

## **DECEMBER 2014 - TOPS Norfolk and Bristol Counties**

### **Gail Lewis - Area Captain**

Hey Everyone: It's December once again - wow - where did the year go. Have a great holiday season - and keep your food in check. Resume work shop coming up - please be sure to let me know which one your chapter will be able to attend. Have a wonderful Christmas to all!!!

### ***RESUME WORKSHOP***

As in previous years, Barbara Pacheco and I will be holding our workshops to help you completing these resumes on time. They are listed below. You can attend the one that is more convenient for you. I would ask that everyone go to one or the other - if these dates are not convenient for you, please give me a call or email me and we can make other plans. We would love to have everyone attend one workshop so we can make sure all resume's that are sent in are perfect for Rosie.

Saturday, January 10, 2015      9AM to noon    At Gail Lewis' house  
(46 Elm Street in East Bridgewater, 02333)  
508-378-0459

Sunday, January 11, 2014 10AM to noon At Barbara Pacheco's house  
(7 Autumn Way Buzzards Bay, MA 02532)  
508-833-8805

## **INFORMATION**

Here is a fun recipe for Blooming Apples - it's really a good one. Share with your chapter.

**Bloomin' Apple Recipe** Makes 2 servings 1 apple 2 caramels

Remove stem from apple. Slice apple in half across the center (not lengthwise) so you have the top and the bottom divided. Core out the seeds which look like a lovely flower) with a spoon. Slice the apple without slicing all the way through in wedges about 8-10 times so you can pull off a slice fairly easily. Add caramel to center and heat in microwave for 20 second intervals until caramel is melted. Do not eat immediately! Wait about five minutes until the caramel has cooled and hardened. Can be stored, after spritzing with some lemon juice, in the refrigerator.

*For  $\frac{1}{2}$  apple and one caramel = 86 calories, 0.8 g fat, 0.0 g saturated fat, 20.3 g carbohydrates, 16.0 g sugar, 0.5 g protein, 2.2 g fiber, 25 mg sodium, 1 Points+*

## INSPIRATION

Here is a skit for Christmas - try doing this in your own chapter. Thanks Faith and all the folks in Franklin!!!

### Santa Claus meets T.O.P.S.

Scene: Christmas tree setting

Props: Christmas stockings, kerchief, night cap, pillows to make Santa look fat, paper and pen, some wrapped presents.

Characters: **Healthy Helen**      **Content Connie**      **Santa Claus,**

**Healthy Helen:**      The stockings were hung on the chimney with care because no candy was in them, only crayons, chapsticks, and other things that were good for you. (Hanging stockings)

Where was I, oh yeah

The stockings were hung on the chimney with care

**Content Connie:**      Wait a minute, wait a minute. That's not how the story begins.

**HH:**      Huh?

**CC:**      Twas the night before Christmas when all through the house, not a creature was stirring, not even a mouse.

**HH:**      ...and the stockings were hung on the chimney with care because no candy was in them, only crayons, chap sticks, and other things that are good for you.

**CC:** OK-a-a-a-y. The children were nestled, all snug in their beds, while visions of sugar plums danced

**HH:**      Whoa, whoa, whoa. Let me look up the nutritional value of sugar plums; they don't sound good for you. It says in Fooducate ( look up in iPhone) that sugarplums are fat free, cholesterol free, and a good source of vitamin C. OK. Dream on.

**CC...** while visions of sugar plums danced in their heads. And mama in her kerchief, and I in my cap, (put kerchief and cap on) had just settled down for a long winter nap; (rest head on folded hands) when out in the lawn there arose such a clatter that I rose from my bed to see what was the matter. (Rush over to the window)

**HH:** Away to the window we flew like a lark, parted the curtains and peered out in the dark.  
(Pretend to do this.)

**CC:** And what to our observant eyes do appear, but a miniature sleigh and eight tiny reindeer.

**HH:** Led by another reindeer with a red spot light.

**CC:** I think that's his nose.

**HH:** Oh No. Look, the driver is obese. Those poor reindeer have to lug him all over tarnation? Tsk!  
Tsk!

**CC:** He's a good candidate for T.O.P.S.

**HH:** Fat as he is, he's very lively and quick.

**CC:** What's he yelling?

**Santa Clause:** Now Dasher, now Dancer, now Prancer and Vixon! On Comet, on Cupid, on Donner  
and Blitzen! Rudolph-up on the roof, to the chimney. Now dash away, dash away, dash away all!

**HH:** Listen, they're on the roof.

**CC:** I can hear the prancing of each little hoof.

Big Crash!!!!!!!!!!!!!!!!!!!!!!

**HH:** The fat guy just fell through the roof.

**CC:** Sshhh. He came down the chimney and I just figured out who he is. And you better be nice,  
because that's Santa Claus, himself.

**HH:** YES! He's dressed all in fur from his head to his foot, and his clothes are all covered in ashes  
and soot. And I think for his height, he should lose about two hundred pounds.

**CC:** As long as he can fit through the chimney.

**HH:** No, he needs to lose weight to be healthy. He won't live long carrying all those extra pounds.  
And think of those poor reindeer, Dasher, Prancer, etc. Tsk! Tsk!

**CC:** He's so cute: his eyes—they twinkle, his dimples—how merry. His cheeks are like roses and his  
nose like a cherry.

**HH:** He's also huffin and puffin from too many muffin.

**CC:** His droll little mouth is drawn up like a bow, and the beard on his chin is as white as the snow.

**HH:** He's on fire!

**CC:** Ssshsh! That's his pipe.

**HH:** He smokes!!! What kind of role model is he? Overweight and smokes?!?! And look, when he laughs, his belly shakes like a bowl full of jelly.

**CC:** Ssshsh! I think he's cute. Look what he's doing.

**HH:** He's filling our stockings. Ooooh. I see jewelry, lipstick and other cosmetics.

**CC:** Now he's placing presents under the tree.

**Santa Claus**—without a word, turns, smiles, winks, and disappears from the room.

**HH:** Did you see?

**CC:** He winked, turned, and went back up the fireplace.

**HH:** Listen. I can hear him shouting to the reindeer.

**Santa Claus:** Merry Christmas to all and to all a good night.

**CC:** Well! What do you think of that!

**HH:** I think Santa Claus would be a lot better off if he joined T.O.P.S.

**CC:** That's true. He would benefit from the information and support.

**HH:** Let's write Santa a letter and tell him.

(They get paper and pen and sit down to write.)

**CC:** Dear Santa, Thank you for the Christmas presents.

**HH:** We loved them and we love you.

**CC:** That's why we want to tell you about this wonderful organization called T.O.P.S.

**HH:** T.O.P.S. is an organization that focuses on wellness.

**CC:** We want to keep you healthy to live a long life. So we are inviting you to join T.O.P.S.

**HH:** You can find a club near you by going to [www.tops.org](http://www.tops.org)

**CC:** This is our Christmas present to you.

**HH:** and **CC:** Merry Christmas to you and to all a good night.

**That's it for December - have a great month!!! HAPPY NEW YEAR**

**Gail Lewis - [gailistops@verizon.net](mailto:gailistops@verizon.net)**