



GOT YOUR ROAD IN YOUR MIND!!!!

OUR AREA NEWSLETTER

October, 2011... Marsha Piatt, Area Captain ~ 330-274-8933 or mapiatt@aol.com

CONGRATULATIONS to these Chapters with new members listed from August 31-September 30.....595 ~ 1, 657 ~ 3, 883~ 2, 978 ~ 1, 2078 ~ 1, 2203 ~ 1. Congratulations to all and welcome to TOPS and your weight loss journey.

Rally: If you missed Rally you missed a good time! Ann, Thelma and Susan did a wonderful job putting together this Rally. We have so much talent in our TOPS world. Such beautiful singers, some really funny songs, instrumentals and all. I thought the dinner was great also. Now get started making plans to be at SRD in April in Fairlawn. The theme for SRD is "**Follow the Yellow Brick Road**" What fun we can have with that. May you follow the Yellow Brick Road to KOPSLAND!

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

REMEMBER: LEADERS: PLEASE read all mail to chapter members.

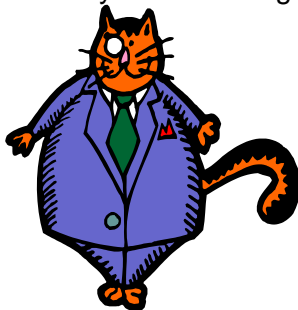
Whether it is from me, Elaine or Headquarters! It is to be read in chapter unless otherwise stated. Again this month.....as usual ~ ~ I ask PLEASE pay attention when a member is no longer coming to chapter. Please call them and find out why and if you can help in any way to get them to come back. If you would like me to contact them please let me know! **ALSO PLEASE pay attention to your member renewal dates. Another Reminder as of January 1 the renewal fees will be \$28 instead of \$26. If your renewal date is in January but you are paying in December remember to pay the correct amount.**

Today's Tip

It's a very odd thing--
as odd as can be--
That whatever Miss T. eats
Turns into Miss T.
Walter De La Mare

Thought

Your body is the baggage you must carry through life. The more excess the baggage, the shorter the trip. Are you shortening you life?





RECIPE CORNER

"Apple Turnovers"

Serves 8

Ingredients

Vegetable oil cooking spray

2 medium Granny Smith apples, cored and thinly sliced

3 tablespoons apple juice concentrate

2 teaspoons whole-wheat flour

1/4 teaspoon cinnamon (plus extra for sprinkling)

4 sheets phyllo dough, thawed

1 tablespoon confectioners' sugar (optional)

Preparation

Heat oven to 375°. Coat a cookie sheet with cooking spray. Toss apples, concentrate, flour and cinnamon in a bowl. Stack 2 phyllo sheets at a time and cut them in half lengthwise. Place 3/4 cup of apple mixture across the end of one half. Roll up and place on cookie sheet. Repeat until you've used up all apples. Brush top of each roll with juice from apple mixture. Sprinkle with cinnamon. Bake until browned, 15 to 20 minutes. Let cool. Sprinkle with sugar, if desired. Cut each roll in half. The skinny 50 calories per turnover, 0.7 g fat (0 g saturated), 10.5 g carbs, 0.8 g fiber, 0.7 g protein



CREATE

Remember that every day every moment, you are creating your destiny. **CREATE** with feeling, intention and joy!