

# The TOPS Reminder

A newsletter for Western Massachusetts Counties

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## New Officers

I want to thank all the new officers and the past officers who stepped up to the plate and became officers again this year. I also want to thank the outgoing officers. Even though our weight recorders are appointed it is important that they are treated like an officer, they encourage us give us that hug that we might need. Now to the members without you there would be no chapter, I wish all of you a successful year in office.

## NO Meetings

It has been brought to my attention that there are a few chapters that are not holding their meetings every week. If you are having your picnic or going to a workshop instead of a meeting if someone could stop by the meeting place and place a note on the door. I know during the summer members go on vacation or the heat prevents them from going out it is important that we still have a meeting. One week my own chapter had 4 out 12 members I didn't do the program I had planned but it was one of the best discussion groups we had. Not canceling meetings is helpful to your members but it also lets new members know that this chapter

is still open. I received 5 calls /emails from potential new members. Please cancel a meeting if there is bad weather.

## Flower Buddy Contest

Winners Submitted by Leader Rita Markunas of Shelburne Falls 0179 Darlene King and Teresa Peters worked together and Darlene lost or turtled for 23 weeks. Teresa lost or turtled for 9 weeks, they both continue to lose.

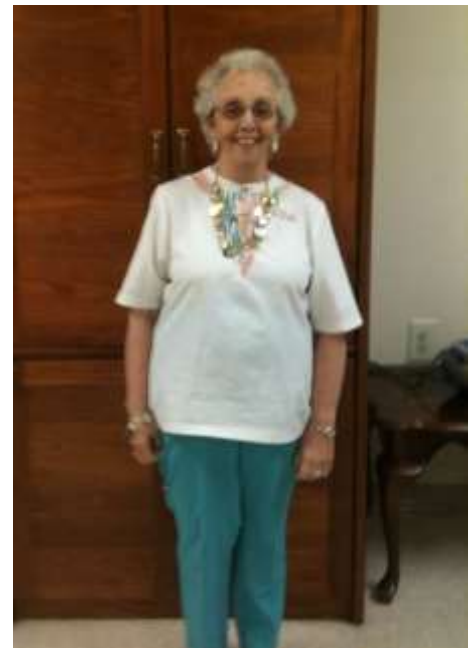


## CONGRATULATIONS

!!!!!!!

## Ma 0211 Chicopee KOPS

Jackie Mashia  
Submitted by David Lavigne



On July 31st. Jackie reached her 12 year KOPS Anniversary!!! Way to Go

## Retreats

Marsha Dube of 0211 Chicopee went on a retreat recently and brought back many great ideas. In arts in crafts Marsha made a tracking device, a way to keep track of how many exchanges you are using during the day. It was made with a shoe lace pony beads and strong paper ,maybe cardstock. On the backside they listed samples of

the different exchange groups. It's great for your purse or leaving on your table.



In our chapter we put .25 from each member into a retreat fund. When you look at the price of a retreat you might think it's expensive. What you have to remember you receive 5 nights in a room, yes some are better than others. All your meals are included, calorie count is 1500 calories it was 1200 but they found out it wasn't enough food for the larger members. There is time for arts and craft and exercise, why arts and crafts Esther Manz felt if you kept your hands busy you wouldn't be able to eat. If you want to go on a retreat ask your family for money when they are giving you a gift. What better gift than five days of education and new friends. Retreats are not for weight loss. I won a retreat by writing a letter for the magazine ☺ If anyone is going New York please let me know we can travel together.

## **MA0211Chicopee Officers**

On August 6th I had the honor to install my chapter officers. This was the first time in many years we kept it in house Instead of a restaurant. As an Area Captain I needed to choose a goal for improvement I chose 2 better health and to write an installation. I wrote my installation based on the story Stone Soup, weight recorders were corn, treasurer was a potato, co-leader was a cabbage, secretary was a carrot the leader was the broth and the members were the stone/meat of the chapter.



Back row: Leader Terri. Front row right to left Denise Morgan Secretary, Amy Garron Co-Leader, Marsha Dube Treasure, Rita Belden Ass. Weight Recorder and Dave Lavigne Weight recorder

## **SPRINGFIELD MA 0001 KOPS and Installation**

On August 4th I had the honor to install MA 0001 officers and honor their KOPS and honor Sherry Michon. I installed the new officers using the candle ceremony ending by playing, Lean on Me. I did this because it is important to let the members know that they can

count on me and the members of their chapter for support.

Sherry Michon was crowned queen of their chapter and presented with the certificate for being a state division winner.

The chapter has 2 KOPS Sherry Michon and Carol Basile and they both were presented with yellow roses to give to a rose buddy for the year.

Sherry Michon presented her to the new leader Marcie Brochu because she always has a positive attitude.



Carol Basile gave her rose to Mary Lee Jabri the two of them will work together to help Mary Lee get closer to her goal.

## **MA0211Chicopee**

Marsh Dube went to a class to learn how to make lip balm and hand balm. It cost less than \$20 and each member had and a few had the hand balm. Nice program for a week when you have a small group.



