

The TOPS Reminder



A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us December 2015

KOPS Honor Society

Their Party was a great deal of fun. The next meeting is the second Saturday of March. The winner of KOPS contest was Gloria from 0395 Greenfield.

Resume Workshop

Greenfield, MA 0395 will host my resume workshop on Saturday January 2, 2016. Registration starts at 9:30 and would like to get started by 10. The cost is \$5

Notice

Looking over reports, it's important that the chapters that don't have a designate send in the form to Rosie and name another to have access to IMIS. These chapters do not have a designate; 0029 Ware, 0179 Shelburne Falls, 0187 North Adams, 0344 Westfield, Southwick,

0383 Easthampton, 0415 Chicopee, Rosie has said this is highly recommended.

This needs to be done yearly

Hot Apple Cider



Beware of the apple cider...

Juice is no joke. Apple cider has 120 calories per glass. It may help to quench your thirst but studies show that sugary drinks do little to satisfy your hunger. If you are hungry you would be better off eating 1 large or 1 and a half medium-sized apples to satisfy hunger for the same 120 calories. Plus,

you get the added bonus of nearly 7 grams of healthful dietary fiber from the apple as compared to 0 grams in the cider!

I enjoy hot apple cider by the fire. They have a low/sugar version or just enjoy one of the real thing. The choice is yours.

FALL RALLY

Here are the winners from the Western Ma area, Congratulations to all! Some corrections.

MA 0001 Springfield Leader

Marci Brochu
Chapter Angel
Marci Brochu

MA 0009 Pittsfield Chapter Angel

Helen Perkins

MA 0395 Greenfield
KOPS of The Summer
Kathy Porrovecchio

The Area Captain's Program

For 2016 is **LEAN ON ME FOR SUPPORT.**

My program has arrived and I'll soon be calling you to set up a date to visit your' chapter. Maybe we won't get any snow this year. These guys are really cute!!



NEW CHAPTER

I started my new Chapter in Springfield , Ma 0504. Meets on Tuesday at 4:30 weigh-in and meeting is 5 to 5:45. Bay Meadow Apartments located on Bay meadow road. Call me if interested.

Contest

If you weighed in the week of Thanksgiving and weigh in the first January meeting that your chapter meets and have a loss, I will recognize you. KOPS need to be at or below goal. Please email me by the first week of February. At losingweight@tlavigne.us

HOLIDAYS

Now that the holidays are just a few days away, don't use them as a reason to go off your program. The holidays are a time to get together with your family. Share stories of those that are no longer with you and celebrate your new additions. Remember overeating is always an option; but is it worth it. The choice is yours.



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

Terri

Four Kounty KOPS Honor Society Holiday Party





1. Carol ,Kathy, Queen Jeanette 2. Kathy 0395 Greenfield, Jeanette

0412 Westfield Snowman contest 3, Jeanette and Carol 0412 Westfield



Comforting Almond Cookies



If you're looking for a great base recipe for holiday cookies, this is it! These almond delights are soft, chewy and act just like a healthier version of the classic sugar cookie. You can enjoy them as is or add different things to recipe! Think: chocolate chips, coconut flakes, and oats. As for the holidays, they're a decorators dream. Smooth and expansive, they make the perfect blank canvas for frosting art. Use cookie cutters and your favourite edible art to turn them into presents, candy canes and

snowflakes!

Serves: 8 / Prep: 15 mins. / Cook: 10 mins.

Ingredients:

- 2 C. almond flour
- 6 T. honey
- 4 tsp. coconut oil
- 2 tsp. vanilla extract
- 1/2 tsp. baking soda
- 1/4 tsp. salt

Directions:

1. Preheat the oven to 350 degrees F.
2. Add the flour, baking soda and salt to a large bowl and whisk together well. Set aside.
3. In a small bowl, mix the honey, coconut oil and vanilla extract.
4. Add this to the flour mixture and combine evenly until thick.
5. Using your hands or a scooper, form the dough into 1-inch thick balls. Place on a baking sheet and flatten slightly.
6. Bake for 10 minutes and then let cool for another 10 minutes before handling them

Healthy and Savory Cauliflower Gratin



This is a meal worthy of your fine dining room china. Host your family for a special occasion with simple, sophisticated and healthy recipes like this one. It's cheesy enough to please, and healthy enough to help everyone keep from over-indulging on the main course.

Ingredients:

- 1 lb of cauliflower
- 1 can of black beans
- 1 c. of Swiss cheese
- 1 c. of mozzarella cheese
- 2 c. of whole milk
- 1 tsp fresh basil
- salt and pepper

Directions:

1. In a crock pot, combine red beans, cauliflower, Swiss and mozzarella cheese, and milk.
2. Season with basil, salt and pepper. Mix well all the ingredients.
3. Cook for 4 hours on low. Serve.

If you wanted to you could cut the calories and fats by changing the type of cheeses and milk you use.

Many of you have multiple parties to attend, remember how hard you worked to get the weight off. Plan on having a treat, after the first bite it taste the same. If you really want something enjoy it, and exercise a little more during the week. When you think about it, it's all up to you and the choice YOU want to make. You are the most important person, and you need to take care of you. When your mom wants to give you left overs take them and visit a neighbor who doesn't have anyone. You will make two people very happy!

