

# Aloha, Hawaii!

Long-time friends Jeananne Lund (left) and Liz Lundstrom (right) shared good times on the TOPS Retreat in Hawaii. Jeananne called it, "The trip of a lifetime!"



*Journal entries written by Area Captain Liz Lundstrom, TOPS ON 3959 Dryden, capture the spirit of friendship and purpose that united 45 participants in the February 2012 TOPS Retreat in Waialua, Hawaii. Here, Liz graciously shares her experiences as a TOPS Retreat scholarship winner with TOPS News readers:*

## THURSDAY, FEB. 2:

Went through five time zones—I was traveling for almost 24 hours! Arrived at 10:30 p.m. Hawaiian time. Ate a late supper at the hotel, then up early Friday to arrange independent sightseeing with my friend and fellow traveler, Jeananne Lund, from TOPS ON 5327 Thunder Bay, before the retreat starts.

## FRIDAY-SATURDAY, FEB. 3-4:

Spent Friday at the International Market, Waikiki Beach, and on a trolley tour of downtown Waikiki. On Saturday we returned from a tour of Pearl Harbor in time for a luau, where we met other TOPS members who arrived for the retreat.

## SUNDAY, FEB. 5:

Excited for the TOPS Retreat to start! Relocated to Camp Mokule'ia, the retreat center. I liked staying in a large cabin with 10 others. (The rest of the TOPS members stayed in the main lodge.) When I walked out of the cabin, the ocean was only steps away—so beautiful. Our early-morning walks were breathtaking. We even saw turtles that came to shore! Sunday night was the first retreat session. We went over what to expect, were assigned to individual small groups, and received handouts, etc.

## MONDAY-FRIDAY, FEB. 6-10:

Breakfast at 8 a.m., followed by morning sessions. Weigh-ins were scheduled for Monday and Friday. Lunch afterwards, and then we met for hour-long afternoon sessions. Next, we enjoyed free time. Dinner was at 6 p.m., and we closed with evening sessions every night.

We talked about why we don't usually make time to look after ourselves. Notes from the sessions include:

- We must teach ourselves to lose weight, then to maintain it.
- Emotions—are you making things worse if you turn to food? Challenge yourself to get through situations without gaining weight.
- Write down how you feel, especially when you feel good. Then, when you are having a bad day, you can go over what you wrote before.
- If you don't eat a balanced meal, you will crave foods. Eating from all the food exchanges should eliminate your desire for sweets, etc.
- The exchange program is easy to follow once you understand it, but you have to follow it! Just knowing it isn't enough.
- Don't say, "I can't have it." Say, "I choose not to have it!"
- Make changes you can live with.
- If you have been in the same 10-pound range for a while, you are maintaining weight like a KOPS.

Different small groups took turns singing songs before each meal. The staff served pre-planned meals in portions as instructed—basic fare that we should and could eat at home! Later, we went over each meal so we'd know which exchanges everything came from and how much makes up a serving. We also got handouts listing the meals and recipes.

There are so many happy memories: Wednesday evening toga party—fun! Thursday evening KOPS night—very uplifting!

I met so many wonderful new TOPS friends. Cathy Langley, TOPS AZ 0467 Surprise, was in my group (she also won a retreat scholarship) and we have become great email friends.

## FRIDAY, FEB. 10:

On this last day we were invited to share how we felt when we first got to the retreat, and how we felt that morning. It was inspiring to hear what everyone had to say. I learned a few things about myself and new things that I want to incorporate into my life. The TOPS Retreat was a great experience that I know will stay with me! ■

## Win a Free TOPS Retreat

Picture this: Unwinding in a quiet, beautiful space—living and learning among like-minded friends—where the only thing you have to worry about is you!

TOPS Retreats offer TOPS members the opportunity of a lifetime. Take a few days out of your busy life to revive and recharge under the positive leadership of our retreat directors. You deserve it.

Worried about the cost? Apply now for one of two Imogene Welch-FloAnna Clark Retreat Scholarships. Established in 2009, the scholarship program is open to all adult active TOPS members and Field Staff who have not attended a retreat in the past five years. Here's how to enter:

- 1 Write a brief note of 250 words or less explaining why you would benefit from attending a retreat.
- 2 Send your entry to: TOPS Club, Inc. — Retreat Registrar  
P.O. Box 070360  
Milwaukee, WI 53207-0360

(Be sure your name and address are clearly marked on your entry.)

- 3 Mail your entry by the May 31, 2013, deadline.

Only one entry per person per year is accepted.

Winners will be selected prior to International Recognition Days. Scholarships are non-transferable and must be used within twelve months of the date of issue. (Transportation to and from the retreat site is the responsibility of the recipient.)

TOPS member contributions to the Retreat Scholarship Fund may be made using Contribution Form (L-019), which is available online in the Members Area at [www.tops.org](http://www.tops.org).

