



**State Recognition Days 2010**  
**"TOPS GOES HOLLYWOOD"**



SRD will be held March 26 & 27, 2010 at the Crown Plaza Hotel in Timonium. TOPS discount rate of \$109 plus tax, will be in effect until March 8. You can call the hotel at 410 252-7373 to make your reservations. The information letter was sent out in January. Lots of fun things are being planned for everyone. SRD is a great time to make new friends and visit with other TOPS members, and to cheer on our state winners. SRD Room Raffle prize will be \$110. The ticket cost is \$1, and you don't have to be present to win. We will also have our theme baskets to raffle off as well. If your chapter would like to donate a theme basket please let Jacqie or your Area Captain know.

**TOPS Retreat**

TOPS Retreats are a great way to focus on yourself; relax in fun and fellowship and share new insights with other TOPS members. Chapter funds can be used to help members attend TOPS Retreats, if available. There are 2 TOPS retreats being held close to Maryland this year. The first will be August 22 – 27, 2010 at W.E. Skelton 4-H Education Conference Center in Wirtz, Virginia. This retreat is open to adult female members 18 years and older. Terri Ord will be the Retreat Director. The cost is \$425 per person which includes all retreat activities, room and board for 5 nights and 6 days. The second will be a weekend retreat October 1 – 3, 2010 at Camp Speers – Eljabar YMCA in Dingmans Ferry, PA. The cost for this one will be \$175 and Terri Ord will be the Retreat Director. This is also open to adult female members. Check your TOPS News or [www.tops.org](http://www.tops.org) for more information.

**TOPS Pound Bank Books**

Don't forget about the special limited edition of the TOPS Pound Bank Books available in the Dec/Jan TOPS News commemorating the 25<sup>th</sup> Anniversary of the Bank Book. The books may be ordered on a first-come basis on the form in TOPS News as long as supplies last.

**Open House**

With all the snow we had in the past few weeks, you may have had to cancel your TOPS Open House. But it's not too late to still have one. Make plans to have your Open House in March, and invite former members to attend. Our theme is "Time for a New Beginning". If you have any questions about holding an open house, you can get in touch with me or your Area Captain.

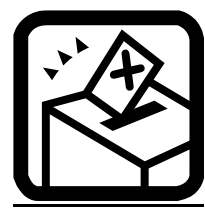
**TOPS Cut & Burn Challenge**

Making small changes produces big results. Barb Cady has asked all members to cut 100 calories from your daily food intake and burn an extra 100 calories with an activity. This would be a total of 200 calories per day, and for that you could lose 20 pounds in a year. It's a small change that could really add up in pounds lost. Let's all give it a try.....even with the snow.....



**Chapter Elections**

It's almost that time of year again, to start thinking about your chapter officers for the coming year. Elections shall be held on the first meeting in March. The Officers Chart, L-001, must be completed and sent to your Coordinator immediately after the election. Newly elected officers will assume their duties at the first meeting in April only if the officer's chart has been sent to the Coordinator. If you have any questions or concerns, you can look in your Chapter Manual on pages 17 and 18.



## AREA CAPTAINS

The Maryland and DC Area Captains will be taking orders for small decorative flags to help raise funds to assist them in attending IRD. We will have order forms at SRD and hopefully flags you can see and buy. The cost is \$5 for each flag. This would be a great time to stock up on flags for all seasons.

I am still looking for an Area Captain for the Eastern Shore area. If you think you would be interested, please get in touch with me. It's some work, but lots of fun.....

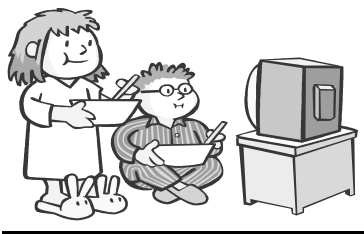
I am sorry to say Margie Cole has resigned as Area Captain for Baltimore and Baltimore, Cecil and Hartford Counties. We will miss her as Field Staff but she will still be in TOPS.

As many of you know, there were several TOPS members on the Dr. Oz TV show last week with his 100<sup>th</sup> episode, 100 people losing 100 pounds or more. Well, our very own Area Captain, Dawn Williams, was invited and was there in the audience. She was on camera about 3 – 4 times. That was wonderful to see her there.

After she returned home, the Dr. Oz TV show called her and asked if she would come back to New York and be a featured guest on his show. Well, of course, she said YES. She will be leaving Thursday, February 25<sup>th</sup> with the taping on Friday. We are so excited for her. Dawn has worked hard and is a dedicated TOPS member. She will have lots to share with all of us about her 2 trips to New York.

We are not sure when the show will air, but we will get the information out to you as soon as we do.

How exciting is this for Dawn, TOPS and Maryland.....  
If you want to send Dawn a note, her e-mail address is [bbubblyb@gmail.com](mailto:bbubblyb@gmail.com)



*Remember, you have the power to make anything possible, just believe in yourself.....*



## RECIPES

### **Strawberry Banana Dessert**

3 medium firm bananas, sliced  
1 prepared Angel Food cake, cut into 1" cubes  
1 pint fresh strawberries, halved  
1 package sugar free strawberry gelatin  
2 cups boiling water  
1 ½ cups cold water  
1 8 oz carton reduced fat Cool Whip

Layer bananas slices and cake cubes in a 9"x13" dish lightly coated with nonstick cooking spray. Place strawberries over cake and press down gently. In a bowl, dissolve gelatin in boiling water; stir in cold water. Pour over strawberries. Refrigerate for 3 hours or until set. Frost with Cool Whip and enjoy.

*16 servings      138 calories  
1 starch & 1 fruit serving*

*Deneice Fisher brought this dessert to our Field Staff meeting and we all really enjoyed it. I'm sure you will too.....*

## A FEW THINGS TO REMEMBER

1. Award orders , L-015 & L-017, are sent to TOPS Headquarters, **not to Coordinator**
2. Weights for the first and last weigh in of the year and at **renewal time** must be rounded up to the quarter pound
3. Weigh in's are to be done in private. When a person calls to inquire about TOPS this is what they are told.
4. **New members** can take advantage of a reduced cost for the Choice is Mine book and workbook. It must be marked on the L-003, member application form, and cost included with application.

We look forward to seeing you at MD/DC SRD 2010, March 26 and 27 in Timonium at the Crown Plaza Hotel.

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