

Elaine's Chatter

February 2011



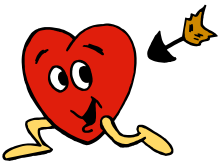
Can you believe it? The SRD packets have arrived and we are preparing for Texas SRD 2011...Wings of Change! I am so excited and can hardly wait to see all my Texas TOPS family! I will be looking forward to seeing you there! Get those registrations in early and let's have a good turnout from the San Antonio area!



SAN ANTONIO AREA CELEBRITY MAKES THE TOPS NEWS!

I am so excited about one of our own making the cover of February issue of TOPS News! Tricia Kilian, from TOPS TX 334 San Antonio wrote a fantastic article about being Forty and Fabulous! Tricia is our current Texas Queen runner up! Thanks you Tricia for representing our area in such a fantastic way! You are awesome and we are so proud of you!

UPCOMING EVENT



FEBRUARY 19, 2011 "STROLLING DOWN TOPS LOVER'S LANE" 10 AM-3PM RSVP TO ELAINE BY FEBRUARY 12, 2011.

DON'T FORGET: If you would like a support buddy for the year from another San Antonio area chapter, **this is what you will need to do:** Bring **"ONE" Valentine card** with your

name, address, phone number, email, written on the back of the card. **On the envelope**, write your name, chapter name and state whether you are a TOPS or KOPS.

SHOW & TELL REMINDER: We'll have a time for us to share what we are doing in our chapters. If you have a contest that has worked well for your membership, bring 25 copies of the contest and rules to the workshop to be shared with the other chapters. In addition, if you have any good ideas for different or unique fundraisers bring 25 copies to share with other chapters.



I'd like to be the sort of friend that you have been to me. I'd like to be the help that you've been always glad to be; I'd like to mean as much to you each minute of the day, as you have meant, old friend of mine, to me along the way."

Edgar A. Guest

I loved this poem on friendship. When I read it, I thought of you, my dear TOPS friends...my family! I can't tell you all enough how very precious you are to me. Each one of you holds a very, very special place in my heart. In October, I celebrated ten years as Area Captain for the San Antonio area. It has been one of the greatest joys of my life getting to know you all and serve as your captain!

As we journey together down the TOPS Road to Success, I hope that you will feel free to contact me any time you need a word of encouragement ...remember...I am here for you and I care!

For a few months, I have been sending out several times a week, encouraging emails to some area members with internet access. I also send in my weekly weight report as a means of keeping me accountable to each of you. If you are not currently receiving these emails from me and would like to, please send your name, email address to ke.luce@att.net and ask to be added.

I would also like to hear how you are doing each week as well; the giving and receiving of support and encouragement are key elements of our success in TOPS.

Until next month...

Loving you bunches



Elaine