a question on a rule or where you can find something you are looking for on the web they are very busy. I am here to help you with those types of issues. You can always write a positive note if you wish like the Gardner group did.

JUST A REMINDER

If there is an issue in the chapter, let your board first discuss the issue that is why you elected them.

Your chapter could/should vote (secretly), majority rules.

Please, if when you have a visitor, your upset about something, refrain from saying anything, (even if you are right) until after the meeting. They may think this happens all the time, we know it doesn't, but they may not want to come back.

When Chapters Have a problem

1. Try within your chapter; let everyone know what is going on.
2. Call Terri your Area Captain we can discuss the problem and I will visit your chapter.
3. If you and I can't come up with an answer I'll call Rosie to see if she can help.
4. Then we can get Judy Pettit involved.
5. Finally we go to Barbara Cady

Try to remember that many of the members of TOPS have eating disorders and going to TOPS shouldn't be a time of stress ,so they go home and overeat.

Facebook

I had a phone call that something that they felt was personal was placed on someone's wall. They felt it was chapter business. Please think how you would feel if the post you are writing about was you.

MY LAST FEW VISITS

Please return my calls when I call I'm trying to set up my yearly Area Captain programs. I would like to get these done before the snow. As an Area Captain it is a requirement for me to visit each chapter. Please help me spread the word of TOPS and get my job done.

25 pound loss contest

MA 0211 Chicopee

Pat Chevalier 19lbs
Terri Lavigne 9.0Lbs
Darnelle White 9.5lbs

MA 0411 Westfield

Sharon Marks 7.5Lbs
Rosemary Gowdy 6.75

Looking for a Hall

I would like to have another workshop, and an evening of sharing. Please let me know ASAP.

THANK YOU

Yard signs

I'm having signs made, one for each county to promote TOPS. I'm asking if someone who lives where there is a lot of traffic to



volunteer to place it in their yard. I need a 12 % increase from last year to reach my AC requirements. If I reach my goal and your area had the most NEW members during the time you had the sign I'll pay your \$28 membership. I was thinking each person could use the sign for 4 weeks. WE CAN DO THIS!!!!!!
Rosie will decide if you are the winner.

NEW YORK RETREAT

Marsha Dube, from MA 0211 Chicopee, attended the weekend retreat, lead by Cynthia Mack.



Even though it was very fast passed, Marsha came back enthusiastic with a refresher course on the exchange system.



I would recommend a retreat, they may sound expensive but you receive 3 meals, snack, nice rooms, and workshops from a trained retreat director .When I worked full time, I went once a year to get refocused.

Remember

With baby steps you can climb any mountain to your goal!



Remember I'm here for you, Terri

The Trick to Eating Treats Fearlessly



By [michelle_may_md](#) on Oct 18, 2012 10:00 AM in [Tips & Updates](#)

When my daughter was trick-or-treating age, she kept her Halloween candy in her closet because she didn't want her brother to eat it. For the first couple of days, she'd eat candy several times a day but as the novelty wore off, she'd eat less and less. Eventually we'd just throw the rest away.

That was amazing to me because at that point in my life, I didn't believe that I could have candy around without eating it all—because I couldn't! (Maybe that's why she kept hers in her closet.) I didn't know it at the time but I later discovered that my fear of losing control was a self-fulfilling prophecy. Here's how the cycle went:

Restricting myself from eating one of my favorite foods, chocolate, caused my cravings to grow stronger. I became more sensitized to it so I noticed it in Halloween grocery ads beginning in August, holiday displays, bowls in the break room—and my daughter's Trick-or-Treat bag. I would gradually feel more and more deprived—especially when everyone else seemed to be eating chocolate. Eventually, the restriction, cravings, deprivation, and availability—along with a little stress—would create the perfect storm and I'd give in.

At first the chocolate tasted so good...but before long, I barely tasted it. When it was all gone, I'd feel sick and guilty. Then I'd tell myself, "I've already blown it; I might as well keep eating and start over tomorrow." Sure enough, I had proven myself right: If I have chocolate, I'll lose control. Little did I know that restricting myself from having chocolate gave it more power over me.

If this sounds familiar, you will be happy to know that you can learn how to include "treats" in your diet ("diet" meaning what you eat on a daily basis). I have, and so have many others. Here's the trick...

