

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## **KOPS Honor Society**

Our Four Kounty KOPS Honor Society keeps on growing. We are now up to 11 members, and have a few more that will be joining at their Holiday party which will be held on Dec 5<sup>th</sup>, with a catered meal for about \$15..When the Kaptain lets Me know the location I'll pass it on to you.

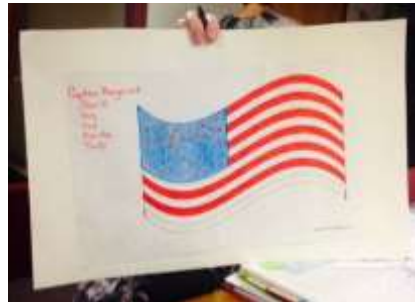
## **MA 0411 Anniversaries Celebrates TOPS yearly Anniversaries**



## **Pat Hall and Ann Harter**

Submitted by Sharon Marks

## **Ma 0189 North Adams**



A team contest, you needed to support ,exercise and keep a calorie chart.

## **Inspiration/officers Workshops Raffle**

I have acquired many beautiful brand new Items for my baskets; Exercise dvd's, Vera Bradley lunch tote, Yankee Candles, Avon, Mary Kay, Kitchen choppers, cutting board and much .more. I will be asking your leader to sell tickets real soon. I'm still running this raffle. My next workshop will be in February, in Springfield. If you want to host a workshop find me a hall and we can talk. The reason major of the workshops are in Springfield was because no chapters volunteered to host them for me.

## **KOPS Honor Society**

was taking turns among the towns the members lived Springfield for the Chicopee and Westfield and Greenfield for their chapters. If any chapters joined we would take turns meeting in your area. It took me a long time to get the KHS up and running, now it is in the boards hands.I will forward any information I receive. I will only be at meetings when invited as your Area Captain.

## **KOPS ANNIVERSARIES MA 0411 WESTFIELD**



Debbie Pelletier 10yr KOPS  
William Carrol 11yr KOPS  
Submitted by Sharon Marks

## MA 0229

### North Adams

participated in their Mayor's 10 week challenge. This contest was



to encourage and motivate the community to move more and to be more mindful of what you eat.



MA 0229 had more than 1 team but the members above are Phil and Judy Lescarbeau , Rebecca Gleason, Della Gallagher.



Submitted by: Geralyn Lesure

HAPPY 50<sup>th</sup>  
ANNIVARSARY PHIL &  
JUDY!!!!

## Officer's Workshop

On Thursday October 1st at the Shriner's Hospital in Springfield. I'll be there at 5 but we won't start until near 5:30. I know you will say Springfield again, they have AV equipment which we can use for free when we rent the hall. MA has 2 projectors that are used at srd and rally. It is too hard for me to borrow one and then return it in a timely manner. This is the same reason I don't have a projector to present my Area Captain Programs. Maybe in the future things will be different.

Cost will be \$4 should be paid by chapter. You don't Need to be an officer to go if you have questions how a chapter can run smoothly please join us.

## Calls to Leaders

I made phone calls to my new leaders and haven't heard back from many of you. I hope everything is going well and give me a quick email letting me know. I know life gets very busy, just want you to know I care and I'm here for you. Thank you



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

Terri

## **Italian Spaghetti Squash Salad**

1/4th of recipe (about 2 1/3 cups): 239 calories, 6.5g fat, 699mg sodium, 25g carbs, 5.5g fiber, 11g sugars, 21.5g protein

A perfect veggie 'n protein dish, with tons of flavor... This dish will cover four lunches, and each serving's huge!



Prep: 20 minutes

Cook: 50 minutes

Cool: 20 minutes

Chill: 1 hour

### Ingredients:

1 spaghetti squash (at least 4 1/2 lbs.)

8 oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness

1/8 tsp. each salt and black pepper

2 sticks light string cheese, cut into coins

1 1/2 cups seeded and chopped tomatoes

1 cup chopped red onion

1 cup chopped green bell pepper

1/2 cup artichoke hearts packed in water, drained and roughly chopped

1/3 cup light Italian dressing

1/4 cup chopped basil

1 oz. (about 16 slices) turkey pepperoni, chopped

### Directions:

Preheat oven to 400 degrees.

Microwave squash for 6 minutes, or until soft enough to cut. Halve lengthwise; scoop out and discard seeds.

Fill a large baking pan with 1/2 inch water, and place squash halves in the pan, cut sides down. Bake until tender, about 40 minutes. (For alternative cooking methods, see below.)

Meanwhile, bring a large skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper. Cook for about 4 minutes per side, until cooked through.

Use a fork to scrape out spaghetti squash strands. Place in a strainer to drain excess moisture. Thoroughly blot dry, removing as much moisture as possible. Let cool completely, about 20 minutes.

Scoop 5 cups of cooked squash into a large bowl. (Reserve any extra squash for another time.) Chop chicken, and add to the bowl. Cover and refrigerate until chilled, at least 1 hour.

Add remaining ingredients to the bowl. Mix thoroughly.

Keep refrigerated, and pack your lunchtime serving with an ice pack.

**MAKES 4 SERVINGS**

HG Alternatives: [Click here](#) for an easy slow-cooker method for cooking spaghetti squash. If you want to save some time, go the microwave-only route. Here's how... After nuking it to soften, cut squash into quarters. Remove seeds, and place one quarter in a wide microwave-safe bowl, cut side down. Add 2 tbsp. water, cover, and cook for 8 minutes, or until soft. Repeat.

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