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INSIDE THIS ISSUE:

Chapter News 2

Chapter meeting at #100 Independence 2

Chapter Meeting at #182 Kansas City 2

Chapter Meeting at #291 Independence 2

Chapter News 3

Calendar of Events 4

Seasonal recipe 4



Fall Rally

CAMP "YUOGOTTAWANNA"

Sunday October 1st, 2011 First Baptist Church, 1416 Main St,
Grandview, MO 64030

Rally dress code: Jeans, appropriate shorts, TOPS t-shirt, Flannel shirt.
We are going CAMPING!

Fall Rally Charms & Pinettes Will Be Available At The Rally While Stocks Last.
Price \$4.00 Per Item

Attention Time Alerts!

- 8:30 am Table Traders set up
- 8:45-9:15 am General membership registration, trader table shopping, & campsite judging.
- 9:15 am Chapel Opens for Seating
- 9:30 am Fall Rally Begins!!!!!!

David Viscott

You must begin to think of yourself as becoming the person you want to be.





MO #100 Independence

This group knows how to lose weight! I have so much fun every time I visit Independence. We almost have to run to give out the awards that everyone wins, because they're all such great losers! Independence will be sitting in the front row because they were the first chapter to get their registration in to fall rally.

MO # 0291 Independence, pictured on right, is a fast paced growing chapter! We will be seeing lots more from this active club. They will be introducing new KOPS on stage at fall rally. Stay tuned!

MO #255 Raytown hosted a successful chili cook off. They raised over \$1300+ for their RE fund account. This was a fund raiser that involved the whole chapter. Congratulations on your great idea!

Concerns,,,,,,,,,

- *#100 Opal Williamson, surgery
- Delores Ransomanski, surgery
- Sondra Monasmith's daughter in law Nancy and step daughter Loretta both with cancer.

Sad Notes,,,,,,,,,

- *We extend our deepest sympathies to Mary Farr, past AC of our area, on the passing of her mother. Mary is from chapter #0255
- *We extend our deepest sympathies to Mary Ann Eager on the passing of her sister Rita. Rita was also an officer of chapter #0182

Glad Notes,,,,,,,,,

- My mother Donna Gana has finished her chemo treatments. She thanks all chapters for their cards & well wishes.
- *#100 Tina Gallup has received her "Century Medallion"! She is a 5 yr KOPS! See all five MO #0100 Century winners on next page.



MO #182 Kansas City

MO #182 Kansas City is a lively and entertaining chapter! As a matter of fact, you will all get to experience their talent as Peggy will be leading us in 2 songs for Fall Rally. The whole chapter is performing a skit TOPS, to the tune of YMCA so get ready for some action!



News from #1230 Lexington!

They donated canned good and personal items to the "House of Hope" a shelter for abused women and children in Lexington. For a period of 3 months, any member who gained weight had to bring in an item for the House of Hope basket for the week in which they gained. At the end of the 3 months they had collected several items. They then invited a representative from the House of Hope and presented them with the basket, which was most appreciated and needed. It also gave them a great feeling of being able to help.

Thank you Lexington for sharing that with us!

THIS SPACE WILL NORMALLY DISPLAY YOUR CHAPTER NEWS.
PLEASE SEND ALL NEWS ARTICLES TO ME AT AC4TOPS@AOL.COM.



#0054 Grandview
 Is hosting Fall Rally THANK YOU!!!!
 Afternoon emcee's from this chapter
 #0100 Independence
 Hosted area captain program meeting
 Emailed Weekly Chapter news (see right)
 #0182 Kansas City
 Hosted AC program meeting.
 Presented FR Skit
 #0255 Raytown
 Making table decorations for FR
 #0291 Independence
 Hosted Area Captain program meeting
 #0772 Blue Springs scheduled Area Captain Program meeting for Sept 27th. THAT IS ALSO THEIR CHAPTER ANNIVERSARY!!!
 #1091 Raymore
 Morning emcee from this chapter
 #1230 Lexington, See previous page, thank you!

If I forgot something, please resend! I'm trying.



MO #0100 Independence
CENTURY AWARD WINNERS!

Pictured in front is Leann Van Artsdalin.
Left to right in back row are:
Sue Giles, Diane Thomas, Susan Bowser,
& Tina Gallup. You are an inspiration!
Congratulations!



MY VERY FIRST 5K RACE!
3RD PLACE age group.

I would like to attend each chapter before the end of 2011 and give the Super Foods Area Captain program. PLEASE send me an email at ac4tops@aol.com to get your chapter scheduled on my appointment book. I am a hair dresser / stylist and the Holidays are crazy, as they probably also are for you.

It has been fun learning how to do a newsletter. Please bear with me on the mistakes, I'm trying to keep them to a minimum.

I love hearing from you! Please send me YOUR news!

See you at Fall Rally!

Cherrine Wheeler AC

PS. If you don't send me YOUR news, then you will have to look at mine :)

MY calendar of events

Tues Sept 27th, #0772 Blue Springs

Fall Rally Sat Oct 1st, OUR fall Rally
First Baptist Church Grandview MO
Thurs Oct 6th, #24, Independence AM

Thurs Oct 6th , #62 Independence PM

Mon Oct 10th, #184 Belton

Mon Oct 17th, #102 Sedalia

Fall Rally Sat Oct 15th, AC Jeanie Daniels
Smithville Methodist Church Smithville MO

Fall Rally Sat Oct 22nd, Randy Paul
Stockton Expo Center Stockton MO

Monday Oct 24th , #291 Independence

Fall Rally Sat Oct 29th AC Cindy Story
Ramada Oasis, Springfield MO

The following KOPS will stand and be recognized at Fall Rally. Please call me IMMEDIATELY if you are a KOPS since last fall rally and YOU ARE attending fall rally and you do NOT see your name.

This space will normally be used to print one of your seasonal recipes.

Please submit all recipes to me at ac4tops@aol.com.

Blueberry Oat Pancakes with Maple Yogurt

- 1 cup old fashioned rolled oats
- 1 cup blueberries
- 1/2 cup low fat cottage cheese
- 3/4 cup plain lowfat Greek yogurt
- 2 large eggs
- 1 Tablespoon maple syrup
- 1 teaspoon vanilla extract
- Cooking Spray

Combine oats, cottage cheese, eggs and vanilla in a blender or food processor: process until smooth. Gently stir in the blueberries. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon about 2 tablespoons batter per pancake into pan. Cook 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over and cook 3 more minutes or until golden.

Combine yogurt and maple syrup, serve alongside pancakes.

A BIG thank you to Wanda Kiefer for that recipe!

K O P S

Received KOPS Status since last fall rally / *attending Rally

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|---------------------------|-------------------------|
| #0003 Deborah Jones * | #0291 Charles Nickerson |
| #0003 Edna Seibolt | #0291 Debra Spooner |
| #0024 | #0291 Josh Hamilton* |
| #0054 Ginny Staudinger* | #0291 Sue Thompson* |
| #0062 | #0331 |
| #0100 Julie Briggs* | #0437 |
| #0100 Wilma Waisner | #0482 |
| #0161 | #0625 |
| #0182 | #0772 |
| #0184 Darline Mensendiek* | #0814 |
| #0255 Betty Marlatt | #0846 |
| #0255 Bonnie Crume* | #1091 Betty Waite |
| #0255 Cathy Kraus* | #1154 Fay Jacobs |
| #0255 Nancy Griffin* | #1253 |
| #0255 Tena Garrow | #1281 Debra Nunn |
| #0255 Diana Etter* | #1281 Earla Quesenberry |