

TOPS are OK

March 2011 Newsletter

HAPPY ST. PADDY'S DAY TO EVERYONE!! Hopefully we are past the snow and ice we have had in the last couple of months and the weather will continue to be more spring like! We should be able to get out of our houses and get some exercise outdoors!!! There are so many things to do outside – get your flower beds ready for the spring, take a walk in the park, take your kids or grandkids to the park and play.....the list is endless!! I am looking forward to meeting all my new chapters this year and I will be visiting some of you this month!



WEB INFORMATION

www.tops.org

www.topswonders.com

OKLAHOMA SRD – TULSA – MAY 13-14

RENAISSANCE HOTEL

“TOPS GOES COUNTRY”

2011 FUN DAY DATES

SPRING FUN DAY	JUNE 11	OK0207, ENID
SUMMER FUN DAY	AUG 13	OK0013, STILLWATER
	AUG 20	OK0682, SHATTUCK
	AUG 27	OK0122, MIDWEST CITY



MARCH CHAPTER VISITS

MARCH 7 – TOPS #OK0237, MIDWEST CITY
MARCH 9 – TOPS #OK0488, STILLWATER
MARCH 10 – TOPS #OK0049, OKLAHOMA CITY & TOPS #OK0678, GUTHRIE
MARCH 15 – TOPS #OK0682, SHATTUCK
MARCH 16 – TOPS #OK0207, ENID
MARCH 17 – TOPS #OK0084, HENNESSEY
MARCH 21- TOPS #OK0704, LAMONT
MARCH 22 – TOPS #OK0497, MUSTANG
MARCH 24 – TOPS #OK0662, BETHANY
MARCH 29 - TOPS #OK0123, EDMOND
MARCH 31 – TOPS #OK0122, MIDWEST CITY

IF FOR SOME REASON THIS MEETING DATE IS NOT A GOOD TIME FOR ME TO
COME PLEASE LET ME KNOW!

405-334-2683 OR ONESQUAW@GMAIL.COM

SKINNY PARTY MIX

Here's what you'll need:

1 cup Rice Chex Cereal	1 cup Corn Chex Cereal
3/4 cup Wheat Chex Cereal	1 cup small pretzel twists
1/2 cup toasted pecans (20 halves)	1 TBS butter melted
3/4 teaspoon chili powder	1/8 tsp cayenne pepper
1/2 tsp cumin	1/4 tsp salt

Cooking Spray

In a large bowl combine cereal, pretzels and pecans. Melt butter in separate pan and stir in spices. Drizzle over cereal mixture. Spread mixture on sprayed cookie sheet and bake at 300 degrees for 20-30 minutes. This recipe makes 4 cups. One serving is 1/2 cup and 100 calories, 4.5 grams fat, 14g carbs, 1.5 g protein and 1.5 g fiber. Enjoy!

WELCOME ABOARD FOR THE ROAD TRIP!!!

