



GOT YOUR ROAD IN YOUR MIND!!!!

OUR AREA NEWSLETTER

January, 2012... Marsha Piatt, Area Captain ~ 330-274-8933 or mapiatt@aol.com

Before I get into our newsletter I wish to express my family's and my thanks for all the cards, calls and prayers that were sent to us during the hospital stay and passing of my Mother in Law. You know you have special and dear friends when you have TOPS friends. Thanks to one and all. Your kindness will always be remembered.

Welcome 2012 and now we must get onward to the business at hand or various other body spots! I want to wish everyone a very Happy and Healthy New Year. I know some of us have a little work to do and some of us have lots of work to do, but I do know together we will succeed.

TOPS in the news ~ ~ January Woman's Day magazine has a great article about a TOPS member from Washington that has lost 120 pounds.. Read it if you get a chance. It is on page 80.

SRD ~ ~Now get started making plans to be at **SRD** in April. The theme for **SRD** is "**Follow the Yellow Brick Road**" **It will be held at the Hilton Inn West in Fairlawn.**

Reminder: As of January 1 remember the membership fee increased by \$2. It is now \$28 a year. Best deal in town as I see it.

Remember if you have something you want in my letter, let me know!

REMEMBER: LEADERS: PLEASE read all mail to chapter members. Whether it is from me, Elaine or Headquarters! It is to be read in chapter unless otherwise stated.

Again this month.....as usual ~ ~ I ask **PLEASE** pay attention when a member is no longer coming to chapter. Please call them and find out why and if you can help in any way to get them to come back. If you would like me to contact them please let me know! **ALSO PLEASE** pay attention to your member renewal dates. Plan an **Open House or a Mall walk** to increase your membership. This is the time of the year when most people are thinking diet and health! Be ready to help!

MEETINGS! Since winter is here and the weather isn't always cooperating could I **PLEASE** ask you if you cancel a meeting to call me or email me that day so if I get calls I know what is going on? I had several calls over the holidays asking is chapter #???? Meeting tonight? I don't want to lose a perspective member due to an "I don't know" answer. I know we will still have various holidays coming up so please let me know if you chose not to meet on that day.

Today's Tip

Begin the morning with a song and a prayer
and the rest of the day will take care of itself.

Thought

The only disability in life is a bad attitude.

RECIPE CORNER

Chicken & Fruit Salad

Chicken, melon, walnuts and feta top mixed salad greens for a refreshing salad. Use your favorite fruit in place of the melon if you wish.

Ingredients:

1/4 cup reduced-fat sour cream

3 Tbsp. fruit-flavored vinegar

4 tsp. sugar

1-1/2 tsp. poppy seeds

1/4 tsp. salt

Freshly ground pepper to taste

8 cup mixed salad greens

2 cup sliced cooked chicken breast

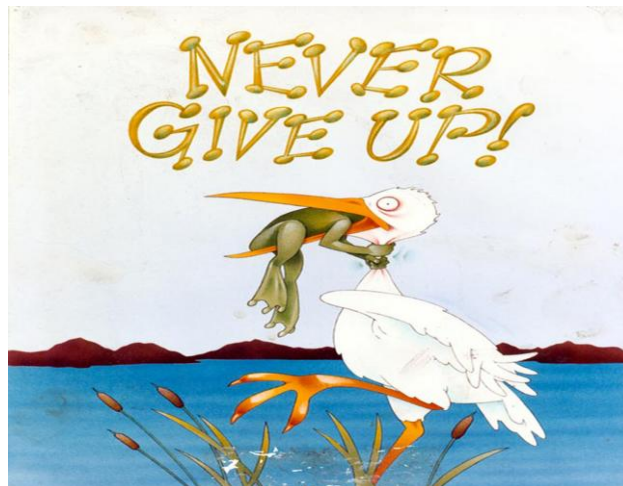
2 cup chopped melon , such as cantaloupe and/or honeydew

1/4 cup chopped walnuts , toasted

1/4 cup crumbled feta cheese

Recipe Directions: Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large bowl until smooth. Reserve 1/4 cup of the dressing in a small bowl. Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, walnuts and feta. Drizzle each portion with 1 tablespoon of the reserved dressing.

Nutritional Information (per serving): Calories 248, Carbohydrate 18g, Fat 11g, Protein 21g, Cholesterol 55mg, Potassium 371mg, Sodium 346mg, Saturated Fat 4, Monounsaturated Fat 2, Dietary Fiber 4, Carbohydrate Servings 1.



I KNOW WE CAN DO THIS!