



“No matter how long we have traveled the wrong road, we can always turn around..... Always.”

~ Unknown

(Thanks to Retreat Director and South Dakota Coordinator, Deanna Bies)



### Ohio SRD ~ “Follow the Yellow Brick Road”

It’s never too early to be thinking about SRD. Are you excited about going? I hope so. Leaders, are you encouraging your members to go? It’s a great time and if you have never seen the KOPS Circle of Light, you’re missing out on a very special treat. Why not plan to attend 2012 TOPS SRD? Mark it on your calendar now for April 27-28 to be in Akron with your chapter. Please see SRD Chairman Elaine Cottrill’s forthcoming letter for all the details.

### From the Coordinator’s Corner

Happy New Year! Thanks to all of you who sent such beautiful cards and thoughtful messages. I appreciate them all very much.

I don’t know about you, but I’m thrilled that the holidays are behind us. Staying on track was especially difficult for me this year and now I’m glad to be back up on the horse and heading in the right direction. Please see the last item in this month’s newsletter. Truly food for thought for all of us..... Yikes ~ don’t mention food again, right?

Chapter leaders, please share the pertinent information in this newsletter with your members. You are the only link between your members and some information that they need to be aware of. Many thanks!

Hope many chapters are planning Open Houses during January. Please let me know how things go.

I’m counting the days until Spring ~ how about you?

Until next month ~ stay warm and busy!

Karen

Be sure to check out the January, 2012 issue of “Woman’s Day” magazine on sale now.

**TOPS got some great recognition on Page 80 where Anne Potasky, a member from Washington state, is featured for her 120 pound weight loss. She credits the support and encouragement received from her local chapter with helping her to shed the excess weight.**

### REMINDER:

As I stated in my e-mail to all chapter leaders/designates, as a way of getting new members into your chapter, for the month of January, I will return the \$2 increase in membership to your chapter

treasury. Your job is to bring in new members ~ my job is to help “supplement” your treasury by giving you back \$2 per new person registered during the month of January. Have any questions?? Feel free to contact me!



**Welcome to all our new and returning TOPS Club members who joined during the past few weeks. We need more!!! (See my challenge on Page 1.)**

**A very brave move to begin your weight loss journeys in the midst of weeks of tempting holiday activities. Good luck!! We're here for you.**



**OH 0404 Lancaster's leader, Ruth Wilcox e-mailed me before the Holidays telling me that she and seven other members participated in a "Walk With a Doc" activity at a local mall. Weigh to go! The weather may be lousy right now but walking indoors at a mall is a great way to get in some much needed exercise. Just stay away from the Food Court. Southern Ohio TOPS members ~ get moving!!!!!!**

**Some additional "no gain" reports from OH 0091 Reading, OH 0506 Coshocton and OH 2013 Coolville (3 since October!) Great job! The challenge continues.....**

## **BEGIN AGAIN**

**One of the best things we can do in our lives is this: BEGIN AGAIN**

**Begin to see yourself as you were when you were the happiest and strongest you've ever been.**

**Begin to remember what worked for you (and what worked against you), and try to capture the magic again.**

**Begin to remember how natural it was when you were a child -- to live a lifetime each day.**

**Begin to forget the baggage you have carried with you for years: the problems that don't matter anymore, the tears that cried themselves away, and the worries that are going to wash away on the shore of tomorrow's new beginning.**

**Tomorrow tells us it will be here every new day of our lives; and if we will be wise, we will turn away from the problems of the past and give the future -- and ourselves -- a chance to become the best of friends.**

**Sometimes all it takes is a wish in the heart to let yourself ... Begin Again.**

**~ Collin McCarty**