## **A 30 POUND LOSS FOR PAT**

Pat Chevalier of 0211 Chicopee has reached her 30 pound loss while in our TOPS group. Pat has lost 11 pounds this year to add to her previous loss. Pat is a mother of 8 and wanted you to know she is 72 years young. Pat exercises at the senior center 4 times a week. Pat said, "I really want this."



## **Remember**

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



## **Terri**

## Weighing and Measuring Foods for Healthy Eating



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Hungry Girl,

Help settle an argument between my friend and me. She says every food can be measured in cups and spoons for accurate portions. I say weighing them on a food scale is best. What do you think?

Brianne in Brooklyn



I'm glad you asked! You've both got the right idea -- paying attention to portion size is key when it comes to weight loss or maintenance. Some people buy snacks with low calorie counts and then eat two to three servings in one sitting... without accounting for the extra calories. So kudos to you both!

Here's the deal... Weight is the most accurate form of measurement for food portions. Why? The amount of food you can fit in a measuring cup or spoon can vary greatly. Think about it: A quarter cup of peanuts may have about 200 calories, but what if some of those peanuts are halved or crushed? Then you could fit a lot more into that quarter cup! A cup of chopped skinless chicken breast might have a supposed 250 calories, but is it finely chopped or closer to cubed? Big difference!

That being said, you don't need to weigh every single thing you eat. But it's a good idea to weigh most calorie-dense foods: nuts, avocado, protein (like fish and chicken), pasta, potatoes, etc. Now some foods -- like oil and sugar -- are very consistent. A tablespoon of oil will always be a tablespoon of oil -- it's not really going to vary in weight. When in doubt, check a food's nutrition label. If the serving size is given in weight, your best bet is to throw it on a food scale.

It's important to weigh and measure ingredients when you're following recipes -- otherwise, the cook times and recipe results can be altered. In HG recipes, we always list ounces/pounds for foods that should be measured on a scale. The rest can be measured with measuring cups and spoons.

Of course, there will definitely be times when you don't have access to any form of measurement... at restaurants, lunch meetings, etc. The way to handle those situations is to prepare yourself ahead of time. Pay close attention to portion sizes when you're weighing and measuring them at home, so you'll be better at eyeballing those serving sizes when you're out and about.

Pssst... Every kitchen should have a set of measuring cups and spoons, plus a food scale. They don't need to be fancy, just functional. Perhaps buy that friend of yours a surprise scale? It could help lessen the blow when you win the argument :)

## 100-Calorie Snacks: Chinese Chicken Lettuce Cups, BBQ Zucchini Skins



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### WEEKLY WEIGH-IN



Snack time! We're going a step beyond a bag of chips or some baby carrots (no disparagement intended). These li'l recipes make great quick 'n easy snacks or meal starters, and each one has less than 100 calories!



#### Chinese Chicken Lettuce Cups PRINT

Entire recipe: 95 calories, 1.5g fat, 249mg sodium, 8.5g carbs, 1g fiber, 5.5g sugars, 11.5g protein -- PointsPlus® value 2\*

*These are almost too easy to make and so delicious! Plus, everyone LOVES finger food...*

Prep: 5 minutes

#### Ingredients:

- 1 1/2 oz. cooked and chopped skinless chicken breast
- 2 tbsp. mandarin orange segments packed in juice, drained
- 2 tbsp. canned sliced water chestnuts, roughly chopped
- 1 tbsp. low-fat sesame ginger dressing (like [Newman's Own Lite Low Fat Sesame Ginger Dressing](#))
- 2 medium butter lettuce leaves (or other round lettuce leaves)

#### Directions:

In a small bowl, combine all ingredients *except* dressing and lettuce leaves.

Add dressing and toss. Divide mixture between lettuce leaves. Enjoy!

MAKES 1 SERVING

#### BBQ Zucchini Skins PRINT

Entire recipe: 87 calories, 3g fat, 282mg sodium, 11g carbs, 2g fiber, 6g sugars, 4.5g protein -- PointsPlus® value 2\*

*Like potato skins, but less carby and with a BBQ flavor boost! That's a serious win....*

Prep: 5 minutes

Cook: 5 minutes

Cook: 5 minutes

#### Ingredients:

- 1 medium zucchini, stem ends removed
- 1 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
- 2 tbsp. shredded reduced-fat cheddar cheese
- 1 tsp. chopped scallions
- 1 tsp. finely chopped cilantro

#### Directions:

Pierce zucchini several times with a fork. Place on a microwave-safe plate, and microwave for 2 minutes.

Flip zucchini and microwave for 2 more minutes, or until softened.

Let cool, about 5 minutes. Cut zucchini in half lengthwise. Gently scoop out and discard the inside flesh, leaving about 1/4 inch inside the skin. Thoroughly pat dry.

Evenly top hollowed-out zucchini halves with sauce, and sprinkle with cheese. Microwave for 30 seconds, or until cheese has melted.

Cut each piece in half widthwise, and sprinkle with scallions and cilantro!

MAKES 1 SERVING

