

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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“The greatest tragedy in life is people that have sight but no wisdom.” Helen Keller

## The FOUR KORNER KOPS HONOR SOCIETY

The Honor Society will hold their holiday meeting at the Collegian Court in Chicopee. The meeting will begin at 12:30; on December 3. I will email each chapter a menu. If this is your first meeting since last year your \$10 dues are needed at this time. If you are close to your goal you are welcome to join them to see what they are all about, you just need to pay the \$3 meeting dues. What do you have to lose; maybe you will make a few new friends

## Something Interesting

I take quizzes on line and because during Autumn, nuts and some drupes ripen now, they did an article.

## Nuts vs. Drupes: What's the Difference?

### That's Nuts

A weekly dose of nutty history, pop culture, and

recipes from Lee Zalben; aka The Peanut Butter Guy.

"Most of what we think of as nuts isn't really nuts at all, they're drupes!"

Walnuts are technically a drupe, not a nut.

A hazelnut is a "true" nut.

Most people know that peanuts are not nuts—they are members of the legume family. We usually call everything else "tree nuts" and call it a day. But in reality, most of what we think of as nuts isn't really nuts at all, they're drupes! Confused? Well, let's start with the definition of a nut.

A true nut, botanically speaking, is a hard-shelled pod that contains both the fruit and seed of the plant, where the fruit does not open to release the seed to the world. Some examples of botanical nuts are chestnuts, hazelnuts, and acorns.

Some examples of drupes are peaches, plums, and cherries—but walnuts, almonds, and pecans are also drupes.

## **So what's a drupe you ask?**

A drupe is a type of fruit in which an outer fleshy part surrounds a shell (what we sometimes call a pit) with a seed inside. Some examples of drupes are peaches, plums, and cherries—but walnuts, almonds, and pecans are also drupes. They're just drupes in which we eat the seed inside the pit instead of the fruit!

So what do we call all of these different oily seeds that we sometimes eat raw, and sometimes roast and sprinkle with salt or sweeten with sugar or honey, or season with cinnamon or chili powder? Well, the term "culinary nuts" has been coming into favor as a kind of catch-all description, and it's pretty good if you ask me.

So eaters, what are some of your favorite culinary nuts to cook or bake with or snack on? And have you ever harvested nuts or drupes straight from the tree?

## **Secretary and treasury Reports**

After the Area Captains had a meeting with Judy Pettit and Rosie we were asked to pass information to our chapters. We aren't out to offend anyone; we appreciate all the hard work you do. TOPS headquarters took a survey of new members and asked them what they liked and didn't about their meeting. Some of the results are as follows they liked weighing in and getting support at the scale. They liked educational programs TOPS gives. What they rather not see at the meetings are the games such as 50/50, marbles or the fruit basket. They felt that the secretary report and the treasury report didn't need to be read weekly and rather have that time spent on a program. The choice is up to each chapter what they want to do. My chapter doesn't reread the secretary reports and leaves them out every week if someone wants to read them. Our treasury report is read the first of the month and we just read the total amounts. The books are available if anyone wants to look at them. We do an audit every 3 months instead of one time of year. We find it easier this way. Please send a copy of your audit to Rosie.

## **Fall Rally**

If you are not going to Fall Rally please send Rosie Smith a \$15 donation .Write checks out to TOPS MA Fall Rally Thank you.

## **Suggestions for Fall Rally or SRD**

I would love to see more of you attend these events. Rosie told one of my chapters' if you know of a place in my area she would check it out. We will not go back to Springfield. I thought of the Knights of Columbus in Chicopee, Delaney House or Log Cabin in Holyoke. Please send suggestions to [losingweight@tlavigne.us](mailto:losingweight@tlavigne.us) I can let Rosie know what I know of the venue.

*HAND IN HAND  
TOGEATHER WE CAN!*

Terri

Find more recipes at [www.usda.gov/whatscooking](http://www.usda.gov/whatscooking)

## Apple Corn Chili

**Prep time:** 4-5 minutes

**Makes:** 4 Servings

This quick-fixing chili, with a base of sautéed, pureed red apples and yellow corn, is so thick and flavorful that you'd never know it's low in fat and sodium. We feature it with chicken, but it can be made vegetarian by omitting the chicken and bouillon and substituting water or vegetable stock.



