

JULY 2017 - TOPS Norfolk and Bristol Counties

Gail Lewis - Area Captain

QUOTE FOR THE MONTH:

Concentrate more on what's INSIDE and less about what people see on the OUTSIDE.

....and....

Happiness Blooms From Within!!!!

JOKE

What is Uncle Sam's favorite snack? FIRE CRACKERS

CHAPTER VISITS

All done - thanks to everyone for the visit and for your generous donations. It's much appreciated. Feel free to contact me if you need another visit!!

FALL RALLY - October 28th in Leominster

THE KEY TO SUCCESS IS HARD WORK AND DETERMINATION.

Sounds like a winner to me. Put it on your calendar now!!!!

TOPS MILLION POUND MISSION

1,000,000 Pounds.....125,000 members

365 days....10 pounds per member

Check out TOPS News for April/May for an update.

IT'S TIME TO CUT AND BURN.

Let's all rise to Barb Cady's challenge to lose 10 pounds this year to contribute to the million pound challenge. Are you up for it? What have you got to lose except 10 or more pounds?

Anyone who was at Inspiration Workshop - how are you doing with your stones? Are you on your way to losing the number of stones for the next workshop? Let me know how you're doing!!! How excited I am to see what the total loss will be in October!!!!

CONGRATULATIONS TO:

Member Anniversaries

July	Jean Avery	10 years	
	Barbara Callagan	30 years	
	Susan Viner	30 years	
Over 40 years:	Phyllis Sargent	45 years	MA 143 Holbrook

Barbara Pallas	45 years MA 249 Somerset
Ruth Marino	51 years MA 396 Attleboro

KOPS Anniversaries

JUNE	Barbara Pallas	14 year KOPS
	Dot Plasse	2 year KOPS
	Betty Cirotski	4 year KOPS
JULY	Irene Souza	3 years
	Ruth Marino	3 years

NEW KOPS

None this month

New Members

JUNE	Theresa Cross	MA 249 Somerset
	Carol Correa	MA 249 Somerset
	Roz Fernandes	MA 396 Attleboro

Who will be mentioned next month?

INSPIRATION WORKSHOP

Thanks to everyone who came to our June 10th workshop. The date for our next one is October 7th. We are planning on having a soup fest. If you are interested in making a crock pot of healthy soup for tasting we will reimburse you for the ingredients. More information to come in the upcoming months.

**PLACE: ABINGTON SENIOR CENTER
441 Summer St, Abington, MA 02351
TIME: 8:30 REGISTRATION 9:30 START**

Here is the recipe of the dessert that Barbara made for the workshop in June.

Strawberry whip dessert (I did raspberry for workshop)
2 pkg. sugar free strawberry jello
4 cups water
1 cup frozen strawberries
8 ounce frozen whipped topping thawed.

Combine gelatin with 2 cups boiling water mix well, when dissolved add 2 cups (I added only 1.5 cups cold water). Mix and refrigerate. Before gelatin is completely firm, stir in strawberries and thawed whipped topping.

Refrigerate until completely chilled.

JULY IS ELECTION MONTH

July is election month..... remember - if your leader has served the last two years it is time to change. There are so many programs and information on the website it actually makes the job easy. Feel free to contact me with any questions you may have. The meetings should be fun, informative and upbeat. Give it a try you may surprise yourself with what you have to contribute to your chapter!

INSPIRATION

This is a great publication that came from TOPS - please share with your chapter.

5 Tips for Healthier Cookouts

- Load up on veggies, and we're not just talking about the veggie tray. Try grilling asparagus or zucchini. Make a fresh vegetable salad to enjoy.
- Don't stop at grilled veggies. For a sweet treat, give grilled pineapple a try.
- Remember that portion sizes matter. You can still enjoy some of your favorites, like potato salad. One cup has about 350 calories. Cut that in half and you're saving 175 calories!
- Bored with burgers? Try kabobs instead. Chicken with zucchini, bell peppers and onions makes a great main course at any cookout.
- Get up and move. Outdoor gatherings are also great for yard games like bean bag toss and Frisbee. Or set up a net for a fun game of volleyball.

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

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