

# TIDBITS & RIBBITS

May 2011

## NEWSLETTER - JAN HIGH, AREA CAPTAIN

### SRD Report

I had a great time at SRD. The area captains from down here were put to work but I actually like helping. The Tea tables were truly amazing. The tables were all decorated with a California theme. The table that I hosted was a coastal theme and everyone at the table was from my National City Chapter CA1357, which made it fun.

The KOPS session was beautiful as always. All the division winners were awesome and looked really great. It was so nice to see 2 teenagers participate with their weight losses. If you check out the web site 'www.whywelovetops.com' you will see lots of pictures taken by Deb Kuney the webmaster.

I wish more of you could have gone to SRD but next year SRD and IRD will be here in our own hometown, so gear up those fund raisers so you can all attend it is well worth it and so inspiring.

I attended an Open House at CA0263, Ocean Beach (see picture below) this month. They did a great job and hope all of my chapter will be inspired to hold one also.

Hope to see you soon, your area captain Jan High



### KOPS



Congratulations to new KOPS  
Linda Barthelmy CA 0880 Chula Vista  
Elisea Gunther CA 0523 Chula Vista

Reinstated KOPS  
Delores Wray CA 0263 Ocean Beach  
Shirley Ann Phillips CA 0644 Lemon Grove

KOPS Anniversaries  
Lana Mapes 1 year CA 0070 San Diego  
Marion Jones 7 years CA 1045 Lemon Grove

### Area Workshop

Saturday June 11th there will be workshops at both Grand Terrace and Santee.

### Chapter Anniversaries

None this month.

TODAY'S WISDOM:

Fall seven times, stand up eight. Japanese Proverb