

Take Off Pounds Sensibly

Kathy Journagan, Area Captain #6239

8303 N. 138th E. Ave. #101, Owasso, OK 74055

Phone: (918) 272-1192 E-mail: kathyjournagan@yahoo.com

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LEADERSHIP SKILLS TRAINING



Lesson 5

Lesson 5. Praise, Recognition and Awards... *Good Job!*

See the effect that praise, recognition and reward have on encouraging members to continue their weight loss efforts, to feel good about their successes, and to encourage other members to succeed as well.

Training will be held at each fun day over the next year and half.

FUN DAY

Falling Into the Holidays (Fall, Thanksgiving, Christmas) is the theme for our 3rd Quarter (July-September) Fun Day to be held on Saturday, October 15th. TOPS #OK648 Wagoner will be hosting the event at Church of God in the Murphy Center, 115 S. State St. in Wagoner.

There is a **contest** for **Best Vintage Apron**, and **Best Holiday Apron**.

Lunch will consist of Haystacks (hamburger meat, rice, crackers, shredded cheese, tomatoes, lettuce, onions), dessert & drinks will be provided. The cost of lunch is \$6.00. Please make sure you send your chapter's lunch money in by September 30th.



I want to thank everyone who attended the 2nd Quarter Fun Day awards on August 13th. TOPS OK451, Claremore hosted our Back To School theme. They did an A+ job!

Winners of the School Fashion Parade

1st Place TOPS#OK015 Bartlesville, Debbie Lael and Beverly Contreras

2nd Place TOPS#OK694 Pryor, Terri Schon

3rd Place TOPS#OK689 Westville, Gina Stice

The Traveling Bear

Went home with TOPS#OK015, Bartlesville

The Walking Stick

Went home with TOPS#OK506, Miami

2nd Quarter Awards

Exerciser

1st Place Mary Harlow, TOPS#OK015, Bartlesville, with 423 hours

2nd Place Nicki Bonner, TOPS#OK694, Pryor, with 312 hours

3rd Place Terri Schon, TOPS#OK694, Pryor, with 312 hours

Walking

1st Place Mary Harlow, TOPS#OK015, Bartlesville, with 538 miles

2nd Place Kathy Knox, TOPS#OK451, Claremore, with 363 miles

3rd Place Dorcas Hord, TOPS#OK451, Claremore, with 176 miles

SLIM Bars

Rose Cherry, TOPS#OK506, Miami, with a 11.0 loss
Nicki Bonner, TOPS#OK694, Pryor, with 20.8 loss
Betty Jo Hodson, TOPS#OK142, Pryor, with a 12.8 loss
Jacky Meadors, TOPS#OK142, Pryor, with a 12.4 loss
Kelley Gardner, TOPS#OK015, Bartlesville, with a 17.75 loss
Steven Hayden, TOPS#OK074, Broken Arrow, with a 10.0 loss
Carolyn Dormier, TOPS#OK451, Claremore, with a 19.0 loss

Trophy Dangle

Marie Fisher, TOPS#OK667, Owasso, with a 11.75 loss
Kathy Journagan, TOPS#OK, Owasso, with a 10.5 loss
Johnna Stanton, TOPS#OK451, Claremore, with a 11.0 loss

Candle Dangle

Norman Baker, TOPS#OK694, Pryor
Terri Schon, TOPS#OK694, Pryor
Wayne Rice, TOPS#OK633, Broken Arrow
Mary Harlow, TOPS#OK015, Bartlesville
Claudie Hartsell, TOPS#OK074, Broken Arrow
Thelma Adams, TOPS#OK298, Collinsville
Elease Lyons, TOPS#OK648, Wagoner
Dorothy Taylor, TOPS#OK451, Claremore
Patricia Armbrister, TOPS#OK451, Claremore

KOPS Below Goal

1st Place Nancy Lunsford, TOPS#OK567, Nowata
2nd Place Norman Baker, TOPS#OK694, Pryor
3rd Place Dorothy Taylor, TOPS#OK451, Claremore

TOPS In Black

Nicki Bonner, TOPS#OK694, Pryor
Carolyn Dormier, TOPS#OK451, Claremore



CHAPTER VISITS

9/1 TOPS#OK015, Bartlesville
9/8 TOPS#OK298, Collinsville (supplies)
9/12 TOPS#OK295, Tulsa
9/19 TOPS#OK065, Tulsa
9/22 TOPS#OK690, Vinita
9/26 TOPS#OK468, Tulsa

10/3 TOPS#OK633, Broken Arrow
10/6 TOPS#OK567, Nowata

Chocolate Beet Brownies

These brownies are rich, chewy and secretly nutritious!

¼ c. butter	1 Tsp. cinnamon
4 eggs	½ Tsp. vanilla
1 Tsp. baking powder	½ Tsp. salt
½ Tsp. nutmeg	1¼ c. applesauce

4 oz unsweetened chocolate
1 c. brown sugar (packed)
1½ c. unbleached white flour
1- 15 oz can beets packed in water, drained and mashed. Or 1 c. cooked beets.
½ c. finely chopped almonds
½ c. wheat germ

Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Turn into greased 9x13 inch pan and bake at 350 degrees for 30-40 minutes. Cool before cutting into squares.

This recipe is brought to you by Hayley Wilson from TOPS #OK451, Claremore.



LEADERS CORNER

I asked for some suggestions on fundraisers your chapters can do to raise money. And here are some of you responses:

A Low Fat Bake Sale

Silent Auction

Garage Sale

The Marble Contest

A No Bake Sale (just donate \$\$\$)

Sell Chances on a \$100 bill

Keep your suggestions coming in.

Enthusiasm

TOPS enthusiasm doesn't just happen. It is made up of many things. You have to work at being an enthusiastic member and having an enthusiastic chapter.

Excitement

When you leave the meeting, do you feel excited about going home, sticking to your meal plan, and coming back the next week with a loss?

Nutrition

If we do not eat properly, we feel terrible and cannot function as we should.

Truthful

Be truthful to yourself about how you really want to look.

Happy

Smile! It's the one time a week where the troubles of the world shouldn't get to you.

Utilize

We have to utilize everything that TOPS has to offer, retreats, rallies, workshops, recognition days. Unless we attend these functions, they can't help us.

Support

We help one another.

Involvement

Help make your chapter the best it can be.

Adventurous

Take on a challenge. You'll have fun and add excitement to your life.

Success

Applaud yourself and others as you take the steps necessary to lead healthier lives.

Motivation

Most come from within ourselves.

TOPS NORTHEAST OKLAHOMA

OK#015, Bartlesville

OK #065, Tulsa

OK #074, Broken Arrow

OK #135, Sand Springs

OK #142, Pryor

OK#250, Sapulpa

OK #295, Tulsa

OK #298, Collinsville

OK #409, Tahlequah

OK#418, Okmulgee

OK #440, Grove

OK #451, Claremore

OK #477, Bixby

OK #486, Tulsa

OK #493, Claremore

OK#504, Sapulpa

OK #506, Miami

OK#536, Stilwell

OK #548, Chelsea

OK #567, Nowata

OK #570, Miami

OK#576, Drumright

OK #633, Broken Arrow

OK #646, Broken Arrow

OK#648, Wagoner

OK #667, Owasso

OK#689, Westville

OK #690, Vinita

OK #694, Pryor

OK #709, Tulsa

Northeast Oklahoma... YOU ROCK!!!

Keep it slimilous!

Losing together a pound at a time.

~Kathy