



"It always seems impossible until it's done."

~ Nelson Mandela

Reports of more "no gain" meetings continue to come in. Congratulations to OH 2009 Sardinia who reports they have recently had their third no gain meeting for the year. Have also heard from OH 2207 Bolivar and OH 1428 Peebles. "Weigh to go" chapters ~ I am very proud of all of you!

Rally Update:

Congratulations to our shoe box race car winners. I am still amazed at the talent our members exhibited. Our winners in Coshocton were: 1st place – OH 0372 Delaware and 2nd place (tie) – OH 1490 Roseville and OH 1561 Newark. In Dayton, the honors went to: 1st place – OH 0536 Tipp City and 2nd place (another tie) – OH 0198 Dayton and OH 0863 Dayton. In West Union the winners were: OH 2151 Cincinnati (1st place), OH 1428 Peebles (2nd place) and 3rd place (tie) went to OH 1801 West Union and OH 2102 Ripley.

From the Coordinator's Corner ...

Hello everyone,
Sorry I'm late with this month's edition but have been on the run a lot for the past few weeks. Just returned from coordinator orientation at TOPS headquarters in Milwaukee.

I hope those of you who attended the Fall Rallies enjoyed yourselves. Some pictures are in this newsletter but more are posted on the Topspride website (www.topspride.org ~ click on Ohio and then click on "Events".)

We are now entering into a very difficult period with Thanksgiving and the other holidays fast approaching. Remember ~ moderation in all areas. And please try to get in a little extra movement during the next few weeks to further your weight loss efforts.

Take care everyone!
TOPS Hugs,
Karen



Again, my thanks to all who showed up, volunteered your services and gave me your comments and suggestions. For those who attended our West Union rally, the recipe for those great cookies follows. When I put the recipe through the calorie calculator, they came out a little higher than I expected. However, as with all things, moderation is the key. And if you eliminate the Hershey Kiss, (but who would want to?) you can reduce the calories by 24.4 making them only 120.4 calories each. Remember ~ choose wisely! And don't shoot the messenger.....

MONSTER COOKIES

Yield: 80 cookies

**2 sticks Best Life Buttery Baking Sticks
2 cups packed brown sugar
2 cups Splenda Sugar Blend for Baking
6 eggs
1 tsp. vanilla
1 tbsp. Karo light corn syrup
4 tsp. baking soda
1 pound (16 ounces) peanut butter
9 cups oatmeal
80 Hershey's Kisses**

Mix all ingredients well. Flatten with hand and press Kiss into middle. Bake @ 350 degrees for 10-12 minutes. Do not overbake.

Nutrition facts: Amount per serving (1 cookie): Calories: 144.8, total fat: 7.5 g (saturated fat: 2.5 g, polyunsaturated fat: 1.7 g, monounsaturated fat: 2.4 g) Cholesterol: 15.0 mg, Sodium: 122.7 mg, Total Carbohydrates: 19.2 g (Dietary Fiber: 1.4 g, Sugars: 11.7 g)

*** * * * ***

I mentioned above that I was in Milwaukee last week attending coordinator orientation which was very beneficial. While there, I learned about all the changes that are taking place on the TOPS website. I hope that you have had an opportunity to visit and see how fabulous everything looks. Plus, TOPS is really getting into the "social network" arena with Facebook and LinkedIn. A sign of the times and a wonderful way to attract younger prospects. When you get a minute, please go to the website (www.tops.org) and check it out. Our president, Barb Cady, and wellness coordinator liaison, Maggie Thorison, have both started weekly blogs that are certainly worth reading.

Resume Time is Near

Well, we are about to begin our first trip down resume lane together. Area captain, Tom Seman, put together a great tool for our weight recorders, "15 Steps to a Perfect Resume" that I will be sharing. Thanks to Tom and also to my coordinator, Elaine Cottrill, for passing this along to me. I hope it will help make this job a little easier for our dedicated weight recorders. My FSID number is 0700 for those of you needing it.