

March 2011



TOPS SENTINEL



“Helping you to watch over and protect your health as you Take Off Pounds Sensibly.”

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March Calendar

ELECTIONS—First chapter meeting of month

8th—2:30 PM TOPS CA 1788, Palmdale
Super Foods A/C Program

8th—7:00 PM TOPS CA 2263, Lancaster
Super Foods A/C Program

9th—6:30 PM TOPS CA 1330, Lancaster
Super Foods A/C Program

10th—10:00 AM TOPS CA 1367, Santa Clarita
Super Foods A/C Program

11th—10:00 AM TOPS CA 0071, Glendale
Super Foods A/C Program

16th—12:15 PM TOPS CA 1900, Northridge
Super Foods A/C Program

18th—10:00 AM TOPS CA 1788, Lancaster
Super Foods A/C Program

KOPS Recognition

The Tri-Valley KOPS Luncheon was held on Saturday, February 19th, at Marie Callenders in Northridge. The following KOPS were recognized by KOPS KAPTAIN, Jeanie Druebert for their anniversaries: From TOPS CA 1900, Northridge—Peggy Johnson is a new KOPS, Virginia Erikson and Gloria Ortega —1 yr KOPS, Hazel Slauzis—17 yr KOPS; from TOPS CA 0073, Canoga Park—Fran Davis—12 yr KOPS; from TOPS CA 0139, Northridge—Linda Martin—19 yr KOPS. Congratulations to all of you.

TOPS S.R.D.

Our 2011 TOPS State Recognition Days will be held on May 12th, 13th & 14th at the Visalia Convention Center. The SRD theme is “CA TOPS UNITED”.

Chapter leaders should have received their SRD registration packets, if not, it is posted on our website www.whywelovetops.com so you can print a copy.

Registration is \$30, Tea \$24. SRD Package, which includes registration, Tea and pinette, is \$54. Registration deadline is April 15th .

Housing is filling fast so get your hotel reservations in as soon as you can.

Hampton Inn has been added for the \$99 rate.



Iguana Point

My pet iguana, Iggy, has this healthy hint for you - Stock up on nutrient-rich snacks that easily travel in plastic bags for outings and on-the-go living:

- Fruit and veggie chunks
- Trail mix of dry cereal, nuts, and dried fruit
- Sandwiches of whole-wheat crackers with peanut butter
- Energy bar cut into bite-sized pieces
- Popcorn or cookies in 100-calorie portions