

# NEWSLETTER

August 2011 - Mid-Coast Area of the TOPS Gulf Coast  
Kathie Sweeten, TOPS Area Captain #6054

## Area Rally

Rally information should be in the mail by mid August. This will be mailed to the Chapter Leaders. Please take and read to the members at your next meeting. The theme is: "Let's Play Ball". It will be in Santa Fe on September 17, hosted by TX 1237. They are also working really hard along with Kay and I insure that we all have a really great Rally.

## IRD 2011

I had a wonderful time at IRD in Milwaukee this year. It was a fun trip with no problems. The Hilton Hotel was marvelous and the city was very welcoming to TOPS. The Workshops and Sessions were great, all were theme related and it was super great seeing Billy Bodine and Karen Norrod represent Texas in the State and Province Royalty Parades.

Note: Look for Billy's story in your new TOPS News that should be arriving soon.

## www.tops.org

Exciting news! TOPS is in the process of updating the *tops.org* website to a fresh new look, with updated information and a more intuitive organization of materials. It will be easier for Leaders and members to find and use the tools provided there. You will be seeing these changes in the coming weeks. They are asking though that we be patient as they work to build a better website for us.

If you don't already, please take advantage of the many offerings that *tops.org* offers. A great opportunity right now is the "Self Care Classes". TOPS has introduced a 25-step program to help you in your journey to your goals. Check it out and enjoy the process of refreshing what you know about yourself and gain new insights and tips to more successfully travel the road to success.

## Chapter Acknowledgements

A Big Congratulations goes out to Elizabeth Johnson from TX 683 Friendswood. She regained her KOPS status on June 6. Weigh To Go Elizabeth!!

## Dates to Remember

2011 Area Rally – Sept. 17 in Santa Fe

*Theme: Let's Play Ball!*

2012 IRD – July 5-7 in San Diego, CA

*Theme: California Dreamin'*

2012 SRD – April 13-14 in Addison

Intercontinental Hotel

*Theme: InVest in TOPS*

**TOPS Love, Kathie Sweeten  
Area Captain #6054**

