

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us March 2016

KOPS Honor Society

Their last meeting was held at the Shriner's Hospital. KO-Kaptain, Jeanette Fletcher ran the meeting. They then went to Denny's to continue their meeting. We are wishing Ruth gets well and will be at our next meeting.



Chapter Visits

0344 Westfield 4/20
0395 Greenfield 4/13
0029 Ware 4/19

TOPS RULES

At the workshop a few issues came up that I would like to clarify to all:

I forgot this one last month.

1. If a member comes in after weigh-in has ended, they should be weighed after the meeting or someone

can quietly weigh them during the meeting. Officers can take turns doing this if they want. If a member is doing this frequently please talk to them, they should try their best to get to the meeting on time. But sometimes life happens.

2. Your meeting starts at the time your weigh in starts.
- Submitted by Rosie Smith

Re-instated KOPS



Lettice Randall
0179 Shelburne Falls
Congratulations!!!!

Chapter MA 383 Easthampton



Debra Besko & Linda Rolland
Chapter 383 Easthampton
gives members stickers for
loser of the week and 4 week
loss. The members really
enjoy it.

MA 395 Greenfield On March 23, 2016, Kathy Porrovecchio and Eunice Stanley co leaders of the Chapter, did an outstanding job recognizing their Royalty, Division Winners, KOPS in Black and their outgoing Royalty. They just finished programs on vegetables, so Kathy made vegetable soup (garlic free) and a low calorie dessert. This chapter had a wonderful year, watching this award ceremony was really emotional for me. This is one chapter that really knows the true meaning of TOPS and care for each other, the excitement and emotions I saw in the Division Winners and Royalty was very emotional

2014 Past Royalty
 Betty Howe Chapter Queen
 Luccile Paquette Runner up Queen
 Marty Glaser Chapter King



Paula Girard Runner up Queen loss of 55.00
 Carolyn Bellany 65.40 and King Richard Henry loss of 33.60.

**Royalty Lost
 154lbs.**



Eunice, Paula, Carolyn, Richard, Kathy



2015 Royalty & Co-Leaders

**Karlerna Henry 2015 Graduate
 Loss of 69.1lbs**





Punky Vanlderstine
1st Place Division 3 Loss 20.8 pounds
Half way to Goal !!

Aдриene Tilton 1st place Division 4 lost 19.80 pounds
Nanette Russello 3rd place Division 4 with a loss of 17.8 pounds,



Congratulations Girls !!

Chapter Queen for 395 Greenfield



L
Lost 65.40

Dear leaders,

As you see 0395 Greenfield did a wonderful job in 2015. I see most of the resumes so I know how your chapter is doing. I was invited to 395 Greenfields' award ceremony one reason for all the pictures. All of you are an inspiration to me and to others and I would love to share your successes. Yes I am your Area Captain but I'm a member first. Please email or text me pictures from your award Ceremonies. If you don't have pictures, if you want to write something I would be proud to put it in my newsletter.

The following KOPS were
KOPS in Black all of 2015 were Lone Wickline,
Dottie Howes, Carolyn Pollard, Doris Borer,
Lucille Paquette. Missing Mary Poirier & Kathy
Porrovecchio.



Congratulations!

I was honored with a trophy and red rose for the
support I give them as their Area Captain.



Eunice presenting Adriene her award



NEW KOPS

Joan Taylor

3/23/16

0395 Greenfield

Congratulations!!

Chapter has 17 KOPS



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

Terri

7 Tips To Help You Stay Hydrated



Water is guilt-free: It contains no calories, no sugar, no sodium, and no artificial sweeteners — there's no reason not to sip frequently. While the quality of your tap water depends on your location, bottled water is the perfect clean alternative (especially for on the go).

Hydration is important for everyone. At school your kids need to stay hydrated, especially for after school sports and activities. Bottled water is a beverage with benefits. It costs less than most other sugar-sweetened beverages and provides valuable health benefits.

Despite knowing that we need to consume more liquids, most Americans are not adequately hydrated. Here are seven tips to help you raise a glass (or bottle) year round:

- 1. Wake up with a glass of water.** Whether you have medications to take or you're heading to the gym or office, sipping a large glass of water first thing in the morning is a great way to welcome the day ahead.
- 2. Count your bottles (or glasses).** If you have no clue how much water you imbibe per day, keep a record. Most of the people I counsel can give me a detailed description of what they eat, but not the beverages they drink.
- 3. See if you're 'thirsty.'** [Thirst often disguises itself as hunger](#). If you think you're hungry, especially if you've eaten within the past two hours, it may just be your body telling you you're thirsty. Before you reach for a snack, drink a glass of water, wait 10 minutes, and reassess your hunger.
- 4. Become more aware as you age.** The [elderly have increased needs for water](#) because of a decreased ability to detect thirst. Remember that unsweetened tea and coffee are also water-based and great hydrating alternatives to plain water. Decaffeinated versions are equally desirable.
- 5. Beware of beverages with bogus promises!** Although clear-colored, some waters artificially flavored and sweetened and may contain hidden calories, sugars, vitamins, and caffeine. Jazz up your glass by adding sliced fresh fruit or frozen fruit as ice cubes. You can also add cut fruit to a steamy mug of herbal tea. Be sure to read your labels to see what you're *really* sipping. [Here's my take](#) on some of the hot designer waters you should beware of.
- 6. Snack on water-filled foods.** Sliced cucumbers, bell peppers, and celery are great portals for your favorite dip (like my [guac-humm-mole](#)). These great snacks are comprised of mostly water and can contribute to your daily quota.
- 7. Other fluids count too.** You don't have to just drink water in order to meet you the recommended seven to nine daily cups of fluids. As previously mentioned, coffee, [tea, and water-filled foods](#) can contribute to your total daily fluid needs. Other liquids that count as well include low-fat and fat-free milk, broth-based soups, and 100 percent fruit and vegetable juice.

Bake tastic Butternut Squash Fries



1/2 of recipe: 125 calories, <0.5g total fat (0g sat fat), 158mg sodium, 33g carbs, 5.5g fiber, 6g sugars, 3g protein

Prep: 25 minutes

Cook: 40 minutes

1/2 of recipe: 125 calories, <0.5g total fat (0g sat fat), 158mg sodium, 33g carbs, 5.5g fiber, 6g sugars, 3g protein

Ingredients

One 2-lb. or half of a 4-lb. butternut squash (20 oz. once peeled and sliced)

1/8 tsp. coarse salt, or more to taste

Optional dip: ketchup

Directions:

Preheat oven to 425 degrees. Spray 2 baking sheets with nonstick spray.

Peel squash and slice off the ends. Cut in half widthwise, just above the round section. Cut the round piece in half lengthwise and scoop out the seeds.

Cut squash into French-fry-shaped spears. Thoroughly pat dry. Lay spears on the sheets and sprinkle with salt. Bake for 20 minutes.

Flip spears and bake until mostly tender on the inside and crispy on the outside, about 15 minutes.

MAKES 2 SERVINGS