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# Monthly Newsletter

Covering Allegheny, Washington and Westmoreland Counties

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## Upcoming

### Events\_ IRD 2010

July 15-16-17  
Halifax, Nova Scotia

### Fall Rallies

September 18  
Pittsburgh Airport  
September 25<sup>th</sup>  
Penn Hills  
October 31  
Greensburg

### 2010 AREA

### RETREATS

\*August 22-27  
Wirtz, Virginia

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### TOPS Websites

[www.tops.org](http://www.tops.org)  
PA LOCAL WEBITE  
[www.topscares.com](http://www.topscares.com)



# “No Matter How You Do It, Just Move It! Move It! Move It!”

## Fall Rally

### Summer Contest Recognition Day

Our Fall Rally Contest is under way! Are you on track to be a winner?

*I will be needing your help at this Rally.* I need a representative from each chapter to work out with me on stage. I will be doing an exercise program there and need your help. Everyone will be involved. It will be tons of fun. I have a special prize for the volunteer from each chapter.

I'm asking everyone in attendance to bring with them 2 cans of soup, fruit or any canned good. Make sure they are of the same weight please. We will be using them in our class and then I will collect them and donate them to the local food bank in TOPS name.

I am so looking forward to Fall Rally and the chance to see all of you again. It has been a busy time for me lately. I am expecting a new grandson, any day now. His name is Hudson. That makes 4 grandsons. NO GIRLS! YEAH!!!

*I have a lot of you sponsoring booths at your Community Day Fairs and Health Fairs coming up. If you have one in your area, let me know I would love to sponsor a booth and get new members and chapters out there. You are my eyes and ears out there! Please keep me informed. New members are what bring new excitement and new energy to the chapters!*



**Healthy Weight Commitment TOPS Club, Inc.** is partnered with the **Healthy Weight Commitment Foundation.** The Foundation recently launched a website with the National Business Group on Health to help small and medium-sized businesses with affordable wellness programs. Visit their website at [www.yourwellnessadvantage.com](http://www.yourwellnessadvantage.com) to learn more about this initiative.

**TOPS Website**

\*TOPS News electronic version now available



**Anniversary Congratulations**

- Elizabeth Caruthers  
PA 0104..... 1 Year
- Marion Pregelman  
PA 0104           30 Years
- Margaret Mosbaugher  
PA0151.....6 Years
- Margaret Byrne  
PA 0160 .....7 Years
- Mary Weber  
PA 0295 .....3 Years
- Dolores Barnhart  
PA0785.....9 Years
- Lois Musk  
PA 1292.....9 Years
- Frances Jones  
PA 1269.....4 Years
- Scott Wood  
PA 1620.....1 Year

*Welcome to a New Chapter*

*“Cedars of Monroeville”*

This is a closed chapter to employees and staff only.



Plans for SRD 2011 are under way. Hope every one of you are planning on coming! I hope you are track to be on stage in your own home town with all of your friends and families around you. How exciting!!!! Start making plans now and doing some fund raisers etc to make sure your entire chapter is there. If you know you are going you need to make your reservation NOW as rooms are filling up fast! It is close to many of you and you may choose not to stay overnight. That is okay also. Thursday evening starts off the celebration. April 7-8-9. You don't want to miss this one!!!!

**Four Points by Sheraton Pittsburgh North  
Reservations (888) 627-8175**

This is great website for fast foods. If you are planning to go out to dinner. Plan your menu before you go! You know what you are going to have and the calorie count etc. and are not tempted to make bad choices once you have arrived.

<http://www.dietfacts.com/fastfood.asp>

[http://staging.hungrygirl.com/assets/pdfs/HGShoppingList\\_June2010.pdf](http://staging.hungrygirl.com/assets/pdfs/HGShoppingList_June2010.pdf)

Also a great website for planning your grocery shopping.

**ONE INGREDIENT SNACKING**

Resolve to .....snack on *one-ingredient* foods. Many of us get a quarter of our day's calories from snacks, most of which aren't healthy. Switch To *one ingredient* snacks (think fruits, yogurt and nuts) or combos of *one-ingredient* foods (like trail mix).By switching you'll eat fewer packaged and processed foods, which will help boost nutrition while decreasing calories. The more ingredients, the more processed it is and processed foods tend to be higher in fat, salt, sugar and additives that we don't need.

*The purpose of LIFE Is a LIFE of purpose* Ralph Waldo Emerson



Hugs, Debbie

