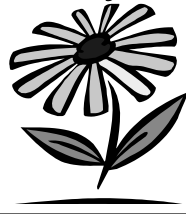


Maryland and DC TOPS Newsletter

February 2011



State Recognition Days 2011

SRD 2011 will be held on March 25 & 26, 2011 at the Annapolis Sheraton Hotel in Annapolis. The cutoff date for the TOPS rate is March 10th. You can make your reservations by calling 410 266-3131, be sure to tell them you are with TOPS.

Our theme will be ***“TOPS is a Sure Bet”***.

Don't forget about the chapter designed program cover. That is due to me by March 10.

Again this year, we will have past military members present the colors on Saturday morning at the opening of our session. If you would like to participate in this, please let me know. Bob James will be handling this for us again this year.

We will have our “theme basket”, 50/50 and our SRD room raffle again this year.

This year as our workshop presenters, we have:
9:30am Mary Mullane – Mary is a long time TOPS member that most of you know. She will be explaining the Exchange System.

10:30am Dr. James Nutter – Dr. Nutter has 35 years experience as a licensed clinical psychologist. He has varying experience with schools, hospitals, and drug and alcohol programs. He also does one on one and family therapy.

11:30am Field Staff and Members – KOPS, contest, motivating your chapter and question and answer time

2:00pm Amy Barnes – Amy has a powerful and provocative life story. Fitness and healthy living was not always a part of Amy's life. Just four years ago, she weighed 490 lbs. You don't want to miss hearing her story of how she lost 340 pounds and seeing her.

6:15pm KOPS Alumni, Graduates and State Division winner's rehearsal

7:30pm Friday Fun Night

TOPS Retreat

The TOPS Retreat here in Maryland, Wednesday, Sept. 21 – Sunday, Sept 25, 2011 in Sharpsburg, MD, is filling up fast. The cost will be \$385 and Cynthia Mack will be the retreat director.

If you are interested in going, you should register before all the spaces are full.

There will also be a Men's Retreat in Fombell, PA, September 11 – 16, 2011. Deanna Bies will be the retreat director.

You can get more info in your TOPS News or at www.tops.org

Chapter Elections

Chapter elections should be held the first meeting in March and the new officers take over their position the first meeting in April.

The Officers Chart, L-001 should be filled out as soon as the elections are over and mailed to me as soon as possible. These were mailed out by Headquarters last month along with your chapter's new Chapter Manual.

Getting the form in will ensure your chapter will receive all mailings and information that is sent out by TOPS and your Maryland Field Staff.

You can find this in your TOPS Chapter Manual, pages 17 & 18.

One thing we must ALL remember, our chapter is only as good as our members make it! We are all TOPS members.

Now is the time you should go over your chapter by laws. If there are any changes, you should send a copy to me for approval.

A chapter audit should be done before new officers take over or you start a new year. The audits should be sent to me with a copy of your bank statement.

A FEW THINGS TO REMEMBER

1. Please keep a close watch on renewal dates. We don't want any memberships to lapse.
2. If a member is not getting their TOPS News magazine that is a good sign their renewal is past due.
3. Correspondence that comes to the Leader is to be shared with all members of the chapter.
4. PLEASE be sure weights and dates are on ALL membership applications before you send them to me. Height for preteens and teens.
5. ALL weights need to be rounded up to the quarter pound. This is .25, .50 or .75...not .2, .4 .6 or .8.
6. PLEASE make checks payable to me, Jacqie Cooper, not TOPS.
7. All letters and forms sent out by me are on our state web site. Be sure to check it out, **www.topscare.com**



Gold Star Chapter Award

We will have our Gold Star Chapter Award again this year. The time frame will be April 1, 2010 thru March 1, 2011. Dead line to me is March 10, 2011.

The award will be given at SRD 2011 in Annapolis. I hope we have lots of chapters that will participate. You can go to our MD/DC TOPS website to get the list.

"If we think about our own lives, we'll remember how much we learned from those who encouraged us." Joe Nathan



Green Beans and Tomatoes

1 10oz package frozen cut green beans
1 1lb can chopped or diced tomatoes, undrained
½ tsp dried oregano
1/8 tsp garlic powder
Salt and pepper to taste

Cook beans and drain. Return to pan and add remaining ingredients. Bring to a boil over medium heat, then reduce heat and simmer for 5 minutes.

4 servings 47 calories each 2 vegetable servings

Carrot and Raisin Salad

2 cups finely shredded carrots
1 8 oz can crushed pineapple, drained
¼ cup raisins
2 tblsp plus 2 tsp reduced calorie mayo
1 tblsp lemon juice
2 tsp sugar
¼ tsp coconut extract

Place carrots, pineapple and raisins in a medium bowl and combine. In a small bowl, stir together remaining ingredients and add to carrot mixture.

Chill
4 servings 121 calories each
1 vegetable 1 fat 1 fruit



2011 and 2012 TOPS Theme

Barb Cady announced our new theme for 2011 and 2012, **"The Road to Success"**.

We each have our own journey with detours, traffic jams, pot holes, repairs and accidents. But the final destination for all of us is the same, a healthy goal weight and a longer, better quality of life.

Keep in mind that our bodies are like fine cars. How do you care for your car? Does it run smoothly? Do you give it good fuel? Do you care for it properly? Do you have regular maintenance done?

Let's travel this **"The Road to Success"** together.

"We each have a spark of life inside us, and we must set off that spark in one another." Kenny Ausubel

TOPS Web Site

If you haven't check out the TOPS web site, **www.tops.org** then be sure you do. Our State King Don Brodeur and State Queen Dawn Williams are on there.

Area Captains

Please remember, when your Area Captains come for a chapter visit, offer them gas money. They are volunteers who love TOPS and our members and most everything they do comes out of their pockets.

Thank you in advance for remembering them and considering their needs.

I look forward to seeing you at 2011 SRD in Annapolis. Please remember, I'm here if you need anything.....and check out our Maryland and DC web site.

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"A positive attitude is like a fire; unless you continue to add fuel, it goes out". Alexander Lockhart