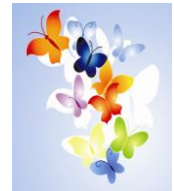


# Elaine's Chatter

**March 2011**

Oh, my goodness...SRD is so close! I can hardly wait! I am counting the days until we all can be together having a wonderful time honoring our State's best losers and royalty! I have been looking for everywhere I go! I have butterfly covered dresses, butterfly earrings, butterfly rings...if it looks like a butterfly...and is affordable...it's mine! "Wings of Change, baby!" It's time to spread our wings and fly! I'm going to be fluttering around, looking for you at SRD!



We had a great workshop February 19<sup>th</sup>! I want to say a big "Thank You", again, to TX 1734 San Antonio, for doing a fantastic job hosting that day! Everything was great!

In addition, I want to say to Tricia Kilian and Katherine Littleton, that you gals were awesome speakers and so right on with your encouraging words of wisdom! Thank You, thank you, for giving of your time and talents.

I also want to thank TX 1603 Kerrville for sharing their new song with us! It was great! I surely can't leave out Ellen Steen from TX 1734 San Antonio who sang "Oh Lord, won't you buy me a gastric bypass" and the ladies from TX 1509 Pleasanton that entertained us after lunch with their song/skit! We have so many creative people among our membership in the San Antonio Area! I am so proud of you all! I surely hope I haven't left anyone out!

I just want to express my gratitude for each one that attended and participated in such a marvelous way! I can't

say this enough to each of you..."you are the greatest area and some of the finest, most loving people I know! I love you all so much!"

TOPS...Road to Success!



Every month we are going to talk about a different road sign to be used on our TOPS road trip. Kay gave you the Green light for "Go" in **January**. The green light to "Go" make plans for success with smart meal planning and exercise plan...and I hope that you all are on "GO" for making the journey a fun one! Remember, each new monthly road sign is to be added to the last months, so that by the end of the year we are smartly utilizing each one of our road signs to the fullest!



The road sign for **February** was "Soft Shoulders!" What does that have to do with our "Road Trip" to success? Simple...that stands for TOPS love, hugs and more hugs & Support. TOPS Pals have soft understanding shoulders! Sometimes we have them to cry on and sometimes they are there to give us a "You done good" assuring hug! I don't know about you, but I can't get enough of those TOPS hugs!



The Road sign for **March** is "Curves Ahead!" Curves are something that we are looking forward to as we lose weight and shape up! WOW...WOW...WHEEE! If we are doing all the right things, staying focused on our goal, eating the right portion sizes, getting our needed exercise, going to our

meetings, giving/receiving plenty of TOPS love and support,  
then we can expect these curves to start appearing! That's  
an AWESOME thought!

See you next month at SRD! I have a big ole TOPS Hug ready  
for you!

Love you all bunches & bunches,



*Elaine*

**The difference between try and triumph is just a little umph!**  
**~Marvin Phillips~**