

This & That

TOPS is Looking

TOPS Headquarters is looking for stories from you, your chapters and your members on the following topics.

Stress: coping strategies, success stories, overcoming stress, any stress-related stories that might help us to tie in with **Stress Awareness Month.**

It's My Time (TOPS' 2009-2010

Theme): stories of activities, events, ideas, and successes in keeping with this time-oriented theme.

Cut and Burn Challenge (President's Challenge for 2009-2010): ideas for tie-in and achievement of this challenge, progress reports, suggestions for recognition, and successes.

General: We always welcome your ideas for unique, informative and unusual story topics. Please share any and all stories of personal success, unique situations, anecdotes, publicity efforts, and anything else that we can share with our readers to inspire members and encourage chapters.

The Diet

A blonde is terribly overweight, so her doctor puts her on a diet. "I want you to eat regularly for two days, then skip a day, and repeat this procedure for two weeks. The next time I see you, you'll have lost at least five pounds."

When the blonde returns, she's lost nearly 20 pounds. "Why, that's amazing!" the doctor says. "Did you follow my instructions?"

The blonde nods. "I'll tell you, though, I thought I was going to drop dead that third day."

"From hunger, you mean?" asked the doctor.

"No, from skipping!!"

I hope no TOPS member would try losing weight by skipping !!!



RECIPE CORNER

Erin Go Slaw Recipe

1 head of cabbage, white leaves shredded
2 medium carrots, julienned
6 green onions with stems, chopped
2 tablespoons fresh parsley, chopped
2 scallions, finely chopped

Mix well. Toss with a dressing made from:

6 T. safflower oil
3 T. cider vinegar
1/2 t. each of white pepper and salt.

Refrigerate and let sit for at least an hour. Toss again before serving.

Easy Cheesy Ham and Veggie Rice Casserole

1 packet (3 1/2 ounces) boil-in-a-bag brown rice
2 cups broccoli florets
1 cup (3 ounces) matchstick carrots
6 ounces lean, reduced sodium ham, diced
2 ounces Swiss cheese, torn into pieces
3 ounces reduced-fat sharp Cheddar cheese, shredded, divided
1 tablespoon reduced calorie margarine
1/8 teaspoon cayenne pepper
Cook rice in large saucepan according to package directions, omitting salt and fat. Remove rice packet when cooked; reserve water.

Add broccoli and carrots to water in saucepan. Bring to boil; reduce heat. Cover and simmer 3 minutes or until broccoli is crisp; tender. Drain vegetables; put vegetables and cooked rice back in saucepan; heat over medium-low heat. Add ham, Swiss, 1 ounce Cheddar, margarine and cayenne; stir gently. Sprinkle evenly with remaining Cheddar; cover and cook 3 minutes.

Makes 4 (1 1/2-CUPS) servings
Exchanges: 1 Starch, 2 Meat, 1 Vegetable, 1 Fat
Calories 283 Fat 12g Carb 25g, Protein 19g, Chol 48mg, Sodium 616mg, Fiber 2g

OUR AREA NEWS

March/April, 2010

Beginning Today

By: Author Unknown

Beginning today I will no longer worry about yesterday.

It is in the past and the past will never change.

Only I can change by choosing to do so.

Beginning today I will no longer worry about tomorrow.

Tomorrow will always be there, waiting for me to make the most of it.

But I cannot make the most of tomorrow without first

making the most of today.

Beginning today I will look in the mirror and I will see a person worthy of my respect and admiration.

This capable person looking back at me is someone I enjoy spending time with and someone I would like to get to know better.

Beginning today I will cherish each moment of my life.

I value this gift bestowed upon me in this world and I will unselfishly share this gift with others.

I will use this gift to enhance the lives of others.

Beginning today I will take a moment to step off the beaten path and to revel in the mysteries I encounter.

I will face challenges with courage and determination.

I will overcome what barriers there may be which hinder my quest for growth and self-improvement.

Beginning today I will take life one day at a time, one step at a time.

Discouragement will not be allowed to taint my positive self-image, my desire to succeed or my capacity to love.

Beginning today I walk with renewed faith in human kindness.

Regardless of what has gone before, I believe there is hope for a brighter and better future.

Beginning today I will open my mind and my heart.

I will welcome new experiences. I will meet new people.

