

TOPS are OK

JUNE 2011 Newsletter

This past month has certainly been one of a kind!!!! SRD in Tulsa was so much fun if you didn't attend I challenge you to plan to go in 2012!! Next years theme will be "TOPS Mardi Gras Magic" – should be a ton of fun!! Next I want to apologize to the 2 chapters I had to reschedule visiting with – somehow I have done something to my knee and I am in the process of finding out what it is and what can be done! I appreciate your patience and be assured if I haven't been to your chapter so far I will be there in the month of June!!! I hope everyone can start getting out and walking this month!!!

WEB INFORMATION

www.tops.org

www.topswonders.com

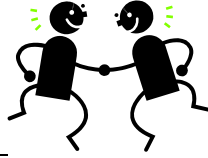


TOPS International Recognition Days Milwaukee Wisconsin

2011 Fun Day dates

Spring Fun Day

June 11	TOPS#OK0207, Enid	"Hats Off To A Thinner You"
	Summer Fun Day	
Aug 6	TOPS#OK0013, Stillwater	
Aug 20	TOPS#OK0682, Shattuck	
Aug 27	TOPS#OK0122, Midwest City	
	Fall Fun Day	
Oct 22	TOPS#OK0488, Stillwater	



JUNE CHAPTER VISITS

JUNE 8 – TOPS #OK0679, WAYNOKA
JUNE 13 – TOPS #OK0691, OKLAHOMA CITY
JUNE 16 – TOPS #OK0676, OKLAHOMA CITY
JUNE 21 – TOPS #OK0401, HOOKER
JUNE 23 – TOPS #OK0688, MIDWEST CITY
JUNE 30 – TOPS #OK0626, DEL CITY

I JUST HAVE A FEW MORE VISITS AND I WILL HAVE BEEN AROUND TO ALL MY CHAPTERS - MY GOAL IS TO VISIT ALL MY CHAPTERS BY THE END OF JUNE WHICH I AM GOING TO BE ABLE TO DO – SO NOW MY GOAL IS TO VISIT EACH OF YOU TWICE THIS YEAR! I LOVE TO COME VISIT AND GET TO KNOW YOU BETTER! IF FOR SOME REASON THE MEETING DATE I SET UP 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

Cheesy Pigs in Bacon Blankies

PER SERVING (1 pig in a blanket): 164 calories, 6.75g fat, 877mg sodium, 16g carbs, 0g fiber, 3.5g sugars, 10.5g protein

Ingredients:

4 portions (1/2 package) refrigerated [Pillsbury Reduced Fat Crescent rolls](#) (unprepared)
2 wedges [The Laughing Cow Light Original Swiss cheese](#)
4 dashes garlic powder, or more to taste
4 hot dogs with about 40 calories and 1g fat or less each ([Hebrew National 97% Fat Free](#))
2 tbsp. precooked real crumbled bacon (like [the kind by Oscar Mayer](#))
Optional: Dijonnaise, ketchup, salsa (for dipping)

Directions:

- Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray and set aside.
- Slightly stretch or roll out one of the triangle-shaped portions of dough, forming a larger triangle. Evenly spread with half a wedge of cheese, and then sprinkle with a dash of garlic powder. Place hot dog along the base and gently, but firmly, roll it up. Squeeze the dough gently to ensure it is secure around the hot dog. Sprinkle 1/2 tbsp. bacon on your work surface and roll the dough-wrapped dog in it, so the bacon sticks to the outside; press any remaining bacon into the dough. Place on the baking sheet.
- Repeat 3 times with remaining ingredients, so that you have 4 evenly spaced pigs in a blanket on the sheet.
- Bake in the oven for about 12 - 14 minutes, until dough appears slightly browned and crispy.
- Let cool slightly. If you like, dip your dog into one or more of the optional ingredients. Enjoy!

MAKES 4 SERVINGS

WELCOME ABOARD FOR THE ROAD TRIP!!!