How I Manage Holiday Expectations

From: Peaceful Mind Peaceful Life, Inc.



I love the holidays so much. There is something inherently magical about Christmas time for me. With that being said, sometimes my enthusiasm for the holidays can build some unrealistic expectations for how my holidays should pan out. As you might have guessed, based on my past blogs, I am a dreamer and idealist, and so as you can imagine, I set my expectations high during the holiday season, dreaming of the perfect Christmassy things with the perfect people, in the most perfect surroundings. While there is nothing wrong with desiring the best, the problem lies when we let the idea of the “perfectness” get in the way of what’s really happening. So this year, with the intention for my holidays to be as magical as possible, I am setting the intention to let go of my expectations. This week I want to share with you how I plan to do this, in hopes that it may benefit you for the holiday you celebrate, but *really* we can use this any time of year. As Shakespeare said, “*Expectation is the root of all heartache.*”

1. **Set intentions.** I am intending (by stating it here for all to read), to release my expectations of how I think the holidays should be. Intentions are powerful. The thoughts we think are powerful, and so by setting an intention you are automatically taking control of your holiday’s fate. In addition to the surrendering of all expectations, I intend to be in gratitude and find the joy, even in times of chaos.
2. **Be in the moment.** The holidays are a busy time for everyone. There is so much to do, so many people to see, it can feel very crazy and unmanageable. The best way I know how to manage this is to be present. Do one thing at a time, give your attention to the task, the person, the situation, at hand, and release the rest. We live fast paced lives and let’s face it we can often feel like time just passes us by especially during this precious time of year. So I say right here and now, take back time by cherishing each moment.

3. **Accept and allow.** Try not to micromanage each situation and make it the ideal image that you have in your head. Allow each moment to unfold naturally, having no *shoulds*. If things aren't going the way that you would like for them to, stop and ask yourself, "why is this bothering me" instead of automatically feeling there is something wrong with the situation. Be in confidence and faith that things are just as they should be.

4. **Take time for yourself.** Spend time in gratitude and reflection on what the holidays mean to you. Allow yourself the time and space to feel the feelings that the holidays bring up for you, notice your emotions, and remember that you can create anything that you desire by starting from the inside out.

These will be my "go to" tips this holiday season, and I hope I have given you some thoughts here for you to be in joy, happiness, and peace now and throughout the new year! Remember you are complete, you are enough and you are loved- I am in gratitude for you always.

I would love to hear your "holiday expectation releasers" in the comments section below!

Love, Michelle

How to tie a scarf: 4 stylish ways to bundle up with a scarf



Dec. 11, 2015 at 2:46 PM, Jordan Muto, TODAY

The pretzel



The pretzel is a quick and easy way to create that chunky scarf look that's oh, so perfect on a chilly day. Wear it while sipping on hot cider or cocoa and you'll look cozy as ever. As Rassi says, "It's very functional and you're not going to get a cold neck!" What could be better?

1. Take the scarf and fold it in half lengthwise.
2. Fold it in half lengthwise again, but keep your hand in the loop that is created from the fold.
3. With your hand in the loop, put the scarf around your neck.
4. Next, take one of the two ends and pull it through the loop.
5. Now, with the second loose end, wrap it over and under through the loop in the opposite direction. Pull to tighten and you've got a chic look in seconds!

The Western shawl



Heading out for a night on the town and don't want your scarf to ruin your outfit? You can actually make this cold-weather necessity a great accent piece with this Western-inspired style. The best part is, it works just as well with a lightweight scarf, making it a very **versatile** look that can be worn all year long.

1. Fold the scarf into a square.
2. Then fold the square in half diagonally so it turns into a triangle. Pro tip: The corners don't have to align perfectly!
3. Throw the scarf around your neck with the point of the triangle facing forward, almost like a blanket.
4. Tie the two ends in a knot at the back.

The faux vest



The belted scarf is not only easy to recreate, it's also very trendy and fashion-forward. It can easily update a plain outfit as it creates a vested look with extra flair thanks to the belt. While it looks fabulous with pants, you can also try this with your go-to dress or favorite skirt.

1. Put the scarf over your shoulders so it hangs long and evenly on both sides. Pro tip: If you want to create a more jacket-like look, leave the scarf as wide as possible.

2. Grab your favorite belt and buckle it around your natural waist — this is the smallest part of **your body** and very slimming. Straighten out both sides and you'll have a cool vest look!

The Sherlock Holmes (digital exclusive!)



If you're headed to a formal affair or even just want to make your favorite camisole a little more cozy for a **holiday party**, the "Sherlock Holmes" will be your go-to look. Rassi added Baublebar's North Star brooch to her scarf, giving it a little bit of sparkle and elegance. The brooch instantly elevates what could be a casual look into something more sophisticated.

1. Fold the scarf lengthwise.
2. Place it over the front of your **body** like a straight jacket.
3. Wrap the ends over your neck around to the front.
4. Pull ends around to the front and use your favorite brooch to them pin together, leaving excess hanging down. In seconds, you'll have created an elegant ensemble!