

TOPS are OK

MAY 2011 Newsletter

When I was a little girl I can remember picking flowers from my mom's garden and then we would wrap them up and leave them on our neighbors porches on the 1st of May!! If I could still do that I would leave a bouquet on each of your porches!!!! But since I can't we will just have to all meet in Tulsa for SRD!!!! Hope everyone that can is planning to be there as we gather for our annual time of celebration!!! Don't forget your country duds because we are going country for SRD this year!



My niece Lakyn Grace showing off her easter egg!!

WEB INFORMATION

www.tops.org

www.topswonders.com

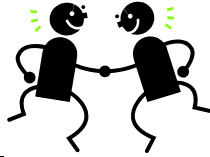
OKLAHOMA SRD – TULSA – MAY 13-14

RENAISSANCE HOTEL

“TOPS GOES COUNTRY”

2011 Fun Day dates

TOPS#OK0207, Enid	Spring Fun Day	June 11
TOPS#OK0013, Stillwater	Summer Fun Day	Aug 6
Aug 20	TOPS#OK0682, Shattuck	
Aug 27	TOPS#OK0122, Midwest City	
TOPS#OK0488, Stillwater	Fall Fun Day	Oct 22



MAY CHAPTER VISITS

MAY 5 - TOPS#OK0688, MIDWEST CITY
MAY 18 - TOPS#OK0679, WAYNOKA
MAY 23 - TOPS#OK0691, OKLAHOMA CITY
MAY 26 - TOPS#OK0676, OKLAHOMA 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

Cowboy Caviar

INGREDIENTS

2 (15oz) cans black beans, rinsed
1 (17 oz) can whole kernel corn, drained
2 large tomatoes, chopped
1 large avocado, diced
1/2 red onion, chopped
1/4 cup chopped fresh cilantro

DIRECTIONS

1. Combine all ingred. in bowl.
2. Cover and chill.
3. Garnish with avocado slices or cilantro sprigs.
4. Serve with tortilla chips

Number of Servings: 24

Dressing

1 Tbsp red wine vinegar
3-4 Tbsp lime juice
2 Tbsp olive oil
1 tsp salt
1/2 tsp pepper

Nutritional Info

Calories: 56.7
Total Fat: 1.7g
Total Carbs: 8.8g
Protein: 2.5g

WELCOME ABOARD FOR THE ROAD TRIP!!!

