

Anoka, Chisago, Isanti, Ramsey & Washington Co.



Hello Fellow TOPS,

Fall Rally was held Oct 1st. We had 26 chapters in attendance. Fifteen ladies from our host chapter MN 1774, St Francis did a wonderful job providing coffee, fruit, yogurt & juice and even some home-made goodies. I could not have put the rally together without their help. They did a great job.

We had some special surprises at Fall Rally. Sharon 'Connell from MN 502 St Paul, had a wonderful weight loss. Other special weight lose winners were Deanna Snow from MN 529, No St Paul, Diane Horneber from MN 953, New Brighton and Theresa Isum from MN 1774 St Francis.

One embarrassing moment for me was when the exercise awards were being presented. Dee Krueger from MN 100, St Paul Park, Ardyce Starr from MN 665 Blaine, Theresa Isum from MN 1774, St Francis and Gerogia Mealey from MN 794, No St Paul all came up to receive their award certificate and there was none. I forgot to bring them. Shame on me. I had to mail them as soon as I got home. I guess I proved I am only human.

If you didn't attend the rally, you missed something both educational and fun. But, don't worry there will be another opportunity on March 29th 2012. Spring Workshop will be held at the Maplewood Moose Lodge and all members are welcome. Can you believe it, 2012 is just around the corner.

I just got back from my annual visit to our TOPS Scandia Chapter MN 996. As usual, I did my Super Foods presentation. I always get a little tongue tied when it comes to the whole wheat part of the presentation. Mostly because the breads we see in the grocery store is not what they claim to be.

During the discussion one member Pat Eckman told me her husband would not eat store bought bread. So she decided to create her Master Mix so she could make it as healthy as possible. The mix included stone ground wheat, soy flour, stone ground buckwheat flour, wheat germ, wheat bran and oat bran with a little ground flax seed. Then she went on to create recipes for bread, waffles, crackers, muffins, cake and power bars all using minimal oil and sugar. Her fellow chapter members raved about her recipes. I asked if she had figured out

the calories but someone else volunteered that it had not been necessary because one waffle or piece of bread was so filling, the calories just didn't matter. I suspect Pat has created a gold mine of a recipe. Besides being nutritious, there are no preservative. Just bake and freeze.

One final thought for the day. I heard a medical person talk about people and their health. She said the most important part about living a long healthy life has to do with supporting our immune system.

- Eating a diet high in fruits, vegetables and whole grains and low in saturated fats.
- Get regular exercise.
- Maintain a healthy weight,
- Get adequate sleep, 7 to 9 hours a night,
- Take steps to avoid infections, washing your hands frequently.
- Control your blood pressure.
- Don't smoke.
- If you drink, do so in moderation.
- Get regular medical screening test for people of your age group.

Every part of your body including your immune system functions better when protected from environmental assaults and bolstered by healthy-living strategies such as the above.

Until next months, stay safe and enjoy the beautiful changes in nature.

Warm Regards,

Diane M Carmichael
Area Captain for TOPS
8040 Somerset Rd.
Woodbury MN. 55125

decarma@comcast.net

651-738-2814 or cell 651-23-3298