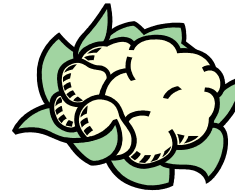


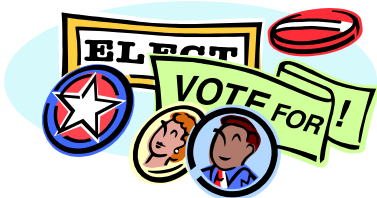
FEBRUARY 2011
NEWSLETTER
FROM KAY GRAY



Well New Year's has come and gone and here it is February already. I hope each chapter has turned in their resumes to Cindy Moore. I am very proud of how well the chapters have done and hope that 2011 brings in new members and new ideas and incentives to help each member reach their goal!



I am ready to schedule with your chapter to do my Area Captain program...Super Foods. Please contact me to schedule your chapter. Some of the foods include blueberries, tea, raspberries, cauliflower and kale, just to name a few.



Now is the time to start reminding your chapter about officer elections. Elections are to be held the first meeting in March and sent to Cindy for approval. Remember that to be eligible for an office, your candidate needs to be a member for at least 1 month prior to elections. Just remember that it takes everyone to run a chapter, if you are involved with your chapter as an officer or committee person, you are more likely to attend meetings on a regular basis.



The theme for TOPS this year is The Road to Success. You will have detours, speed bumps, and wrong turns. Just remember to look at your map if you get off your path and get back on the right path.



February is National Heart Month! Eating healthy foods and exercising will help you have a healthier heart. Experimentation with new foods, such as new or different vegetables, will help give you a wide variety so you aren't frustrated eating the same old things.

Mark your calendars for March 19, there will be a Fun Day in Decatur. It will be held from 9 am – 2:30 pm at the First Decatur Baptist Church. The theme is Texas Red, White and Blue TOPS and KOPS. Registration is \$4, lunch is \$5. More information will come soon.

Also, be sure to mark your calendars for SRD in Beaumont. The theme is Wings of Change. The dates are April 7 & 8. If you're your chapter hasn't received your information please contact Cindy Moore. You can also access the information on the web at www.topswonders.com. Click on the Texas tab, followed by the events tab.

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