

NW Montana Area Newsletter

December, 2011

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This will be my last area captain's newsletter. I had really hoped someone else would be inspired to join the field staff and handle the northwest area, but no one so far has come forth. There are some benefits to being an Area Captain. You get to visit each of the chapters and meet a great bunch of people. Each chapter has some unique ideas that I always brought back to my own chapter. We incorporated some of those in programs and contests. Each chapter was kind enough to help with travel expenses for the chapter visit. Area Captains also receive a stipend from the coordinator based on membership each month. There is a bonus paid for each new chapter formed in the area. Expenses to area meetings such as Fall Rally and Spring Workshop are budgeted. SRD housing is provided as well. An AC also receives some compensation from the Regional Director if they complete the chapter visits and write their newsletters. There are some funds available to help with a trip to IRD in the summer. There of course are a some other responsibilities, as AC there is a monthly report to complete, you work during SRD, Spring Workshop, and plan your area's Fall Rally. Field staff is expected to attend trainings within the state, there are none planned for the upcoming year though. If you are interested in this opportunity, **give me a call.**

Note: The information in this newsletter is designed for educational purposes only. You should not rely on this information as a substitute for personal medical attention, diagnosis or treatment.

Upcoming Events:

HHP Freeze Burn fitness walk on December 4th.
Frenchtown High School Parking lot.
More information about the walk is available at
http://www.coehs.umt.edu/hhp/current_events/default.html



What's your favorite holiday treat? Mine is Fudge, fudge and more fudge. Yes, I'm a recovering Chocoholic. I haven't made a batch of fudge for the holidays for years. Because it would disappear quickly and show up at the scale and around my hips. I did make some last month for a bake sale and other than cleaning the spoon I got it out of the house without too much pain. It is often hard to deprive ourselves of that favorite item that has become part of the traditionally celebration. So here is my solution, buy a single serving of that treat and enjoy. I buy a piece of fudge about every other year or so and enjoy that sinfully, sweet taste. That's good enough and one piece does not have the same result as a whole pan full.



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(UN)Helpful Holiday Diet Tips

1. If no one sees you eat it, it has no calories
2. If you drink a diet soda with a candy bar, they cancel each other out
3. If you eat standing up, it doesn't count!
4. STRESSED is just DESSERTS spelled backwards
5. If you eat the food off someone else's plate, it doesn't count
6. Cookie pieces contain no calories because the process of breakage cause calorie leakage
7. Food used for medicinal purposes have no calories. This includes: any chocolate used for energy, brandy, cheesecake, and Haagen-Daz Ice Cream
8. When eating with someone else, calories don't count if you both eat the same amount

Originally entitled helpful—but we all know it isn't necessarily truthful. My only warning, don't try this at home.

Race to Rally Contest

Continue to work on making laps as described in the last newsletter.

Please submit completed laps only once a month, after the beginning of the month. Chapters may send a bundle or members may send in them individually.

Earning the laps: Mark each square as noted below.

Attendance: Come weigh in and stay for the meeting earn 1 square

Weight Loss or Turtle earns one square. You can only claim one square each week for weight success. KOPS staying in leeway earns one square.

Exercise: Three times or more for a minimal of 20 minutes per week earn one square.

Food Diary: Bring your week's diary; have it initialed by another member to earn a square.

Present your chapter's program and earn two squares.

Sponsor a new member to earn two squares.

THIS CONTEST WILL CONTINUE UNTIL ANOTHER NEW AREA CAPTAIN TAKES OVER OR 2012 FALL RALLY.