

TOPS are OK

APRIL 2011 Newsletter

HAPPY EASTER to everyone! We are getting closer and closer to SRD in Tulsa! Don't know about anyone else but I always look forward to SRD so I can see all my TOPS friends!!! I am sure April will be a busy month for everyone – I know it will be for me. As you are buying those Easter treats for your children and grandchildren be very careful about sampling them. Don't tell me you never sample them!!!! I know better – because I am guilty as well! The weather has been better so hopefully we will be able to get outside to walk and exercise! Everyone have a great month and remember to drink your water and exercise a little more!!



WEB INFORMATION

www.tops.org

www.topswonders.com

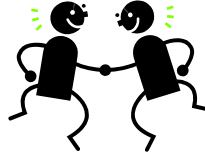
OKLAHOMA SRD – TULSA – MAY 13-14

RENAISSANCE HOTEL

“TOPS GOES COUNTRY”

2011 Fun Day dates

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|----------------|-----------|---------------------------|
| Spring Fun Day | June 11 | TOPS#OK0207, Enid |
| Summer Fun Day | August 6 | TOPS#OK0013, Stillwater |
| | August 20 | TOPS #OK628, Shattuck |
| | August 27 | TOPS #OK122, Midwest City |



APRIL CHAPTER VISITS

APRIL 4 – TOPS#OK0308, PONCA CITY
APRIL 14– TOPS#OK0270, OKLAHOMA CITY
APRIL 28– TOPS#OK0676, OKLAHOMA CITY

I HAVE HAD SUCH FUN VISITING CHAPTERS IN MARCH AND I AM REALLY LOOKING FORWARD TO COMING TO VISIT THE REST OF MY CHAPTERS!! MY GOAL IS TO VISIT ALL MY CHAPTERS BY THE END OF JUNE – SO LOOK OUT! I AM ON MY WAY. IF FOR SOME REASON THE MEETING DATE IS NOT A GOOD TIME FOR ME TO COME PLEASE LET ME KNOW! CALL ME AT 405-334-2683 OR EMAIL ME AT ONESQUAW@GMAIL.COM



Spaghetti Squash With Herbs

Ingredients

4lb spaghetti squash
2tbsp olive oil
2tbsp butter
2tbsp fresh basil
1tsp salt (to taste)
1/2tsp black pepper
2tbsp chopped parsley

Directions

- 1 Preheat oven to 375°F. Pierce squash on all sides with skewer.
- 2 In shallow baking pan, place squash. Bake 1 hour or until tender.
- 3 Cut baked squash in half lengthwise.
- 4 Using large fork, scrape pulp into large bowl.
- 5 In large skillet, heat oil and butter. Add squash, basil, salt, pepper, and parsley. Toss gently until well coated and heated.
- 6 Serve warm.

WELCOME ABOARD FOR THE ROAD TRIP!!!

