

NEWSLETTER

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

Cooler Weather

Are you ready for some cooler weather? I know I am. It is so hot and dry here in San Antonio that I almost feel guilty drinking my eight glasses plus of water a day, Almost!! At least, it is finally September now and hopefully we will be getting some relief from the heat soon and maybe some much needed rain.

Chapter Programs

Leaders and Designates, have you checked out the “Quick Easy Programs” in the Leaders Corner on the TOPS website? There are a couple of new ones there. A really great one is titled: “Using MyPlate”. It is in response to the June unveiling of the USDA’s new MyPlate icon. MyPlate reinforces the sound nutritional advice that TOPS has been advocating for years. This program can be found under Food and Nutrition.

Happy Days IRD Items

Whether you attended IRD in Milwaukee or not, you can now purchase the items that were sold in the Promo Room. There are charms, caps, shirts, slippers and pinettes available at the tops.org website. The new black TOPS shirt is my favorite, also the new HQ Building Italian link. Some of these would be great for awards or incentives. Of course, these are only available while supplies last.

Fall Rally

It won’t be long now, I am looking forward to seeing everyone at Rally on the 17th. I hope all chapters are planning to attend. I am also looking forward to seeing some very creative decorated “Team Caps”. If you have a wig stand or something similar, it would be great to bring to display your cap on your table.

Chapter Acknowledgements

We have another KOPS in the area. Congratulations goes out to Flo Dunn, a member of TX 176 Lake Jackson.

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**

