



"No journey is too great if you find what you seek."



From the Coordinator's Corner ...

It's such a busy time for all of us. With our rallies just a few weeks away, I feel like I'm going a dozen different ways. And I can't wait to see everyone and put some more faces with names!

Thanks to all of you who came out to my workshop in Zanesville and Sue's walk/mini-workshop in Milford. I hope everyone went away with lots of good ideas.

It's a short note (for me!) this month but there's a lot to get into this month's newsletter.

Take care because I care.

Karen



RALLY UPDATE

Reminder: The deadline is fast approaching. I need all registrations by October 15. Tickets will also be available for sale at the door.

We will be playing TOPS Bingo. If you want to play, please bring a wrapped gift worth a maximum of \$3.00. Hit your favorite dollar store!

Don't forget to bring some of your hard earned cash to the rallies! In addition to our 50/25/25 raffle, we will have some great TOPS promotional items at our table.

For those of you attending our rally in Dayton, please note that the Job Center cafeteria area will be available in case you choose to bring a "brown" bag lunch instead of going out. Plus ~ as an added benefit, the Boutique will be open that day. They have many nice, high end name brand items (many with the tags still attached) for sale at very reasonable prices. A great way to help a great organization!

One day last week, I opened a report on the TOPS website and got a very pleasant surprise. Did you know that we have 52 members in our area who have 40 plus years with TOPS? Talk about an inspiration! Many chapters have multiple members ~ OH 0067, OH 0198, OH 0234, OH 0570, OH 0631, OH 0721, OH 1979 each have two; OH 0027, OH 0318, OH 0506 each have three; OH 0454 has four and OH 0629 has five members! Congratulations to all of these members and especially to OH 0091 Reading's Frieda Foster with 54 years of membership in TOPS Club.

I had a note recently from Pat Torvik, Leader of OH 0995 Xenia. To honor their newest KOPS, Evelyn Paige, the chapter members got together and decided they were going to have a no gain meeting the night she graduated at chapter. And they did it! To make the evening more special, Evelyn's mother ~ a TOPS member from another chapter, attended the ceremony.

More reports of no gain meetings – OH 0536 Tipp City has had four this year and OH 2196 Winchester reported a no gain meeting on September 12.

Since the "bewitching" hour is soon upon us, I thought perhaps this might be of some help to those of us who have a sweet tooth.....



Avoid Halloween Calories With Strategies From TOPS

When Halloween treats start to cast a spell, TOPS members can help ward off unwanted pounds with timely coping suggestions.

To manage temptation, try the following "out of sight, out of mind" tips:

- Buy treats that aren't so enticing. If chocolate is a food trigger, buy only gummy treats or small boxes of raisins to distribute to trick-or-treaters.
- Remove excess candy corn and other sweets immediately after trick-or-treat hours end. Give treats to a food pantry, homeless shelter, or, if needed, toss surplus candy in the garbage.
- Turn the refrigerator or pantry door into a roadblock rather than an entry point. Decorate it with a frightful image of a monster ready to terrorize a food plan, or a cute orange curtain that literally blocks the way into the vault of food.

Remember that Halloween treats can include non-food items. Halloween fun lasts longer when kids receive:

- Stickers, colorful shoelaces, or small containers of bubbles from a party store or dollar store.
- New pencils – orange or black – to use at school, along with shaped erasers.
- Pennies, perhaps wrapped in appropriately "slime green" cellophane wrap.

Join In the Festivities, Sensibly

There's no need to avoid Halloween parties. During trick-or-treat hours or at costume events, get in the spirit of the season by wearing toy plastic "fangs." Others will love the fun, theatrical look, and the mouthpiece will keep you from overindulging in treats.

A tip to limit sugar, suggested by TOPS member Viola Jarvis, outlines how to eat just one cookie. This method, which can make a cookie last 15 to 20 minutes, satisfies a craving for sugar while adding minimal calories. Follow these four steps:

- Buy the kind of sandwich cookie that has frosting in the middle.
- Twist the cookie apart and lick each side slowly until the cream is gone. This will take several minutes and provide a mindful sugary sensation.
- Nibble the two cookie halves in tiny bites, enjoying the texture of crumbs being chewed and swallowed.