



TAKE OFF POUNDS SENSIBLY

March 2010

"CHATTER"

A NEWSLETTER FROM YOUR COORDINATOR

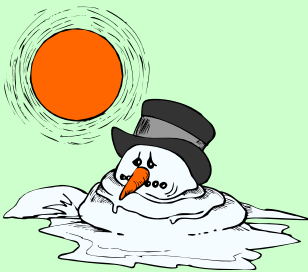
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In This Issue

- ELECTION of Officers
- PHOTOGRAPH
- CHAPTER AUDIT
- PA SRD 2010
- CHAPTER CHATTER

Contact me:

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*Spring begins
March 20*

ELECTION of Officers

We've had some pretty bad weather in our area the last few weeks. Because of this, you may have needed to cancel your meeting last week and put your Election of Officers on hold.

It's very important that you have your elections this coming week.

The L-001 (OFFICERS CHART) must be completed and sent to me. If a member listed is not eligible to hold office, I'll notify you immediately. If you don't hear from me, you may install your officers the last week of March.

PLEASE include the complete physical address when filling in the Officers Chart (ex: 365 Chestnut Street or 1643 Route 314).

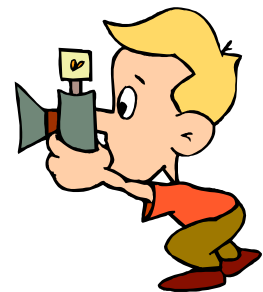


PHOTOGRAPH

When you have elected your new officers, please send me a picture. You can take the photo on Election night, Installation night or at any time. A "close-up" shot would be great.

I speak with so many members on the telephone or e-mail them but never get a chance to meet them. This way, I can put a name to a face and I enjoy being able to do that.

You can scan and send your pictures via e-mail or the good old-fashioned way!



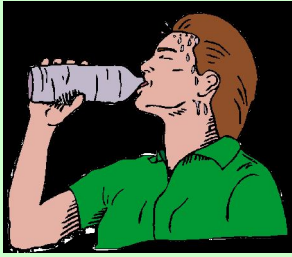
CHAPTER AUDIT

I need your chapter audit by April 30. The audit period runs from April 1 to March 31 each year.

Please choose two members from your chapter to complete this audit. The treasurer should be present to answer questions ONLY.

If you're not using the copy of the form I sent you a few years ago, please contact me and I'll see that you receive one.

SIP WATER



If you're dehydrated, you'll feel more blah, and you may function less well, too.

A small Swiss study found that when volunteers were deprived of water (in this case, for 24 hours), they were nearly twice as tired and one-third less alert.

They also had to work twice as hard at a series of cognitive tests.

It's unlikely you'd be that dehydrated, but to stay on par, sip frequently.

Don't gulp. Your body can't absorb too much at a time.

Drink a lot of water quickly and your kidneys just filter much of it out of your bloodstream and eliminate it before your body can use it all.

PA SRD 2010



Swing & Sway with TOPS Today

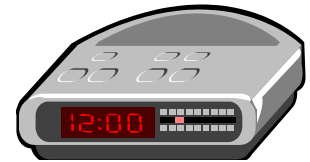
Deadlines are rapidly approaching. Plans are in full motion to bring you a fun-filled, jam-packed, awe-inspiring **STATE** Recognition Days event.

2009 Division Winners and Royalty have been notified. I can't wait to hear their stories of struggle and success!

Our guest list is impressive as it includes our TOPS President, Barb Cady, and Regional Director, Judy Hamilton. Also joining us will be all the Coordinators and Area Captains from the entire state. Visiting, once again, will be the Coordinator of Rhode Island, Joan Tinkham.

DEADLINE DATE: MARCH 15, 2010

Pick a digital alarm clock with red numbers instead of blue ones. Blue light is more stimulating and may suppress your body's production of the sleep hormone melatonin.



Joan E. Roberts, PhD, Professor of Chemistry, Fordham University.

"CHAPTER CHATTER"

PA 98, NAZARETH

(Submitted by Leader, De De Brown)

On a cold evening this past Feb. 24, with a winter snow advisory in effect 12 members of TOPS 98 didn't have a care in the world. Why? Because they were all relaxing at their own "Spa Party"

When I walked in, late as usual, I barely recognized one member who was having her chin wrapped! Another was soaking her feet in a jelly soak and a third was having a hand treatment! The fun had begun!

Several weeks earlier in an effort to raise money for SRD, I was looking for a fun and different fund raiser. When I mentioned it to the owner of a local spa she said, "Why not here! You can have a "Spa Party!"

Each member who signed up was offered a choice of one of 12 different services and the use of the spa's toning machines. So while one was being pampered the rest of us were "toning" and..... laughing! The evening ended with a bowl of healthy chili and herb teas!

