

June report

As I celebrated today with one of my fellow members as she saw the scale show the lowest weight she had seen in years. I remembered the joy I experienced, especially when we moved the "big" one from 200.

Then I reflected back to the first night I joined, 39 years ago when they put me up against that wall, whipped out a camera and & took pictures front and side of me in all my full-blown glory and I was "fully blown". How many of you avoided mirrors, especially full-length ones for years. I didn't even have one in the house (I do now). Then they catch you on camera and that image makes you realize there is a problem. It inspired me to work harder, as I saw progress over the year in pictures and was encouraged.

Are you as chapters making sure to take before pictures and possibly doing follow-up pictures during the year. Wouldn't it be great every 6 months to do a police line up night? Make a placard with date on it to hold up in front of you. Why not a scrapbook just for that? Make 2 prints of each picture, one for chapter and one for member. I'll bet there is at least one digital camera carrying member in each chapter and prints are reasonable.

It's been a joy visiting the chapters and seeing the different contests they use to spur their members. And, it's working because 221 Euless has 2 new KOPS and if I'm not mistaken, 1263 Duncanville is about to add one more to their roster. Way to go ladies!

To all chapters there will be a Klassi KOPS meeting August 1st @ 10:00 am at the Manske Library on Webb Chapel between Valley View and Valwood. Don't come early because the library doesn't open until 10:00 am. After the meeting, all who wish can go to Souper Salad for lunch and more fellowship.

(10 FARMERS BRANCH)

First time visitors are free and we meet every 3 months. For further information, call Barbara Scott at 972-245-3080, or me after the 21st since I am IRD bound before you get this letter. Orlando, are you really prepared for TOPS?

Last month, I focused on fruit recipes so this month I am including a meat idea. This recipe is a favorite with our TOPS chapter.

Sweet & Sour Chicken Wings

- 24 chicken wings
- 1 cup water
- 1 cup light soy sauce
- ¼ cup oil
- ¼ cup unsweetened pineapple juice
- 1 tsp garlic powder

Cut wings in half, discard tips. Mix all other ingredients. Pour wings in deep dish with cover. Marinate overnight in refrigerator.

Bake on cookie sheet at 150 degrees for one hour or until done.

To get the required pineapple juice I open a can of pineapple, drain part and use my fruit mixed with cottage cheese for future lunches. These wings are good cold so I always make extra and keep them in the fridge to have with salads. So, you see the recipe and ingredients can do for more than one meal.

There are still 30 openings for the Denton retreat in October, but if you are considering attending please check into it soon because if minimum is not met soon, it will be cancelled. It's a great location and where else can you go for a week for \$340.00 – room and board, classes on nutrition, exercise. But, best of all is finding new TOPS friends. TOPS LOVE and I am looking forward to reporting great things about IRD the end of July.

Joyce