

Dear TOPS Members, 2-16-2011

Congratulations to all chapter division winners and royalty! How very exciting to share your success in TOPS in 2010—and I wish everyone success in 2011! Use our TOPS tools and do it!!

Your chapter division winner and royalty certificates are enclosed. Please present them to your winners with great flourish—this is a big deal! Your 2010 chapter resume is also enclosed; you can share it with everyone if you choose.

There were many KOPS with no red marks for the year; congratulations to you all! I am working hard to regain my KOPS status—and need your encouragement as all our KOPS do!! One in seven TOPS members is a KOPS-- a phenomenal statistic—let's make it 1 in 6!!!

SPRING WORKSHOPS ARE SCHEDULED! You will develop your personal road map for success.

March 19 Mt Iron Community Center across from Perkins on Hwy 169 west of Virginia

March 26 East Grand Forks Sunshine Terrace 615 Sherlock Parkway NW (off US Hwy 2)

April 2 Henning First Baptist Church 309 Holden Ave

April 9 Esko Augustana Lutheran Church 3251 Midway Road (Co Rd 13)

April 16 McGregor Minnewawa Sports Club Co Rd 6—20322 Goshawk (3 mi N of McGregor)

Workshops are from 9 to noon—take that time just for you from your busy lives! Yes, it really is almost spring!!

TOPS MN SRD (State Recognition Days) will be May 13-14 in St Cloud. All leaders were sent an invitation. Contact Coordinator Bob Dischinger at bdischi@msn.com if you didn't receive it. Ya'll join us at "TOPS OL' TYME JUBILEE"!

SUPER FOODS is the newest program that our area captains have to present. Invite them to visit your chapter and present it! It's always great if you give them something for their time and gas, too.

www.tops.org is your website! Go to it often since things change all the time on it! The March issue of TOPS NEWS is posted right now! Never been there? It's easy—click on Member/Leader/Staff Area, then locate "never logged in" and click on it to activate your account! It's free. Your login is your membership number, your chapter ID is your chapter "name" ex: MN 1350 (remember the space between). Your log in is your membership number (back of TOPS NEWS) and the first 2 letters of your first name plus the first 4 letters of your last name. EX: gwsmit would be mine! No capital letters and no spaces here. You may change it once you are in!

TOPS BUS TO IRD (International Recognition Days) A 30 passenger bus (with rest room and TV screens) will depart from Hibbing July 5 for Milwaukee and "Happy Days With TOPS"! The bus will return after the last session Saturday July 9th. Want to join us? Please let me know ASAP so that I can reserve the bus with the Shubat Company and/or request a larger bus. The cost will be dependent upon how many ride but it will be \$110 right now. (if more sign up, it could be less!) The bus will drop us off at the Hilton Milwaukee City Center (the headquarters hotel). ??—just email or call me!! Come on, it will be a blast!!

Health Fair in your community? TOPS would love to participate! We were at Wadena and will be at Duluth Women's Expo March 5th—come see us and help us share TOPS! It's rejuvenating!

Would Duluth members staff it with Carrie and me? People are more likely to visit with people they know—contact me, please. There are some Expo tickets enclosed for chapters that might attend—enjoy it!

www.LetsSayThanks.com –is a website sponsored by Zerox. Select a card and a message and Zerox will print it and send it to a soldier that is serving in Iraq—it's free and takes less than 10 seconds. What a nice thing to do!!

Applications for membership: Please put your height and birth date on them; TOPS is participating in a research project and that data is needed. It will be anonymous.

Another opportunity to do a good thing for your community and yourself: Make a weight loss goal or a goal to maintain a healthy weight through the POUND FOR POUND challenge. This is a partnership between Feeding America, NBC's "The Biggest Loser", General Mills, and Subway. Take part by going to www.pfpchallenge.com. For every pound pledged, 11 cents will be donated to Feeding America, which distributes locally to Second Harvest. What a winning project! For more information, contact your local Food Shelf!

ANOTHER BUS TO IRD will leave from Stacy, MN July 6th and return July 10th. The cost is \$50 for the round trip. Call 651-248-3469.

TOPS hugs to all, Your coordinator, Gwenn

TRAIN TO IRD has been cancelled since only 4 people had signed up.

Exciting news—from the Wadena Health Fair, a new chapter had formed that meets in Leader! We wish them the best as they join our family of losers!

Maximize your health with veggies and fruits! Focus on getting 3-4 different fruits each day and vary your veggies throughout the week. Dark green veggies: 1/2 C per day or 3 C per week—spinach, beet greens, Romaine, leaf lettuces, broccoli, broccoflower, Chinese cabbage.

Orange veggies: 2 C weekly—sweet potatoes, carrots, winter squash.

Starchy veggies: 3 C weekly—corn, green peas, lima beans, white potatoes. Bake, microwave, or boil in their skins. Watch added fat!

Other veggies: asparagus, beets, Brussels sprouts, cauliflower, celery, cucumbers, eggplant, green beans, onions, mushrooms, peppers, tomatoes, zucchini, etc. 6-7 C per week.

Beans and other legumes: These are higher in protein and fiber than other veggies. Aim for 3 C per week. Add black, garbanzo, kidney, navy, and pinto beans as side dishes and additions to entrees (casseroles, tacos, salads, etc). Lentils, split peas, soybeans, and tofu count here, too.

www.fruitsandveggiesmorematters.org and www.mypyramid.gov/pyramid/

This is turning into a BOOK!! Hope there is something that will click with you so you become healthier and happier.

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