### Ingredients

2 tablespoons olive oil (divided)  
8 ounces boneless, skinless chicken breast (cut to 1/2" cubes)  
2 cloves garlic (minced)  
1 15.2 oz can yellow corn (no-salt-added, drained)  
2 red apples, such as Braeburn, Empire, or Fuji (chopped, skin on)  
1/2 tablespoon ground cumin  
1/8 teaspoon cayenne pepper (if desired)  
1 can 15 oz. can black beans (no-salt-added, drained and rinsed)  
4 1/2 ounces can diced green chiles (drained)  
2 teaspoons chicken bouillon (sodium-free)  
2 cups water

### For the topping:

1/4 cup sour cream (reduced-fat)  
1/4 cup fresh, chopped cilantro (if desired)

### Directions

1. In a stockpot, heat 1 tbsp. olive oil; add chicken and brown (about 5 minutes). Remove chicken from pan.
2. Heat remaining olive oil in same pot; add onions and garlic and sauté until soft.
3. Add corn and sauté until golden brown. Add apple, cumin, and cayenne pepper (if desired); cook about 3-4 minutes. Let cool about 5 minutes.
4. Set aside about 1 cup of mixture. Purée remainder in food processor or blender, adding a portion of water, if needed, and return to pot.
5. Add browned chicken, black bean, chiles, bouillon, and water. Bring to boil and simmer about 15 minutes. Chicken should be cooked to 165 °F.
6. To serve, ladle soup in bowls and top with non-puréed portion of apple corn mixture.

## Notes

Serving Suggestions: Serve with a whole-grain tortilla and an 8 oz glass of fat-free (skim) milk.

Produce for Better Health Foundation

### **Nutrition Information**

<u>Nutrients</u>	<u>Amount</u>
Calories	360
Total Fat	11 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	140 mg
Total Carbohydrate	48 g
Dietary Fiber	9 g
Total Sugars	15 g
Added Sugars included	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	100 mg
Iron	3 mg
Potassium	897 mg

N/A - data is not available

### **MyPlate Food Groups**

Fruits	3/4 cup
Vegetables	1 cup
Protein Foods	1 1/2 ounces

[For more information on MyPlate Food Groups visit ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# **10 Reasons You're Not Losing Weight**

## **1. Ineffective Exercise**

The one thing that's so hard about exercise and weight loss is this: It's *hard* to burn enough calories with exercise to make a serious dent in your weight. In fact, the workouts that are most effective for weight loss are the hardest ones: High intensity interval training, tabata training or metabolic conditioning.

If you're a veteran exerciser, you might enjoy torturous workouts on a regular basis. If you're not? You may find any amount of exercise hard to accomplish. Unfortunately, that may end up hurting your weight loss efforts.

So, how much exercise do you need and how can you fit it in? Use these tips below to make the most out of your exercise time.

### **Cardio**

For weight loss, you'll need to do at *least* 5 days of cardio at a moderate intensity for at least 30 minutes but, frankly, it usually takes more than that to really burn calories. Your best bet: Interval training 2-3 days a week and more moderate workouts on the other days. By alternating high intensity segments with recovery, you'll burn more calories and build endurance more quickly. You'll also get a great afterburn. You don't have to be an experienced exerciser to try interval training.

### **Strength Training**

Strength training is incredibly important for weight loss, but some people - well, let's just be honest...women - stick with cardio because they like it, it burns more calories in one fell swoop and they don't want to get bulky. But muscle is much more active than fat, so the more you build, the more weight you lose over the long term.

Your best bet with weight training: Circuit Training. By doing an exercise, one after the other, you keep your heart rate up and burn more calories. It also makes the workout a little more exciting so you're not as bored. If you're a beginner, start with this Basic Cardio and Strength Circuit or try one of these circuit training workouts. Do a couple of circuit workouts along with your cardio and you'll start to see some results.

Note: Many people don't lift enough weight to really challenge their muscles. If that sounds familiar, check out Weight Training 101 and my Workout Center to learn how to lift weights and get some workout ideas.

## **2. You're not getting enough sleep**

Lack of sleep can contribute to weight gain, though experts aren't exactly sure why. In her article, Sleep More to Lose Weight, Mary Shomon discusses a recent study that found that women who slept 5 hours a night were more likely to gain weight than women who slept 7 hours a night.

The reasons? Some studies have shown that losing sleep could affect metabolism by making you feel hungry, even if you're not. Sleep deprivation may affect the secretion of cortisol, one of the hormones that regulates appetite. There's also a theory that we move around less when we don't get enough sleep, which means we burn less calories.

Getting enough sleep is crucial if you're trying to lose weight, not just because of how it affects you physically, but mentally as well. Sleep deprivation makes you cranky, confused and can even make you feel depressed or angry.

Make sleep a priority by trying to get to bed at the same time each night, shooting for about 8 hours, if you can manage it. Having some bedtime rituals such as a hot bath or some time writing down your worries can help you unwind before bed. You can also try power napping, which can be a great way to reduce stress and increase your productivity.

### **3. You're too stressed out**

Stress and weight gain (or lack of weight loss) go hand in hand. Though you may not be aware of it, being under constant stress can increase production of the hormone cortisol which can cause an increase in appetite as well as extra fat storage around the abdominal region--a big no-no since abdominal fat is linked to diabetes, high cholesterol and other health problems.