We had a blast! It was so much fun! I think we will do it again! If you are in the Nazareth area you are more than welcomed to join us.



CHOP YOUR COST

Bags of precut, prewashed salad greens and cut-up produce can look very enticing sitting there in the supermarket.

But have you done a cost comparison lately?

Precut is more convenient, but it can cost at least twice as much as chopping your own.

This month, be your own prep chef. Be sure to compare prices in your grocery store, then stash the difference between whole and precut into your savings account!

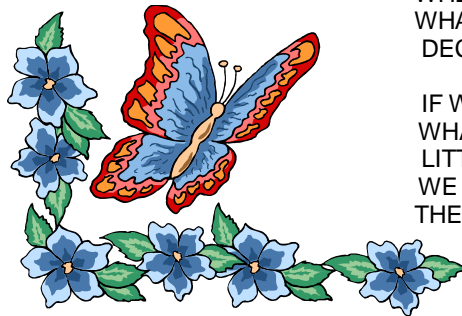


St. Patrick's Day
March 17

PA 1621, GOULDSBORO

(Written by: Marge Hurst)

THIS IS THE BATTLE OF THE MIND. THE GOOD, THE BAD, AND THE UGLY.
WHEN WE EAT WELL, IT'S THE GOOD AND WHEN WE EAT BAD, IT'S THE UGLY.
THE FIGHT TO BE ON THE GOOD SIDE IS ALWAYS A CHALLENGE FOR US. YET,
WE TAKE A CHANCE AND GO FOR THE BAD.
AFTERWARDS, WE'RE SORRY FOR WHAT WE DID AND HAVE TO PAY WITH
DEEP EMOTIONS OF SORROW.
WHEN WE'RE GOOD, WE FEEL GOOD AND BURST WITH HAPPY EMOTIONS.



WHEN WE ARE BAD, WE ARE LEARNING THAT
WHAT WE PUT INTO OUR MOUTH IS OUR
DECISION, NO ONE ELSE'S.

IF WE JUST TOOK THE TIME TO THINK OF
WHAT WE REALLY WANT AND HOW THIS
LITTLE DISCRETION WILL HOLD US BACK,
WE JUST MIGHT HAVE THE TIME TO MAKE
THE RIGHT DECISION.

PA 98, NAZARETH

March 3, 2010, was a very exciting night for Nazareth 98! Not only was it election night, it was our first **NO GAIN** meeting in quite a long time.

AND, Larry McEnroe, from "The Book" (TOPS News, February 2010) reached his goal after a 70+ pound loss to become a KOPS!!!!

Anticipating Larry's accomplishment, we had a congratulations card signed from all the members, a KOPS pin, and a framed copy of the TOPS News cover in which his article appeared (alongside the actual article he so elegantly wrote).

It was an emotional night as we recapped how glad we were that he joined our club. We presented him with the above items, along with 2 yellow roses. As is our tradition, he gave the second rose to a member he wants to particularly encourage. He chose his walking buddy, Crystal Hahn.

Way to go Larry! We are so proud of you, not to mention you look awesome!
You & our other KOPS, Deb Smith, are an encouragement to all of us!

Respectfully submitted: DeDe Brown, leader

ONE INGREDIENT

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.

"Change your thoughts and you can change the world."

Norman Vincent Peale

PA 1314, WHITE HAVEN

Submitted by Leader, Laura Hackney



15TH ANNIVERSARY & 2009 AWARDS CEREMONY

Our chapter celebrated its 15th anniversary in February. The official charter was presented to TOPS #PA 1314, White Haven on February 27, 1995.

The members began the program with the TOPS pledge. Ursula Khalife gave us a short history of the beginnings of TOPS over 60 years ago.

Bev Ackers, our 15 year member told us of the many memories of the group, special events, and all the wonderful members whom she got to know as family. She said the challenges, contests, and knowledge we share at a TOPS meeting make it a very special place to be on Monday evenings!

Our guest speaker was Ruth Isenberg. The members presented her with flowers for her continued support of our TOPS Chapter in the White Haven Herald-Journal newspaper. Our local newspaper is printed once a week and Ruth makes our news articles very special.

Bernadette presented the officer's awards for 2009.

Laura Hackney presented the 2009 Achievement Awards Certificates to all members. We're especially proud of Shelly Gluck who received recognition as a chapter division winner. She is now Queen of PA 1314. Congratulations Shelly!

Dona Reinmiller remembered the people who are always there by our side, the husbands and family members. Since family members and husbands were guests for the evening, some of their remarks (submitted by members at previous meetings) were presented for fun. The comical food statements amused the audience. All in all, there was warmth and laughs for everyone to share.

Members joined hands and closed the program with the Circle of Love & Friendship Prayer.

We all had a super time with the celebration! One member designed & printed the certificates. The chapter purchased the flowers for all members.