

# TOPS are OK

## NOVEMBER 2011 Newsletter

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

Dr. Seuss (from *Oh, the Places You'll Go!*)

I love this quote - I borrowed it from Dr. Seuss and Barbara Cady who had it on her blog yesterday! I had kinda forgotten about it - but the truth is .....we steer our own destiny in weight loss. Oh I know there are sometimes reasons why losing weight is hard - medications, illnesses, etc. But as a general rule - we are the ones that decide what goes into our bodies and we are the ones that decide how much exercise we will do! With Thanksgiving coming up what better time to to take charge of our lives! I for one am guilty of not taking charge - so I issue a challenge to myself and to you.... let's get off our proverbial backsides and get busy with the business of taking care of our bodies!!!! Anybody with me?



Two of my favorites – My mom & Niece Lakyn!!

### 2011 Fun Day dates

Fall Fun Day  
TOPS#OK0497, Mustang

Nov 5

### 2012 Fun Day dates

Winter Fun Day Area	February 11 <sup>th</sup>	TOPS#OK0013, Stillwater	North Central OKC
Area Fun Day	February 18 <sup>th</sup>	TOPS#0688, Midwest City	North Central
Spring Fun Day Area	choose from:	June 2 <sup>nd</sup> or 9 <sup>th</sup>	OKC
Area	choose from:	June 16 <sup>th</sup> or 23 <sup>rd</sup>	North Central Area
Summer Fun Day choose from:	August 4 <sup>th</sup> Or 11 <sup>th</sup>		

Area choose from: August 18<sup>th</sup> or 25<sup>th</sup> OKC  
Fall Fun Day North Central  
Area October 13<sup>th</sup> TOPS#OK0308, Ponca City

Area choose from: October 20<sup>th</sup> or 27<sup>th</sup> OKC  
Chapters these dates are on a first asked basis - there could be some flexibility with dates. If your chapter wants to host a Fun Day please let me know!

ON THE WEB

[www.tops.org](http://www.tops.org)

[www.topswonders.com](http://www.topswonders.com)

TOPS Are OK/facebook



**SRD 2012 - Start making plans to join us for Mardi Gras Magic in Tulsa at Southern Hills Marriot - May 4-5, 2012!**



**IRD 2012 - Don't forget to start planning now to join us in San Diego next summer for our International Recognition Days. There is lots of information on the web site about it!**

### SUGARLESS COOKIES

1 c. raisins	2 well beaten eggs
1/2 c. dates, chopped	1 tsp. Splenda
1/2 c. apples, chopped	1 tsp. vanilla
3/4 c. pecans, chopped	1 tsp. soda
1 c. water	1 c. flour
1/2 c. vegetable shortening	

Boil raisins, dates, and apples in water for 3 minutes. Add shortening to melt and then cool. Add the remainder of ingredients with nuts last; mix well. Pour mixture into a greased cookie sheet, 11 1/2 x 17 1/2 inches, and bake at 350 degrees for about 15 minutes. Cut into serving size squares.

We had these cookies at our last Fun Day in Perkins and they were so good I asked Joan Greer from  
TOPS#OK0488, Stillwater if she would share the recipe!! Thanks Joan!

**WELCOME ABOARD FOR THE ROAD TRIP!!!**

