

The TOPS Reminder

A newsletter for Western Massachusetts Counties

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

The FOUR KORNER KOPS HONOR SOCIETY

On Saturday June 4th at 9 am in Greenfield. There will be a woman from the YMCA first thing. Then the KOPS will take time to share issues pertaining to KOPS

After meeting they will vote on a restaurant to eat at. You will order off the menu.

Chapter Visits

0229 North Adams 5/3
0412 Westfield 5/17
0415 Chicopee 5/24

CONGRATULATIONS!!

Chapter 0344
Southwick/Westfield Lost an Average of 14.44 pounds per person. The most exciting part; everyone in the chapter lost weight.

Michael White

Mike and his wife Barbara have been members since 2001. Mike has been losing weight slowly but steadily. Mike lost most of his 61.50 pounds before



he became ill. This year Mike was a Division Winner with a loss of 28.50 pounds, but was unable to attend SRD. Mike was also invited to

attend IRD this year in Florida as 1st place International winner in his division. Your chapter and I are proud of you. My thoughts and prayers are with you that you beat your illness and we can celebrate the wonderful person you are. And the accomplishments you made before your illness,

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.

IRS Notices

Last weekend at our Area Captain's meeting, Judy Pettit Regional Director, discussed the issues surrounding some TOPS chapters receiving various letters from the Internal Revenue Service regarding their non-profit status.

Last year TOPS Headquarters recommended that chapters complete the necessary forms to include their chapters under the non-profit, group exemption through TOPS Club, Inc. In the area I serve, to date, only MA 0029, Ware and MA 0383, Easthampton have done this.

It is not mandatory, but highly recommended, that chapters apply for this non-profit protection. The forms you need to fill out are L-046a, L-046b and L-046c which can be found on the website under Leaders' corner, Running Your Chapter. If you wish to obtain this status for your chapter, you can complete and send these forms now following the instructions provided. It is not necessary to wait until May as the instructions indicate.

If your chapter received one of the following forms, please contact Rosemary Smith or me for further instruction.

IRS CP form 299
IRS CP form 259
IRS CP 120

If chapters apply for this status by completing the necessary forms mentioned above, TOPS Headquarters will file the necessary paperwork yearly in order for the chapter to remain a non-profit chapter under IRS laws. Chapters will be responsible for filing their own IRS paperwork yearly otherwise.

What does it mean if your chapter is not listed under the non-profit umbrella of TOPS Club, Inc.? It means your chapter would not be eligible for free checking accounts as a non-profit organization or any other benefits afforded non-profit organizations such as free meeting space, etc. And, your chapter would be fully responsible for completing any annual forms required by the IRS.

There is no fee for this. The final decision to apply for this protection is up to each chapter. If you have any questions, please contact Rosie or me. Thank you.

Peanut Butter Blondies

1/9th of recipe (about 2 1/2" X 2 1/2"): 120 calories, 4g total fat (1g sat fat), 206mg sodium,

19g carbs, 3.5g fiber, 4g sugars, 6g protein -- SmartPoints® value 4*

Thanks to powdered peanut butter and pureed chickpeas, this tasty dessert makeover is shockingly guilt-free. You will freak when you try it!

Prep: 15 minutes
Cook: 30 minutes
Cool: 1 hour

Ingredients:

One 15-oz. can chickpeas (garbanzo beans), drained and rinsed
1/3 cup unsweetened applesauce
1/3 cup powdered peanut butter
1/4 cup whole-wheat flour
1/4 cup (about 2 large) egg whites
3 tbsp. Truvia spoonable calorie-free sweetener (or another no-calorie granulated sweetener that's about twice as sweet as sugar; see HG FYI)
2 tbsp. creamy peanut butter (no sugar added)
2 tbsp. canned pure pumpkin
1 1/2 tbsp. vanilla extract
3/4 tsp. baking powder
1/4 tsp. salt
2 tbsp. mini (or chopped) semi-sweet chocolate chips

Directions:

Preheat oven to 350 degrees. Spray an 8" X 8" baking pan with nonstick spray.

Place all ingredients except chocolate chips in a food processor. Puree until completely smooth and uniform.

Gently fold in 1/2 tbsp. chocolate chips.

Spread mixture into the baking pan, and smooth out the top. Evenly top with remaining 1 1/2 tbsp. chocolate chips, and lightly press into the batter.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour. Refrigerate leftovers.

MAKES 9 SERVINGS

HG FYI: Truvia spoonable calorie-free sweetener is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

Clean & Hungry Tip: If you avoid sugar completely, look for powdered peanut butter with no added sugar (like Jif Peanut Powder -- the only ingredient is peanuts) and stevia-sweetened chocolate chips (like the kind by Lily's). And keep an eye out for more Clean & Hungry recipes from us. Clean & Hungry is our real-world take on clean eating! Happy about that? Let us know...

Just for today

Just for today - I will stay on my diet.

Just for today - I will write down everything I eat.

Just for today - I will count calories and measure my food.

Just for today - I will busy myself during my difficult times.

Just for today - I will take the time to think about what I do before I do it....

Just for today - I will be in control of the emotions that send me into the kitchen time and time again, searching for something that isn't there.

Just for today - I will act like the intelligent person that I am, realizing that I am not perfect and that I can fail without the world coming to an end.

AND IF I FAIL?.

Well, just for today I will pick up the pieces and try again.

TOPS NEWS, June 1981



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

Terri

SRD Photos







