

**August 2016 - TOPS Norfolk and Bristol Counties**  
**Gail Lewis - Area Captain**

**THOUGHT for the Month:**

I've used this before - "A year from now you'll wish you had started today".

**JOKE of the Month:**

I was pumping gas the other day, and at this gas station, there is a little video playing while you pump. There was a clip from Jimmy Fallon that just cracked me up. Jimmy was reading some letters from his fans and this particular one was from Rosita....

"I went to the freezer and found 2 Ice Cream Sandwiches - I have 3 children - I ate both of them".

**INSPIRATION WORKSHOP - October 8, 2016**

We have a location for the next inspiration workshop. We are going back to Faith Chapel - Assembly Of God - 340 Pleasant Street in Bridgewater. We have been here twice before - it's about 2 miles off Route 24 in Bridgewater. It's pretty easy to get to - hope all can attend.

**OFFICERS CHART - ELECTIONS**

All chapters have sent in the form OR are in the process of doing so. Thanks so much for your prompt attention to this. For this month, I will send the newsletter twice - once to the former leaders and once to the new leaders.

**CHAPTER VISITS**

Thank you everyone for having me to your chapter. It's the most fun of my job as Area Captain. I have visited all chapters and you were all very generous to me, both by your warm welcome and generous gift. Much appreciated.

## **I NEED SOMETHING FROM YOU.....**

To all the leaders out there, I am asking you for an update on your Bylaws. You just need to go over them with your members, make sure all are up to date and send them in to me. I will make sure Rosie receives a copy of these. If you don't know where they are, let me know. I want to make sure all chapters have up-to-date Bylaws.

To all Treasures, I am asking you for a yearly audit. This should be done by the former treasurer as they pass the books to the new treasurer. (If you are the former and current treasurer, you will need to do it as well). If you have any questions on it, please let me know. I will attach the form to this newsletter in case you need it.

Please send these to me either email or snail mail this month. I would appreciate it.

## **INSPIRATION**

Healthy, well-balanced meals are a key part of a healthy lifestyle. But sometimes, especially in the summer, our lives are busy and, we often feel like we don't have the time to cook or grocery shop. However, there are some healthy food options to keep on hand, and on the grocery list, that will last longer.

### **5 Healthy Foods for a Busy Life**

- **Eggs** - These are a lean source of protein and keep for about a month. Boil some to have on the go or scramble them up in just a few minutes for a quick breakfast.
- **Potatoes** - Sweet potatoes, red potatoes, russet potatoes can last about two to three months when stored properly. Keep them on hand for times you can't run to the store. Potatoes make a great addition to any meal.

- **Salsa** - Keep this in your pantry for a quick and easy snack or a great way to add flavor to a meal. Try adding a dollop to white fish or chicken.
- **Frozen berries & veggies** - Fresh fruits and veggies can sometimes go bad before we get a chance to eat them. Try buying frozen fruits and veggies and keep a few bags of each on hand to enjoy at your convenience.
- **Canned tuna** - Tuna is rich in omega-3 fatty acids. Keep this protein stocked in your cupboard to add to salads, pasta salads or to enjoy on its own.

**SPECIAL NOTICE ABOUT ANOTHER UPCOMING RETREAT:**

Dear Leaders,

**FIELD STAFF ANNOUNCEMENT**

**TOPS Co-Ed Retreat Coming Near You Soon**

**Retreat Director: Terri Ord**

**Phone: (425) 271-4446**

**Email: Key2kops@aol.com**

***Thanks for sharing this information with your members! Chapters are encouraged to help members with retreat expenses.***

Registration is now open. To receive registration form, rules and information, download information from TOPS website: [www.tops.org](http://www.tops.org) or send or fax coupon from TOPS News to:

U.S. Registrar, Laurie Blada

Fax: (414) 482-3955

Phone: (414) 482-4620 x13

TOPS Club, Inc., P.O. Box 070360

Milwaukee, WI 53207-0360

- **Enjoy** a break from your usual routine.
- **Give** yourself the gift of a TOPS Retreat!
- **Relax** in fun and fellowship with others who care as we
- **Share** new insights and help each other with weight control

Place - YMCA Camp KON-O-KWEE SPENCER

126 Nagel Road

Fombell, PA 16123

[www.ycampkok.org](http://www.ycampkok.org)

Capacity - 40 openings

Date - September 10 - 14, 2017 (Sunday - Thursday)

Who - All Adult, Female and Male members (18 years or older)

Cost - \$410.00 U.S. Funds per person includes all retreat activities, lodging and meals for four days. A \$50.00 cancellation fee on registration will be charged on any refund. In addition, if retreat is charged by the facility for the registration, that charge shall also be deducted from any refund. If a member does not bring a caregiver when needed or brings food without permission, participation in the retreat ends and member must leave. In such instances, there is no refund.

That's it for August. Let me know if you need anything.

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