Dealing with stress can be as simple as taking a few minutes a day to relax, scheduling a massage as often as you can or cutting down on work hours and increasing play time.

### **4. You're eating too much**

This may seem obvious, but unless you're tracking your calories each day, you may be eating more than you think. Portion control is one culprit, especially with restaurants providing enough food in one meal to feed several people.

If you're really serious about losing weight, you need to get serious about your eating. Start by keeping a detailed food journal for one week, without changing any of your eating habits. Be as specific as possible, measuring when you can, looking up your calorie and nutrient content and adding up your calories for each day. You'll be surprised how those calories can sneak in when you're not keeping track. Something else to think about is metabolism, which can drop as you get older if you don't preserve your muscle mass. Some estimates show that muscle mass declines about 4% each decade from age 25 to 50. If you're still eating the same number of calories as your metabolism drops, your weight may creep up over time. Start exercising and lifting weights now to keep your metabolism in check.

### **5. You're not consistent with your exercise and healthy eating**

If you find your workouts are hit-or-miss and that you give in to temptation a bit too easily, your weight loss may hit the skids. For exercise to work, you have to do it on a regular basis. Once your body adapts to your

program, you then need to change it to keep your body challenged. If you skip too many workouts, it's almost like starting all over every time.

Sticking with exercise starts with finding a program you enjoy and that fits in with your lifestyle, goals and needs. That means being realistic about what you'll really accomplish each week rather than going by what you think you should be doing.

## 6. You blow it on the weekends

Having some treats now and then is fine, but if you find you do very well during the week only to eat yourself silly on the weekends, you may be hurting your weight loss goals.

To lose one pound of fat in one week, you would need to cut 500 calories with diet and exercise for 7 days. If you only follow that for 5 days, then eat way over your limit for two more days, you're taking two steps forward and one step back. The trick is to plan your indulgences so that you can have some fun while staying on track with your weight loss goals. Try these tips for a healthy weekend:

- **Avoid a free-for-all weekend.** Instead, choose one or two treats to enjoy and continue eating healthy the rest of the time.
- **Avoid rewarding yourself with food.** If you've been eating healthy all week, it's natural to want to reward yourself with a yummy treat. That kind of thinking can set you back (much like a smoker who rewards himself for staying smoke-free with a cigarette). Instead of food, reward yourself with a calorie-free treat--a trip to the movies, a massage or a new pair of shoes.
- **Keep moving.** If you like to rest on the weekends, why not make your rests more active? Spend time taking a long walk with your family or tossing a football in the backyard.

## 7. You haven't given yourself enough time to see results

Andrea Chu/Getty Images

While experts generally recommend losing 1-2 pounds a week, most of us probably don't get that close. Remember: to lose one pound, you have to create a 500-calorie deficit *every day* for a week. It's fairly easy to cut calories from food since you can keep track by reading labels and measuring. The problem comes in when trying to determine how many calories you're burning with exercise. You can use a [calorie calculator](#), but that's often overestimated. How many calories you burn with exercise often comes down to things we can't measure such as how hard you're working and your fitness level.

Add to that the fact that there are many factors that affect weight loss which, again, can't always be measured or accounted for with the tools we have to track progress. In that sense, your body may be making changes that can't yet be measured with a scale or a tape measure.

Give your body time to respond to what you're doing. It may be weeks or months before you see significant changes so don't freak out if you're not seeing results after only a few weeks. Being patient and taking it one day at a time will allow you to enjoy the journey instead of focusing on the destination.

## 8. You have a medical condition

Some medical conditions and medications can contribute to weight gain. While not everyone will find this to be true, it's important to explore every avenue if you're genuinely following an exercise program and a clean diet and still not losing weight.

One condition known to affect weight is thyroid disease. A thyroid deficiency can cause a decrease in metabolism and may lead to weight gain.

### Prescription Medications

There are any number of drugs that may have weight gain as a side effect for some people. Some common ones include hormonal medications for birth control or menopause, oral steroids, some anti-depressants, diabetes medications and anti-psychotic medications. Wrong Diagnosis offers a comprehensive list of other medications that may affect weight.

You should get a diagnosis from a professional in order to determine whether your weight problems are medically-related.

## 9. You've hit a plateau

Almost everyone reaches a weight loss plateau at some point. As your body adapts to your workouts, it becomes more efficient at it and, therefore, doesn't expend as many calories doing it. You may find that after your initial weight loss, your progress will slow down and eventually stop.

Some common reasons for plateaus include:

- **Doing the same workouts over and over.** Your body needs to be challenged to progress, so make sure you're changing some part of your program every 4-6 weeks.
- **Not eating enough calories.** If your body doesn't have enough fuel to sustain your level of activity, you can actually stop losing weight.
- **Overtraining.** If you exercise too much, the body sometimes responds by decreasing the amount of calories you burn during the rest of your day.

