

~! - Happy Holidays - ! ~

Today, Halloween, marks the beginning of the 2011 Holiday Season. From now (if it hasn't already started), until January 1st, 2012, the temptations will abound - from candy to eggnog, mashed potatoes and gravy to pumpkin pie, turkey to champagne, and the list goes on and on. The secret (food-plan wise) is to treat the holidays like any other days. Remember your portion sizes, and be sensible about what you consume. There's no reason not to enjoy the things you love around the holidays, but let them be primarily a celebration of family and friends and don't let everything center around the food. TIP for Halloween - give away NON-Candy treats like stickers or pencils to the kids. If you have left-overs you won't be tempted to eat those.



~! - Area Highlights - ! ~

Our Fall Rally was a great success. There was not a huge turnout this year, but it was definitely an enthusiastic crew, and we enjoyed a wonderful collection of hats. Our new Coordinator, Deb Pier was guest speaker, and we talked a lot about CHANGE. If your Chapter is interested in hosting Fall Rally next year, please let me know. It's never too early to plan ahead. I will also be looking for a Chapter to host a Spring Workshop in the March/April timeframe.

~! - Chapter/Membership Highlights - ! ~

Newest Members (Late Sept - October) - Welcome to our TOPS Family!

MT 0570	Great Falls	Angela Fletcher Carol Scheuffele Louise Toole Amy Dorr
MT 0516	Conrad	Carol Miller

~! - Recent NO GAIN Meetings (I've heard about) - ! ~

October 5th - MT 0529 East Helena - Weigh to Go.....

Lisa Bass, Area Captain, North Central Montana TOPS, 608 N. Rodney St., Helena, MT 59601.....email me at lisabassnordhagen@gmail.com

~! - Upcoming Chapter Anniversaries - ! ~

MT 0455 CUT BANK - November 16th, 1987 - HAPPY 14th ANNIVERSARY!~

MT 0516 CONRAD - November 16th, 1999 - HAPPY 12th ANNIVERSARY!~

~! - 4th Quarter Contest ****UPDATE**** - ! ~

Last month I attached a coloring contest for 4th Quarter 2011 - you may color in a space for each quarter pound you lose from October 1st through December 31st 2011. For any quarter pounds you gain back, you must black out a space that you previously filled in with color, so the MORE Colorful your picture is, the better.

Here's the UPDATE - for KOPS, color in ONE Space if you are in Leeway, and Color in TWO additional Spaces if you are AT or Below Goal. The only "black outs" for KOPS are if you are Out of Leeway, then color in a "black" space for each quarter pound that you are out.

Here's an UPDATE - for everyone. For each month, please note your TOTAL POUNDS lost/gained for the month in the margin. - The reasoning for this is that it's really hard to judge coloring contests solely on the coloring.

After December 31st, you need to either mail them to me, or scan them and email them to me, and YES, there will be announcements and "PRIZES".

If you need a new copy, let me know, and I can email it to you....

Local News: MT 0427 Helena member, Mary "Chris" Gordon, passed away October 1st, 2011. She was 68 years old. Our dear friend will be missed.

I wish each and every one of you a Happy Halloween, and I'll be in touch again before you know it.

See you later, lighter!

TOPS Hugs, Lisa B.