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Dear Chapters,

Fall is quickly approaching; the kids are back in school now. So there should be no excuses why we can't get back on those tread mills or exercise bikes and start our exercise routines again. Remember all it takes is 30 minutes 3 times a week or 10 minutes every day.

With farmers markets in full swing here is an article that was sent to me by another Area Captain that I found interesting about Cucumbers and just had to share.

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a Cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a Cucumber slice along the mirror, it will eliminate the fog and provide a soothing, Spa-like fragrance.
4. Are grubs and Slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B Vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding a headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire Cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finished a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a Pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the Walls!!

Please remember Fall Rally is November 12th at Idlewild Park in Suamico. Our Coordinator Diane Stoetzel will be there for a question and answer session. So please think up all the things you want to know about TOPS or maybe a chapter problem, she will be there to answer all your questions. I am still looking for a host chapter; remember you will be compensated for your efforts. We will also be having lots of new sale items and the Chinese Auction at this rally so make those pretty baskets and bring them so we can raffle them off. Also don't forget our two contests -- the biggest loser for the quarter (must be present to win) and dress like who inspires you the most. The start time will be different as there is an aerobics class there from 7-8 am so we will be starting around 9:30-9:45 as this should allow me time to set up tables and chairs with some volunteers, I hope.

In closing live life to the fullest today because you never know what tomorrow may have in store.

TOPS HUGS
Sharon