I will not expect perfection from myself nor anyone else: perfection does not exist in an imperfect world.

But I will applaud the attempt to overcome human foibles.

Beginning today I am responsible for my own happiness and I will do things that make me happy . . .

admire the beautiful wonders of nature, listen to my favorite music, pet a kitten or a puppy, soak in a bubble bath . . .

pleasure can be found in the most simple of gestures.

Beginning today I will learn something new; I will try something different; I will savor all the various flavors life has to offer.

I will change what I can and the rest I will let go.

I will strive to become the best me I can possibly be.

Marsha's Columns

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Remember: Cut and Burn Challenge making small changes produces big results. We can do this!! Please at least consider this great challenge.

NEWS

If you have information you would like to share with everyone please send it or email it to me mapiatt@aol.com and I will include it in my newsletter. I do publish one every two months.

ELECTIONS

I hope that by now you all have your new officers elected and ready to install and are ready to get busy for the new year. Make sure you fill in your L-001 and get it sent to Elaine. Make sure the Leader for 2010 is the one to fill it out and sign it. PLEASE print clearly!

SYMPATHY

Our deepest sympathy goes out to the family and members of Ina Surgen, Leader of 883, Akron. Ina passed away suddenly last week.

Congratulations to All New Members

Congratulations to all chapters that have enrolled new members. Remember each new member headquarters receive your chapter number goes into a drawing for \$250 to be held next year at IRD. Each Regional Director will draw one chapter from their area so the more new members you bring in the better chance you have of winning.

NEWS

Please remember to mail your Workshop Fund fees to me as soon as possible. This is not my idea but came from headquarters as all chapters are to do this. This information was included in your return resume and newsletter packet from Elaine. Chapters with up to 15 members the fee is \$15.00 ~16—30 members it is \$20.00 and 31 and above it is \$25. These monies will be used to provide items needed for workshop.

OPEN HOUSE

I hope everyone is thinking and planning for a chapter open house. Please let me know if you are and if possible I would like to attend. I know several chapters are planning and have held their open houses.

SRD

I hope many of you are planning to attend SRD in Columbus on April 30 and May 1. We will have a lot of entertainment and awards to give out. I know several from our area will be receiving awards. If anyone would like to help as a Hostess at SRD please let me know.

IRD

I just want to remind everyone about the email you received asking for volunteers for IRD in Milwaukee for 2011. They need several positions. If you or anyone in your chapter is going and would like to volunteer please contact Ruth Gielow at Ruthgielow@aol.com



Saint Patrick's Day

Erin O Braugh

St. Patrick's day is in honor of the Patron Saint of Ireland, who brought christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs.

Are you Irish perchance! Well, the saying goes everyone is a little Irish on Saint Patrick's Day.

Roots of Tradition: Saint Patrick's day is held in honor of Saint Patrick, the missionary who brought christianity to the Irish people in the 400's AD.

Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever"

Did You Know? Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!

Between you and every goal that you wish to achieve, there is a series of obstacles, and the bigger the goal, the bigger the obstacles. Your decision to be, have and do something out of the ordinary entails facing difficulties and challenges that are out of the ordinary as well. Sometimes your greatest asset is simply your ability to stay with it longer than anyone else."

Why the Easter Bunny Brings Eggs

10. Big tax write-off.
9. Who ever heard of Easter Bricks?
8. Consider all of the varieties: scrambled, over easy, hard boiled.
7. He gets a good deal from the local chickens.
6. Secret plan to eliminate human race by cholesterol overdose.
5. Pressure from the Egg Marketing Board.
4. Because if it brought bottle rockets it would be the Independence Bunny.
3. Would you want to hunt for waffles?
2. He thinks guys should get chicks at least once a year.
1. Because the Energizer rabbit got the good job.

Seize the Moment

Why put off till tomorrow what you can do today?! Every day that passes by without your having made changes that further your plan is a missed opportunity. You will always be faced with something you'd prefer to do in place of what you should be doing. The easy choice is to go with what's facing you, no matter how bad for your health it is; the harder choice, the challenge, is to pass the temptation by and continue on the path to your healthy life. That's the choice you need to make. And when you make that choice, you'll have seized the moment — the moment to do something for yourself, to avoid pressure from others, to pat yourself on the back **and say "I can do it!"**