

# NW Montana Area Newsletter

## November, 2011

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**Trivia Question:** Of the typical 15-pound turkey what percentage is white meat?

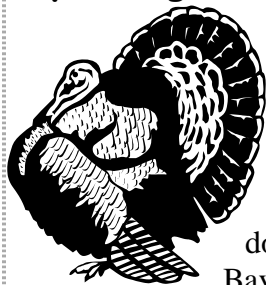
(answers will be at bottom of newsletter)

*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.*

### New Look

Have you seen the newest look at the TOPS website? Headquarters surprised me this last week when I went looking for some information. I went to the website and found a totally new webpage. Check it out! [www.tops.org](http://www.tops.org)

### Upcoming Events:



**Turkey Trot** • Polson. Join the 4th Annual Polson Turkey Trot 5K Fun Run/Walk. Start & finish at Century 21 Big Sky Real Estate (on the corner of Hwy 93 and Hwy 35). It will run a nice course down Hwy 35 and around Mission Bay. This race is about health, fitness, community, family & fun: runners & walkers of all abilities are welcome. Race day registration opens at 8:30 a.m. Cost is \$5. See website for more details: [www.polsonrunning.com](http://www.polsonrunning.com).

### Recipe

#### Crustless Pumpkin Pie

- 8 Servings
- Prep: 10 min. Bake: 35 min.

### Ingredients

- 1 egg
- 2 egg whites
- 1 can (15 ounces) solid-pack pumpkin
- Sugar substitute equivalent to 3/4 cup sugar
- 1/2 cup reduced-fat biscuit/baking mix
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 can (12 ounces) fat-free evaporated milk
- 1 cup reduced-fat whipped topping

### Directions

- In a large bowl, combine the egg, egg whites, pumpkin, sugar substitute, biscuit mix, vanilla and spices until smooth. Gradually stir in evaporated milk.
- Pour into a 9-in. pie plate coated with cooking spray. Bake at 350° for 35-40 minutes or until knife inserted near the center comes out clean. Cool on a wire rack. Dollop with whipped topping before serving. Refrigerate leftovers. **Note:** This recipe was tested with Splenda no-calorie sweetener.

**Nutrition Facts:** 1 piece with 2 tablespoons topping equals 124 calories, 2 g fat (1 g saturated fat), 28 mg cholesterol, 160 mg sodium, 19 g carbohydrate, 3 g fiber, 6 g protein. **Diabetic Exchange:** 1-1/2 starch.

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### **Surviving the Holidays**

Can you believe it? The holidays are upon us. Halloween usually starts it off for me. All that bagged candy in every store, just makes me start thinking of all the temptation there is to detour my weight loss journey. As I am hoping to do is set a goal for myself and I encourage you as well to make a survival plan for the upcoming holidays. I want to get through the remainder of the year with a weight loss. That means I have to decide right now on a way to do that. I doubt that I will get away with not enjoying some of the traditional foods and fun that go with the holidays, but I can control myself enough to make today the beginning of a plan to have an overall loss for the next two months. That means I have to restrict the splurges and concentrate on the fun times, not the fattening food. Enjoying my family is the focus I putting on the events, not what is on the buffet table. I also am getting the skis ready for some cold weather exercise, as well as finding some heavier clothing to wear. Lately I find myself staying indoors to avoid the cool morning temperatures, but that doesn't mean I can't exercise. I have options indoors as well.. Time to dust off the elliptical, find the missing yoga dvd, or use my resistance bands and weight. It is just a matter of moving enough to burn off the calories. Anybody up to the Turkey Trot in Polson? I'm going to sign up and then head to the family get together. Then I can enjoy my family and a nice meal and not worry about a few extra calories. I will wear my TOPS t-shirt anyone there that sees me will find I have a little something for you in my pocket.

Join me and make the goal to have a weight loss from your next weight in until the end of the year. You can do it!

### Trivia Question answer:

The typical 15-pound turkey is seventy percent white meat and thirty percent dark meat. White meat contains less calories and less fat as compared to dark meat.

### **New Area Captain Needed**

Do you like to travel? A desire to meet new people? Looking for ways to stay on track? How about visiting chapters and seeing what other groups do to inspire each other? I am looking for my replacement. Contact me either by telephone or email.

### **Race to Rally Contest**

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

Please submit 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.

**Bonus square:** You can mark a bonus square if you lost or maintain your weight on the weigh in immediately following Thanksgiving. **DON'T LET THE TURKEY GET THE BEST OF YOU.**