

BRENDA'S BITS
January 2011
Happy New Year !!

Isn't it great we get to start off every January with our weight in black! Now let's encourage our members to stay in the black all year!! If your ENTIRE Chapter—every member— stays in the black from January 1st until SRD in May — I will have a very special prize for your Chapter. You will have to let me know that your Chapter deserves it!!

Runner Up Prize will be if your Chapter as a Whole weighs in every week with a loss until SRD in May. That means your **Chapter** as a whole will have a "**NO GAIN**" **Week every week.** (or the total weight reported is a loss weekly — NO Gains!!) Be sure and report it to me!!!

BUSINESS

The New Area Captain Program that I am to give to every Chapter this year is on "Super Foods". I am busy marking my calendar for visits, so please contact me so we can get your Chapter scheduled. The program is wonderful and I can't wait to share it with everyone.

UPCOMING EVENTS

East Valley KOPS Society will be meeting on January 26th, at 11:30 (for meeting, brunch at 10:30) at the Golden Corral on Power and McKellips.

New Officer Workshop will be held on March 12th from 9 am to noon at the **Legacy Retirement Residency in Ballroom 2, at 5626 East McKellips Road.**

SRD is May 19-21st at the Phoenix Marriot Mesa at 200 N Centennial Way in Mesa. The theme is "All Aboard - Destination KOPS".

RECIPE CORNER

Cinnamon Surprise

1/4 cup low-fat cottage cheese

1 slice multigrain bread

Dash of Cinnamon

Spread the cottage cheese onto the slice of bread. Sprinkle with the cinnamon and broil until bubbly, 2-3 minutes. Delicious!!

Have a great and light 2011—

Brenda Bible

TOPS Area Captain

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