Quick ‘n Easy Ceremony

Fruit Salad Theme
Officers Installation

Submitted by Area Captain Vicki Schreiner-Kaiser and TOPS MN 1488 Dassel

**Supplies Needed:**
1 fresh flower for each officer  
1 charm for each officer  
1 small token for each member to show that they are the most important part of the chapter, perhaps a piece of fruit of some kind.

**Shopping List:**

<table>
<thead>
<tr>
<th></th>
<th>Flower</th>
<th>Charm</th>
<th>Fruit</th>
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</thead>
<tbody>
<tr>
<td>Leader</td>
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<tr>
<td>Co-Leader</td>
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<tr>
<td>Secretary</td>
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<td>Treasurer</td>
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<tr>
<td>Weight Recorder</td>
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<tr>
<td>Assistant Weight Recorder</td>
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<tr>
<td>Remaining members</td>
<td></td>
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<td><strong>TOTAL</strong></td>
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**For the Salad**
- ☐ 4 cups fresh strawberries
- ☐ 2 cups fresh blueberries
- ☐ 2-3 kiwifruit
- ☐ 2 bananas
- ☐ 2 cups seedless grapes

**For the Dressing**
- ☐ 1 cup yogurt, plain or vanilla
- ☐ 2 tsp. lemon juice
- ☐ 1 tsp. sugar
- ☐ 1/2 tsp. vanilla extract

**For Serving**
- ☐ Cups for hot and cold drinks
- ☐ Paper plates or bowls
- ☐ Napkins
- ☐ Forks
- ☐ Large bowl to mix salad together
- ☐ Salad tongs
- ☐ Coffee
- ☐ Water
- ☐ Cold beverages

This is the year we can make our chapter grow into a refreshing, colorful group of friends working together to help each other reach their goals for a healthy weight loss.

Now, let’s illustrate how it takes many different ingredients to make our chapter a success.

TOPS Headquarters, president, Field Staff, and chapters everywhere are examples of this. Every member is important. TOPS’ tools, recognition days, goals, scales, chapter programs, games, contests, fun, laughter, persistence, and celebrations are also good examples. The list is never-ending.
As we install our officers for the upcoming year, we are going to mix up a Fresh Fruit Salad to illustrate different ingredients working together for a common goal.

**Will our new Weight Recorder and Assistant Weight Recorder please come forward?**

In our fruit salad, you are the chapter's grapes. Grapes are high in antioxidants, which help undo and fight effects of free radicals. We are exposed to these from pollution, as well as through normal metabolic processes. They are also made of mostly water so they help with hydration, and they offer fiber as well.

[First names of Weight Recorder and Assistant Weight Recorder], as Weight Recorders, will you help us to undo and fight the effects of our bad choices, record each member's weigh-in on official forms, turn in all necessary weight records on a timely basis, and supply loving support to each member as needed? If you accept these duties, answer, “I do.”

[First names of Weight Recorder and Assistant Weight Recorder], please add the grapes to our Fresh Fruit Salad.

**Present Weight Recorder and Assistant with flowers and charms.**

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**Will our new Treasurer please come forward?**

In our fruit salad, you are the chapter's bananas. In order to have a healthy lifestyle, we have to meet our daily requirement of five fruits and vegetables. Bananas are a perfect part of our diet and they are the most popular fruit. Bananas are available all year and they are a great source of instant energy, whether we are watching our diet or just trying to eat healthy.

[First name of Treasurer], your careful handling of all the money received and disbursed in our chapter will help us meet our requirements of being responsible members that pay our memberships, maintenance fees and other transactions on time. If you accept these duties, answer “I do.”

[First name of Treasurer], please add the bananas to our Fresh Fruit Salad.

