



TOPS Newsletter

OCTOBER 2011

Deloris Heminger, Area Captain
682 Liberty Rd, Dannebrog, NE 68831
Home Phone: 308-226-2363
Cell Phone: 308-383-6399
Email: deheming@nctc.net

COMING UP :

NORTHERN COUNTIES FALL RALLY IS ALMOST HERE!

CHALLENGE ENDED AUGUST 31, REPORTS AND ASSESSMENT DUE BY SEP 7, 2011 !

Make checks payable to & mail to: Deloris Heminger, 682 Liberty Rd, Dannebrog, NE 68831

Northern counties Fall Rally will be on Saturday, October 8th in Columbus. Meet for luncheon @ 11:30 am at Columbus Senior Center, 2518 14th St, Columbus, NE, will be hosted by #NE 529, Columbus.

Reminder! . I am requesting all of the other chapters in the area to provide the food in the form of low calorie salads; each chapter needs to furnish two (2) salads that will feed approximately 10 people each. I'm sure you all have some wonderful low calorie salad recipes. **(PLEASE BRING A COPY OF THE RECIPE WITH THE SALAD TO SHARE & DON'T FORGET CHINESE AUCTION ITEMS)**

Southern counties Fall Rally was a great success! I'm looking forward to seeing the rest of the members in my area in Columbus on Saturday!

ANNOUNCEMENT:

LEADERSHIP WORKSHOP FOR ALL CHAPTERS IN MY AREA BOTH NORTH AND SOUTH. TO BE HELD IN GRAND ISLAND ON OCTOBER 15 FROM 1:00 TO 2:30 PM AT THE GOLDEN TOWERS COMMUNITY ROOM, 804 BOGGS AVE, GRAND ISLAND!!! (Please do not use parking lot just north of building, that is reserved for residents)
If you have any questions or concerns you would like answered at the workshop, please send a list of those questions to me either by mail or e-mail prior to that date so I will have answers for you.

The road to good health is paved with good nutrition and exercise. But for many folks traveling that road and knowing how to shop for low-fat foods rich in nutrients is a mystery. TOPS (Take Off Pounds Sensibly) weight loss experts have mastered the art of grocery shopping and have several tips to make that next trip to the market a little easier.

1. **Stick to the list.** Plan a weekly menu and create a list of ingredients for those meals.
2. **Eat a healthy meal or snack before shopping.** It's too easy to buy too much when shopping on an empty stomach.
3. **Keep to the outside lane.** Most food stores keep the healthiest choices like produce, meat and dairy on the perimeter with junk food in the middle.
4. **If it can't be said, don't pick it up.** Don't buy anything with more than five ingredients and/or anything that includes words too difficult to pronounce.
5. **Go homemade.** Ban convenient, processed food; anything homemade is bound to be healthier and less expensive.

“The road to weight loss and management doesn't have to be fraught with worry. “Following these steps makes it less stressful to focus on buying fruits and vegetables, lean meats and low-fat dairy products.”

STATE RECOGNITION DAYS

Check www.tops123.com for NEBRASKA TOPS information. SRD 2012 will be here before you know it, SRD isn't a success without all of you! If you weren't able to attend this year make sure you start planning now to join us next year, you won't be disappointed! By planning ahead and setting up an SRD fund to raise money throughout the year you can easily afford to bring your whole chapter to celebrate with the rest of the Nebraska TOPS members at State Recognition



**TOPS HUGS,
Deloris**