

FROM THE DESK OF  
KAY GRAY  
MARCH 2011 NEWSLETTER



How is your road to success going? Have you started down that path? I hope so for your own health.

Now is the time for chapters to be holding open houses. If your chapter is planning on having one, please let me know the time and date. If you have already held an open house please let me know. Chapters should have gotten new manuals for leader/weight recorder, please go over these because there are a few changes. If you haven't received one, please contact Cindy Moore. Also, please send your new officer information to Cindy as soon as possible, that way she can make sure that all the records are in order. Be sure and do something special for all of your chapter winners from last year, as well as your dedicated officers. Be sure to recognize all of your KOPS.

I am setting up dates for the AC program; this year the subject is super foods. Please discuss this with your chapter and contact me to set up a date.

There is a funday coming up on March 19 in Decatur. I hope some of you will be able to attend. The theme is Red, White and Blue, TOPS and KOPS.

SRD is just around the corner. I hope that many of you plan on attending. The theme is Wings of Change; April 8-9, 2011 in Beaumont, Texas. Congratulations to the KOPS who have made it another year, I bow to you. Congratulation goes out to all the new KOPS, it is a great feeling when you reach your goal!



MUFFIN RECIPE

Try these muffins, they are from Hungry Girl; it makes 12 muffins.

1 Box of chocolate cake mix (dry)

1 15 oz can of pumpkin

Mix these together, and put in muffin cup. Bake at 350 for 12 minutes or until done. Yes, that is right, only cake mix and pumpkin.

I am feeling a lot better these days, but I will not be able to attend SRD. I will miss seeing all of you. I heard from Willie Bird this morning, and she is doing well after surgery and will be going to SRD.

TAKE CARE, I CARE  
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