Learn more about whether you've hit a plateau by keeping an exercise calendar and tracking your workouts, how often you change them and whether you're working too hard or need to boost your intensity.

## 10. You don't need to lose weight

Despite what you hear on the news or read in popular magazines, not all of us need to lose weight. In fact, many of us have unrealistic ideas of what a healthy weight and body shape is. We all have different shapes and, though we can make changes to our bodies, we can only improve on the bodies we have--not turn them into someone else's body.

I have a challenge for you: Take away all the reasons you want to lose weight that have anything to do with how you look. Now, look at what's left...are there any other reasons that you need to lose weight? Are you at risk for



medical conditions such as diabetes or heart disease? Is your BMI in an unhealthy range? Are you within your ideal weight range? If you're at risk, losing weight may be important for staying healthy. But, if you're very close to your goal and can't seem to get rid of those last few pounds, ask yourself if you really need to lose them. Would it be possible to be happy at your current weight?



Fashion Show at the Avenue in West  
Springfield

There were only 3 of us from TOPS, only 9  
altogether I passed out my card and the best  
part you get 40% off your entire order.

Marsha Dube on your right



KOPS Graduation and the Yellow Rose  
Ceremony Chapter MA 0395 Greenfield  
This picture is of the KOPS, two were out  
that day. The chapter is almost 50% KOPS  
and 50% TOPS.

Dottie read me the Poem of the white Rose,  
Kathy and Eunice always think of me!  
I consider myself always welcomed there.





Co-Leaders Eunice & Kathy with their graduate Joan.  
Joan Taylor received many nice tokens from her chapter, they presented her with a white rose, mortar board, KOPS Pin





Helen Rooney, Evelyn Dupree, Leona Anderson ,Harriet Hine



Are deceased (KOPS) members of that a candle was lit.



- 0395 Greenfield has 18 KOPS
- Doris Borer 6 consecutive
  - Carolyn Bellany 1yr
  - Gloria Freyenhagen 5 Consecutive
  - Paula Girard 1yr
  - Marty Glaser 5 yrs
  - Dick Henry
  - Karlana Henry
  - Betty Howe 2yrs
  - Dottie Howes 11yrs
  - Lucille Paquette 2ys
  - Carolyn Pollard 12yrs
  - Kathy Porrovecchio 11yrs
  - Eunice Stanley 2yrs
  - Joan Taylor
  - Pat Webb 9 yrs
  - Ione Wickline 4yrs
  - Rochelle Weisberg
  - Mary Poirier 2yrs

All TOPS members had a Yellow Rose Buddy



## The Promise Rose Poem

We give to you this Rose today  
As a Promise that we care.  
It holds within its petals white  
The hope and dreams we share.

May it serve as a reminder  
Of goals that you have set,  
Of pledges made and promises  
That can be conquered yet.

For brighter days and lighter weighs  
A symbol let it be.  
And let it guide you to those goals  
Where caring friends can see.

Soon you will win a Rose of gold  
As KOPS You then become.  
And promises again fulfilled  
Are passed on one to one.

Yes, this rose is filled with promises  
For you to dream and hold.  
Go gently then along the way.  
Seek that KOPS rose of gold!

Carol Whitehead 9 years KOPS  
Jeanette Fletcher 6 years KOPS

Tina Noel from 0412 Westfield Installed the  
officers . Thank you





Della Haden Secretary and David Liberty  
Treasurer

Officers for 2016  
Judy Valente, leader , Karen Sawyer Co-  
leader ,David ,treasurer, Della Secretary,  
Carol Whitehead ,Asst. Weight recorder,  
Jeanette Fletcher ,weight recorder.

Not pictured  
Sunshine, Annemarie Leutsch,  
Thank you to everyone that helped to make  
our even a success.

To officers of all chapters ,I want to thank you for volunteering your time without special members like you our chapters wouldn't be able to run.



Below  
Chapter 0211 Chicopee  
Halina's Graduation  
Halina presenting Pat C with her yellow rose  
Division Winner Darnelle  
Division Winner Marsha  
Division Winner Halina  
Division Winner Terri

Area Captain Terri Lavigne  
Leader 0412 Westfield Judy Valente









KOPS Jackie, Halina, Marsha ,Denise and Rita



Yellow Rose buddy Denise /Cassandra



Jackie/Darnelle



Terri/Marsha Dave/Rita not pictured

Marsha became a re-instated KOPS this year  
Marsha is past Royalty from 1987  
Marsha was ARD Queen  
Marsha is wearing the Tiara and Sash she  
received that special day.  
She was crowned in Springfield



Marsha Dube

