

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us December 2017

HAPPY HOLIDAYS TO YOU AND YOURS

Resume workshop

Will be held January 7th at 9:00 in Greenfield at the Mill House. 75 Wells Street Cost is \$5 for mailing and donation of the room. Suggestion, you might want to make copies of your charts.

REMINDER, PLEASE ,if you entered your chapter in my 10 pound challenge email me before January 4, 2018. the name of members who lost 10 pounds for the year I will be picking a winner at the resume workshop. They will win a nice key chain that says "Believe"
Congratulations to all the losers. Leaders please send Judy Pettit the form of your ten pound losers so they can be recognized at SRD

ROLL CALL When a chapter is doing roll call a member is allowed to pass and not said what they did on the scale. Weight recorders should not announce it for them. Please refer to Chapter Manual page 4 "Members Bill of Rights" number 2.

WELCOME TO NEW TOPS MEMBERS

October

Edith Merriott	0395 Greenfield
Andre Jones	0029 Ware
Elaine Jones	0029 Ware
Karen Mcfee	0009 Pittsfield
Estelle Seder	0001 Springfield

November

Donna Hines	0001 Springfield
Jay Hines	0009 Pittsfield
Tammie Lee	0229 North Adams

December

Theresa Wodcki	0451 Chicopee
Tracy Benoit	0451 Chicopee
Karen Clark	0451 Chicopee

KOPS AWARDS FOR 2017

Rita Belden 5 year pendant
Patricia Webb 10 year pendant
Margaret Momahon 10 year pendant
Jackie Mashia 15 year pendant

0211Chicopee
0395 Greenfield
0451 Chicopee
0211 Chicopee



THE FOUR KOUNTY KOPS HONOR SOCIETY

They held their Christmas party and meeting on December 5th at the Brewmaster. I had the pleasure to attend. Sylvia Dole joined that day and the group continues to grow. Ruth Greene planned a nice meeting. A little bit about their meeting, they order off the menu so there is no set price when you eat out. They meet in different parts of the area so the ride for the member will be fair to the group. There are no 50/50's or Raffles

The group started a memory board for KOPS who pass away in Western MA.

If you have a member that passes send me a picture and I will make sure they receive it.

Next meeting will be April 14th at Collegian Court in Chicopee More to follow.

MA0412 WESTFIELD

The chapter collected stockings for the soldier's and it was a huge success. This chapter is always remembering the less fortunate and at weigh in each week members donate either can goods or money and this is donated to the open pantry located on Meadow Street in Westfield. This year, they donated \$248 and 476 pounds of food.



By Garry Brown Just for fun

HERE ARE MY TOP 10 reasons for skipping a workout at the Scantic Valley YMCA on any given day:

- Walking the dog will be just as good as walking the treadmill;
- Dental appointment at 9. Can't show up sweaty;
- Must not be late for breakfast date with an old friend;
- I need time to write a column for The Republican;
- My workout pants don't fit;
- Got to balance my checkbook before I dare go anywhere;
- It's time to redeem all those bottles and cans in the garage;
- Got to binge-watch Sea- son 2 of "Better Call Saul;"
- Can't leave until I finish the Sunday crossword puzzle; and
- The dog needs to go out again.

Before moving on, let us go about debunking each item on the above list:

- No way that walking the dog equals 25 to 30 minutes of sustained work on the treadmill. Not with our dog, anyway. He stops and sniffs so many times, I do more stand- ing than walking when we're out together;
- About that dental excuse, why not work out AFTER the appointment? That's really very easy to do with the dentist's office about a minute away from the Y;
- A breakfast date is nothing more than a lazy way to avoid exercise. Obviously, there's ample time for both. (The Y opens at 5:30 a.m., bozo);
- Writing for The Republican is no excuse, either. Matter of fact, sitting down to work after tending to Y business can be a feel-good experience;
- OK, so why don't those workout pants fit? Maybe be- cause I stopped working out;
- Yes, balancing the check- book can take time, but not enough to wipe out exercise time. Another lame excuse;
- Stop hiding behind those bottles and cans and drive to the Y before driving to the Big OK, lazy man;
- Do some YMCA binge-walking before sitting down for TV binge-watching. Feels better that way;
- Ditto with the Sunday crossword. And how many of those do I actually finish, any way and
- Of course, the dog has to go out again. And again. No hiding behind that little pooch. Work in workouts between walkouts. So there.