Nine Steps to Fearlessly Eating Treats

Fearless eating means that you can have any type of food you want without being afraid you'll lose control. The following steps will guide you to add one food at a time and eat it regularly until it loses its power over you. Move through the steps at a pace that's comfortable for you and get [support](#) from someone trained in this process if needed.

1. Make a list of your "scary foods," foods you enjoy but generally restrict yourself from eating.
2. Choose one of the foods from your list and give yourself full permission to eat it when you're hungry.

3. Don't be surprised if you want that food frequently at first; that's normal when you've been restricting yourself. Relax; the cravings will decrease when you truly believe you can have that food whenever you want—remember the candy in my daughter's closet.
4. Buy, prepare, or order one serving of that food when you really, really, really, really want it. This is the "four really" test.
5. Eat your chosen food **mindfully**, without distractions, and focus on aroma, appearance, flavor, and texture as you eat. Stay connected to how your body feels. See if you can tell when the food doesn't taste quite as good as it did at the beginning.
6. Does it taste as good as you imagined it would? You may discover that it isn't as good as you thought it would be; you may even decide not to finish it or that you won't bother with it in the future.
7. If you decide you really love that food, continue to give yourself permission to buy or order it whenever you want. You may even decide to keep enough of that food in your house so you know it'll be there if you want it. However, if keeping certain foods in the house feels too scary, promise yourself you'll buy enough for one sitting or you'll go to a restaurant and order it when you want it.
8. When you're ready, choose another food from your list and practice the process again.
9. If you find yourself overeating certain foods, ask yourself, "What was I thinking when I was eating it?" Thoughts like, "I shouldn't eat this," or "I'm going to eat it all in case I don't get another chance," will continue to drive overeating. Remember, you have given yourself full permission to have that food whenever you want it.

With practice, candy won't be the scariest part of Halloween anymore.

Michelle May, M.D. is the founder of the [Am I Hungry?® Mindful Eating Workshops and Facilitator Training Program](#) that helps individuals learn to break free from mindless and emotional eating. This article is based on an excerpt from Chapter 5 of her award-winning book, *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. (Download [chapter one](#) free.)

The Trick to Eating Treats Fearlessly http://caloriecount.about.com/trick-eating-treats-fearlessly-b589118?utm_source=newsletter&utm_medium=email&utm_campaign=newsletter_20121018&utm_term=title1

You'll find the secrets of success in Earl Nightingale's classic, [The Strangest Secret](#).

Written in 1957, the audio recording of [The Strangest Secret](#) earned the first Gold Record for the spoken word, with sales exceeding one million copies.

Excerpted from [The Strangest Secret](#)

George Bernard Shaw said, "People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them."

Well, it's pretty apparent, isn't it? And every person who discovered this believed (for a while) that he was the first one to work it out. We become what we think about.

Now, it stands to reason that a person who is thinking about a concrete and worthwhile goal is going to reach it, because that's what he's thinking about. And we become what we think about.

Conversely, the person who has no goal, who doesn't know where he's going, and whose thoughts must therefore be thoughts of confusion, anxiety, fear and worry — his life becomes one of frustration, fear, anxiety and worry. And if he thinks about nothing ... he becomes nothing.

How does it work? Why do we become what we think about? Well, I'll tell you how it works, as far as we know. To do this, I want to tell you about a situation that parallels the human mind.

Suppose a farmer has some land, and it's good, fertile land. The land gives the farmer a choice; he may plant in that land whatever he chooses. The land doesn't care. It's up to the farmer to make a decision.

We're comparing the human mind with the land because the mind, like the land, doesn't care what you plant in it. It will return what you plant, but it doesn't care what you plant.

Now, let's say that the farmer has two seeds in his hand — one is a seed of corn, the other is nightshade, a deadly poison. He digs two little holes in the earth and he plants both seeds — one corn, the other nightshade. He covers up the holes, waters and takes care of the land ... and what will happen? Invariably, the land will return what was planted. As it's written in the Bible,

"As ye sow, so shall ye reap."

Remember, the land doesn't care. It will return poison in just as wonderful abundance as it will corn. So up come the plants — one corn, one poison. The human mind is far more fertile, far more incredible and mysterious than the land, but it works the same way. It doesn't care what we plant ... success ... or failure. A concrete, worthwhile goal ... or confusion, misunderstanding, fear, anxiety, and so on. But what we plant it must return to us.

You see, the human mind is the last great, unexplored continent on earth. It contains riches beyond our wildest dreams. It will return anything we want to plant.