



# RHODDIE'S RHYTHMS

**Rhoddie Ludwig, Area Captain      April 2011**  
**BELIEVE IT—ACHIEVE IT**



## **Congratulations to New and Returning Officers!**

You've taken on a big responsibility. Your chapter believes in you and look forward to your guidance and new growth with new members. TOPS Inc., will supply the tools that you'll need. You'll supply the support and and positive reinforcement your members need on their road to reaching their goal. *If you need any help call or send an email. I'm always here for you.*

## **SUPER FOOD AC PROGRAM**

I've visited most of my chapters giving the 'Super Food' program. I apologize for the remaining four chapters that I've had to re-schedule to the end of April and Beginning of May. A slight 'medical incident' has whispered to me that I needed to rest for just a wee bit of time. Thanks for your understanding in rescheduling our visits.

I will say that our 'Super Foods' are all pretty colors and reside in the 'produce' section of your grocery store. Just

Remember the colors: red, orange, yellow, green purple, and white. You can't go wrong throwing in a few nuts as well.

Don't graze while choosing your 'Super Foods'. The management frowns on eating grapes and bananas while shopping for the rest of your grocery's. Having these colors every day will help you keep in line while headed for your goal. Plus, for our KOPS, the produce section is the safest place to be while maintaining our goal and helping our chapter TOPS stick with the foods and food plan that will help they on their journey!

## **SRD**



The first SRD, (State Recognition Day), in 15 years is almost here!! May 13th—14th, Visalia, California.

Be a part of celebrating our Royalty and Division winners!



Winter has gone.  
Spring it here!! Enjoy it!

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**Chapter Chatters**

**Fall Foliage Walk**

**Helpful Hints**



**New KOPS**