

# NEWSLETTER

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

## **Summertime**

It's here, Summertime that it, maybe not on the calendar but according to the temperature, it's here. Those few cool days early in May were really nice but now we are paying for that with higher than normal temps. So be careful if you are still walking or exercising outdoors. Remember not to overdo and most important, stay hydrated. So go ahead and have fun in the sun and burn some calories.

## **Caryl's Retirement**

May 31 was Caryl's last official day as our Coordinator and as of June 1, we are now with Kay Brown. As much as Caryl will be greatly missed, we have to continue forward with focus on our health and well being. As always, if there is anything that I can help you with, contact me first. You can contact me by phone between 11am and 3pm, Mon. thru Thur. or anytime on Fri. & Sat. Of course if you leave a message, I will return your call within 48 hours.

Caryl was unaware of the contents of the letter sent out by Bev and was shocked when the first card and check came. And then another and started the flow of tears again. She is extremely touched and appreciative. She will be sending her own personal note of thanks with the coming weeks.

## **IRD 2011**

I plan to attend IRD next month in Milwaukee. I will be gone July 3 thru the 10<sup>th</sup>. I am really looking forward to my tour of the TOPS Headquarters and I have several other special things lined up before the sessions start. Then it will be a real treat to see Billy Bodine and Karen Norrod again as they represent Texas as our 2010 State Royalty.

## **Chapter Acknowledgements**

Please remember to let me know if you have any happenings or celebrations within your Chapter or if you host an Open House or participate in a Health Fair. I would like to acknowledge it here.

### **Dates to Remember**

2011 Area Rally – Sept. 17 in Santa Fe

*Theme: Let's Play Ball!*

2011 IRD – July 7-9 in Milwaukee, WI

*Theme: Happy Days With TOPS*

2012 SRD – April 13-14 in Addison

Intercontinental Hotel

*Theme: InVest in TOPS*

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

