

JULY 2015 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

Hey Everyone: Happy July - just a little joke for you today - what does the little firecracker call his father???? Ready for it? **POP** Have a great month and let me know if you need anything.

INSPIRATION WORKSHOP

The next Inspiration Workshop is now planned so you can put it on your calendar, in your phone or tape a note to your refrigerator if you want. It will be September 19th in West Bridgewater. Thanks to Andy, it will be at Matfield Woods - 9 Victorian Way. It's easy to get to and we'll give you more directions next month. Plan on it - it's a great time, lots of inspiration and fun for all.

AC PROGRAM

Most all chapters are booked now and if you haven't booked, I'll be sending out a separate email to you soon. Thanks for all your responses and giving me the time during your meeting to present. I tell you all the time - it's my favorite part of being and Area Captain. Thanks again.

ELECTIONS

If you haven't done them yet, you'll be doing them in the next couple weeks. Please be sure to have your elections and send the form into Rosie AS SOON AFTER THE ELECTIONS AS YOU CAN. I would love NOT hearing from Rosie because one of my chapters hasn't sent in the form. Thanks in advance for your attention to this matter.

UP AND COMING EVENTS

Up and coming events in a new section I thought I would add. There are a couple things coming up that TOPS has made us aware of and you may or may not know about it.

All leaders should have received a mailing that included a full color sheet with New Charms and Pinettes that your chapter can purchase. It also is announcing a new program that you will see in the August/September TOPS News called "Bring A Friend to TOPS". Exciting program that basically says if you bring a friend to TOPS and they join, you will receive a

free "My Personal Journal". What a great way to build your membership AND be rewarded at the same time. Also in the mailing is a copy of the new Officers Chart that you need for your elections. If you haven't seen it yet, check your mail box!!!

Chapter News

I have something to add here this month.....

Our newest chapter, 503 New Bedford has increased their membership almost double for the starting week. *Awesome Guys!!!!*

Also wanted to announce a new KOPS in 212 Weymouth, Lorraine Julian. *Congratulations!!!*

If you want to add something about your chapter next month, email me, let me know what's going on, and it's in. Thanks

FALL RALLY

All chapters should have received their Fall Rally packet - "TOPS - Your Potion for Weight Loss". It will be October 24, 2015 at the Great Wolf Lodge in Fitchburg, MA. Lots of summer contests running for 12 weeks - they began 6-14 and will end on 9-12 (right before IW). All contests are explained on the sign up sheets. Please be sure to register ALL members that are attending to any parades/events that they are entitled to. More to come on this.

INFORMATION - Thanks Betty (Franklin)

Here's a little something from Betty in Franklin – appropriate for Cherry season.....

You've probably heard the tip that if you're interested in losing weight, it's a good idea to eat slowly and chew your food at least 15-20 times before swallowing. Doing so allows your brain and body to actually sense that it's full, instead of cramming a bunch of food down your throat only to find out 30 minutes later that you're WAY stuffed.

And for that reason (and a few others), I'm picking cherries as my #1 fruit for weight loss.

With cherries, you can't just pop 30 in your mouth in two minutes like you could, and probably often do, with grapes or blueberries. Instead, the pits *force* you to eat them slowly, allowing your satiation sensors to chime in and prevent you from over-indulging.

So that's reason #1 – built in portion control.

Reason #2, and it's a BIG one, is that cherries have the LOWEST glycemic index of all fruits, and one of the lowest glycemic indexes of any carbohydrate source—period.

Scoring at a ridiculously low 22, you can even snack on cherries in the evening without much

detriment as their effect on insulin is minimal at best. Again, it's not late-night eating that's the problem, it's eating the wrong foods (those that cause a substantial rise in fat-loss halting insulin) in evening hours that is.

So next time you're in the mood for a sweet, satiating snack, reach for a small bowl of cherries and enjoy the goodness. My new favorite variety is Rainier cherries....Mmm mmm good :)

That's it for July

Have a great month. Let me know if you need anything.

Gail Lewis (508)577-9460 gailistops@verizon.net