**Present Treasurer with flower and charm.**

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**Will our new Secretary please come forward?**

For our salad you are the chapter's kiwifruit. The kiwifruit is also known as the Macaque peach, the vine pear, the sunny peach, the wood berry, the hairy bush fruit, the unusual fruit, the wonder fruit or the strange fruit. As someone kept an accurate record of all the different names for a kiwi fruit, the Secretary keeps accurate minutes at each meeting, specifying names, dates, motions and contest rules as needed. If asked by the Leader, the Secretary reads all official communications and tends to all correspondence. [First name of Secretary], if you accept these duties, answer “I do.”

[First name of Secretary], please add the kiwi to our Fresh Fruit Salad.

**Present Secretary with flower and charm.**
<table>
<thead>
<tr>
<th>Will our new Co-Leader please come forward?</th>
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<tr>
<td>Fruit salads are not complete without blueberries. [First name of Co-Leader], you are the chapter's blueberries. Blueberries help promote urinary tract health. They have been proven to preserve vision. They are good for brain health. It has been said they can cure many heart diseases. They help with constipation and digestion. I could go on and on, but the example is there.</td>
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<tr>
<td>Just like the blueberry, the Co-Leader is asked to do many tasks, such as help the Leader serve the chapter, preside at chapter meetings in our Leader’s absence, and fill the office if permanently vacated. The Co-Leader also fills any other office temporarily until the officer returns or a permanent replacement is elected or appointed. If you accept these duties, answer “I do.”</td>
</tr>
<tr>
<td>[First name of Co-Leader], please add the blueberries to our Fresh Fruit Salad.</td>
</tr>
<tr>
<td>Present Co-Leader with flower and charm.</td>
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</table>

| As Leader I am the chapter’s strawberries. I’m not sure why I picked the strawberry for the Leader, except that I love strawberries. It is true that strawberries go with many foods and they are nutritious. They should ideally be a part of everybody’s daily meal plan. The Leader should care for every member and his or her goals. |
| The Leader determines and carries out the wishes of the majority of the chapter, making sure the rules of TOPS are followed. The Leader is well prepared, starts meetings on time, and seeks member participation. The Leader works with all officers and reviews the chapter’s progress regularly. The Leader notes individual progress offering extra encouragement to all. |
| As Leader, I accept these duties. |
| I will add the strawberries to our Fresh Fruit Salad. And accept the flower and charm that the chapter gives. |

| There are many other types of fruit we could add to our chapter’s fruit salad, such as apples, oranges, pineapple, and raspberries. The types are endless. These different fruits represent our Area Captain [first name], our Coordinator [first name], TOPS News, and the TOPS organization. They are all important to us. |

| Now it is time to bring the salad together. Will all members who are not officers this year come forward? |
| [First names of members], as TOPS members, you are the dressing for our salad. The dressing is what makes this salad complete. Fellow members, if you are willing to dedicate yourselves to helping your officers make this chapter grow into a refreshing, colorful group of friends working together, to help each other reach their goals for a healthy weight loss say, “I do.” |
| We will serve the dressing on the side, so members can take as much as they want. |
Everyone, please help yourself to some fruit salad as we continue our meeting for the evening.

*Note: each member receives a copy of the recipe.*

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### Officers’ Installation

**Fresh Fruit Salad**

**Ingredients:**
- 4 cups fresh strawberries, halved
- 2 cups fresh blueberries
- 2-3 kiwifruit, peeled and sliced
- 2 bananas, sliced
- 2 cups seedless grapes, halved
- 1 cup yogurt, plain or vanilla
- 2 tsp. lemon juice
- 1 tsp. sugar
- 1/2 tsp. vanilla extract

**Directions:**
- In a large salad bowl, combine first five ingredients
- In a small bowl, combine last four ingredients
- Serve fruit with dressing.

**Yield:**
8-10 one-cup servings.

**Nutrition Facts:**
1 serving equals 104 calories, 1g fat (1g saturated), 3 mg cholesterol, 13 mg sodium, 23g carbohydrate, 3g fiber, 2g protein.

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