For way too long, excuses worked very well for me. Roll- ing out of bed, I would know that this was the day I should get back to the Y, but then I'd think of something from the "Top 10" list, and one more workout day would be missed. Just no time, right?

Never mind that it takes all of six minutes for me to drive from my home to the YMCA in Wilbraham. I just couldn't work even that little trip into my "busy schedule."



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

Terri

8 Snack Hacks You'll Flip Over

Don't get bored by basic healthy snacks (or worse, turn to fatty junk food). We've got some super-simple ways to upgrade your munchies!



Bake carrot sticks into French fries.

Sure, crunchy carrots are a good snack, but they also have that bummer diet-food feel to them. This is the easiest upgrade ever: baked carrot fries! If you get a snack attack in the middle of a Netflix marathon, toss a batch of carrot sticks in the oven to bake until mostly crispy. They taste similar to sweet potato fries but have a small fraction of the calories!



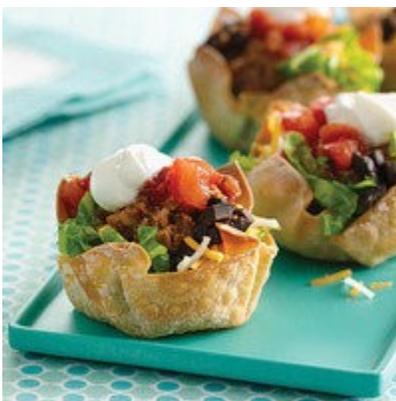
Freeze applesauce for a too-good frozen treat.

We had the wacky idea to freeze Dole Mixations (an applesauce-like snack), and we couldn't believe the utter deliciousness of the results. It's like DIY sorbet! Try it with any applesauce with a reasonable calorie count. (We tend to stick with unsweetened applesauce; look for flavored varieties!) If the cups are frozen solid, just let 'em sit out for a few minutes before sticking in your spoon.



Give Greek yogurt the savory treatment.

Fat-free plain Greek yogurt is a healthy fridge staple. We often add no-calorie sweetener and fruit to turn it into a sweet snack. But that's not all the thick yogurt can do! Add savory herbs and spices to make a protein-packed veggie dip. Try salt, dill, garlic powder, and lemon juice with sliced cucumbers for dunking. It's like a twist on tzatziki sauce!



Bake wonton wrappers into edible cups.

Wonton wrappers are magical. Spray a muffin pan with nonstick spray, press the wrappers into the cups, and bake at 350 degrees until crispy (about 8 minutes). Now fill those crunchy cups with beans 'n cheese, fruit 'n yogurt, egg-white scrambles, or scoopable salads. It's a great way to turn leftovers into a fun snack. Standout usage: these Tiny Taco Salads!



Hit the baby-food aisle for surprisingly fantastic finds.

If you don't have a wee one, you might not be privy to the bounty in the kiddie aisle. Find perfect portions of freeze-dried fruit, yogurt melts, and crunchy treats with healthy ingredients! Heck, even a jar of pureed mango can make a tasty snack. Also good: kid-style squeezable yogurt. Just because certain snacks are branded for kids doesn't mean grown-ups can't enjoy them!



Stick grapes in the freezer, and prepare to be wowed.

If you've never had frozen grapes, you don't know what you're missing. The flavor is sweeter and more intense! This is also a great trick when you buy a too-big bunch of grapes and don't want them going bad before you get to the bottom of the bag. Score all around. Even cooler? Dip 'em in yogurt before freezing!



Make two-ingredient protein crepes, and stuff 'em with anything.

This will blow your mind. Just whisk 1/2 cup liquid egg whites with 2 tbsp. plain protein powder and your favorite seasonings. Cook the batter into two thin pancakes, top away, and roll 'em up! Add leftover stir-fried veggies for a savory snack, or try fruit tossed with low-sugar preserves for a sweet treat. And watch this video to see the crepes being made!



Craving chocolate? Chop 'n bake your candy to make a single bar go far.

Rather than biting into a chocolate bar and having it disappear before you know it, chop it into chunks, and pop 'em into frozen mini fillo cups. Then bake those things into tiny candy pies! We gave this treatment to a Snickers bar, but feel free to improvise with your favorites.